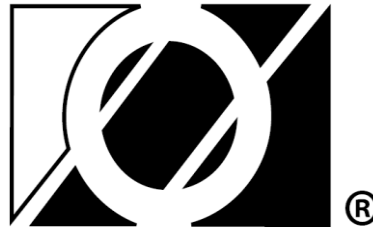


12 Steps of Overeaters Anonymous

1. We admitted we were powerless over food-that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Arkansas Intergroup of Overeaters Anonymous

Searching for Recovery One Day at a Time!

Welcome!

What's happening in our Arkansas intergroup and beyond? Keep reading and find hope and recovery....

Arkansas Intergroup is hosting the 2nd 2026 Business Assembly and Recovery Convention!



Registration is open! To register online, visit [SOAR8](#)
[2nd Assembly - SOAR8](#)

Use case SO8 for the room reservation rate

Early registration deadline is September 14th! If you haven't registered yet, now's your chance!

Join your OA family from across the region at the Four Points hotel in Little Rock September 25-27 for community in recovery! This is an important event for our intergroup, our region and you!

Principles of the 12 Steps of Overeaters Anonymous

Honesty
Hope
Faith
Courage
Integrity
Willingness
Humility
Self-Discipline
Love
Perseverance
Spiritual Awareness
Service

Principles of the 12 Traditions of Overeaters Anonymous

Unity
Trust
Identity
Autonomy
Purpose
Solidarity
Responsibility
Fellowship
Structure
Neutrality
Anonymity
Spirituality

Intergroup News

The next Intergroup meeting is September 12th at 11:15 am, after the Serenity on Saturday 10:00 am recovery meeting. Everyone is welcome and encouraged to attend. It is important that every meeting has representation. Highlights of the July 11th meeting include:

- Our IG Treasurer is making progress on the remaining loose ends to our name change: the IRS, Arkansas Secretary of State and the bank account.
- The offices of Vice-Chair and Secretary remain open and the office of Chair will be open at the November election. Members are asked to prayerfully consider taking part in our intergroup and let Pat R (proby2023@gmail.com) know if more information is needed or if a nomination may be made at a future meeting. **Our intergroup, meetings and your recovery depend on your service.**
- In the spirit of Tradition One, The Twelfth Step Within committee will begin brainstorming with meeting representatives outside Little Rock to determine how to gain more IG participation.
- Anyone interested in taking on the publishing of this newsletter may contact Pat R. She will explain the process currently used along with tips to keep it simple and keep this newsletter going with new creativity. Pat will no longer be able to continue the newsletter after the October-November issue.

Committee News

The PIPO committee

The Public Information/Professional Outreach committee meets the first Saturday of each month at 11:15 am. This is a hybrid meeting.

Reach out to Cara G. to find out more about this committee or to receive any items to use while spreading our message of hope by emailing carag213@hotmail.com or calling/texting 501-258-2938.

The Activities committee

If you're interested in helping with future activities, contact Marti H. at 501-221-9925, email marti.haslauer@gmail.com

The Twelfth Step Within committee

Are you considering starting a meeting near you? We're here to help with guidance and funding to get you started. Perhaps your meeting is interested in learning more about growth and retention. Contact Kathy T. at 501-247-0771, email kaki0306@gmail.com

Contact Us

Arkansas Intergroup of Overeaters Anonymous

PO Box 250074

Little Rock, AR 72225

Email: oaarkansas1@gmail.com

Treasurer:
oaarkansastreasurer@gmail.com

Website: oa-arkansas.org



Meeting information and phone numbers may be found on the website's Meeting List tab.

Links to helpful OA newcomer information may be found on the website's Newcomer Information tab.

Are you looking for a sponsor?

Having a sponsor to help guide our recovery is essential. If you need a sponsor here are two ways to find one if a sponsor isn't available in the meetings you attend.

The publication [Sponsorship in OA; Guiding Others Into Recovery](#) reminds us, "Sponsors help sponsees develop a new way of eating, new ways of thinking and dealing with life, and a new spiritual foundation."

- Sponsors within our region may be found at the following link [Online OA Sponsor Request Form - SOAR8](#)

- Below is a list of currently available sponsors in our Intergroup:

Carol N northcutt56@cox.net 479-531-0084 Rogers, AR

Marti H marti.haslauer@gmail.com 501-221-9925 Little Rock, AR

Upcoming Speaker Meetings and Events

Speaker meetings offer the opportunity to sit back and absorb the wisdom and experiences of OA members who have found recovery in Overeaters Anonymous. By attending meetings with speakers, you may hear your story with a different voice and perspective than the same shares in your usual meetings.

Mark your calendars!

- Memphis speaker meetings (From OAMemphis.com/meetings click Join Meeting for access) are the second Wednesday of each month. Come join us to hear the speakers' experience, strength and hope at 6:00 pm.
- Miracles on Monday zoom meeting at 5:30 pm will have a speaker meeting August 31st.

Come hear inspirational stories of experience, strength and hope and invite a friend!

Resources

Overeaters Anonymous

oa.org

Find a Meeting:

oa.org/find-a-meeting

OA Literature

bookstore.oa.org

Region 8 (SOAR8)

oaregion8.org



OA Memphis

oamemphis.com

oamemphis.com/meetings



A

OA Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion. For this I am responsible.

A Blast from the Past

From our second newsletter (December 2023-January 2024)

Tradition One

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle: Unity

As a working artist and art teacher, I have learned for myself and told my students that all the elements of a successful painting must be united. Pretty colors, fancy brushwork, appealing subjects will not make up for a disunited painting. Unity trumps all.

So it is, too, for the way we have found to arrest our compulsive eating illness. The whole of us has to come first. We must be united.

In our disease, it is common for us to feel that our compulsive eating issues are unique, so maybe one OA group might be better for us than another. But as we sit in these rooms and listen to people sharing, we hear our story again and again. We are not as unique as we thought.

To me, OA is kind of like a lifeboat that HP has sent to me so I know I no longer have to fear that I might drown in my disease. What a gift! And I am not in the lifeboat alone. We are all in this together.

How do we all get safely to shore? Our program tells us that, and we must all be united about rowing together. Otherwise, how do we know where the shore is? We'd all be trying to row in different directions, or we'd be jumping out of the lifeboat to thrash about in our own directions. We would soon tire and drown.

Tradition One is for our mutual benefit. We must remain united in our program of recovery. Let's all stay in the boat and keep rowing toward a safe shore. If you doubt this, read "Keep Coming Back: Rozanne's Story" (pages 7-22 of *Overeaters Anonymous, Third Edition*) about the torturous founding of our organization.