

## 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.



## Central Arkansas Intergroup

Searching for Recovery One Day at a Time!

### Welcome...

...and thank you for taking the time to read the Central Arkansas Intergroup of Overeaters Anonymous' bimonthly newsletter. We hope you will find helpful information about your Intergroup's happenings as well as the experience, strength and hope we can all offer to each other toward recovery!

### Upcoming Speaker Meetings and Events

#### Mark your calendars!

#### Miracles on Monday Speaker Meeting (ZOOM)

January 29, 2024

#### Memphis Speaker Meetings (See Resources for Zoom Information)

Wednesday Meeting:

December 27, 2023

January 3, 2024

## Contact us

### Central Arkansas Intergroup of Overeaters Anonymous

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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.

## Meeting News

### Intergroup News

The next Intergroup meeting is January 13th after the Serenity on Saturday recovery meeting. Everyone is welcome and encouraged to attend.

Highlights from the November 11<sup>th</sup> meeting include:

- We elected a new Treasurer and Region 8 Representative for 2024-2025.
- The next PIPO meeting will be announced for January, 2024.
- The next Activities committee meeting will be announced for January, 2024.

### Miracles on Monday (ZOOM)

Open Literature – Voices of Recovery

### Searcy Monday In-person Meeting

Open Big Book Study – AA Big Book

### Tuesday Writing & Meditation Meeting (ZOOM)

Open Literature – For Today & Voices of Recovery

### Thursday AA Literature Meeting (ZOOM)

Beginning Thursday, September 14, this recovery meeting time changed to 5:30 on ZOOM, studying the AA Twelve Steps and Twelve Traditions. Please join us on this adventure!

### Serenity on Saturday Meeting (Hybrid)

Open Literature – Overeaters Anonymous 3<sup>rd</sup> Edition

### Memphis Zoom Meetings (See Resources for Zoom Information):

- Wednesday 6:00 pm – AA Big Book Study  
Open Literature - AA Twelve Steps and Twelve Traditions
- Thursday 9:00 am – AA Big Book Study  
Open Literature – First week of each month, AA Twelve Steps and Twelve Traditions. All other weeks, AA Big Book

## 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

## OA Responsibility Pledge

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

## To The Newcomer

Trying to describe how abstinence and living in this program feel would take more words than I know, really. It's truly indescribable and must be experienced. Each person who experiences it will experience and understand it in their own way. I can say I feel lighter in spirit, free, loved, grounded and grateful. But that only scratches the surface. As time goes on, the experience becomes fuller. To a newcomer, perhaps I could say, "Give it a try and wait for your own understanding. Your HP will show you the way to the gift of abstinence and recovery". Keep coming back!

## Musings on the Steps and Traditions

### Step Two

*Came to believe that a Power greater than ourselves could restore us to sanity. Spiritual Principle: Hope*

Once we admit we're powerless, where can we find the power we need to beat this disease? It must be a power greater than ourselves. But what? All I needed was to believe there is a power greater than me. I then embarked on a journey to discover who or what that Higher Power is. I didn't have to define it, just believe and discover. As I continued with the Steps that followed, I continued to discover more about my HP and still do!

### 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.

## 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

## Opportunities for Service

In OA there are many opportunities to serve our fellowship and give back all it's given us. Our Higher Powers inspire us to put our skills and talents to service and the fellowship offers support and guidance in those roles. Serving others can and will strengthen our recovery as well. If you've wondered how you can serve within our Intergroup in addition to sharing your experience, strength and hope, below are some ways in which you can do just that.

1. Lead a meeting
2. Sponsor another member
3. Help with technical support for the Serenity on Saturday hybrid meeting
4. Serve as the Chair or Secretary for one of our recovery meetings
5. Share your story and journey in OA as a speaker at a speaker meeting, Super Saturday or a Retreat
6. Serve on any one of the following committees. *You can join any committee at any time!*

Public Information/Professional Outreach (PIPO)

Twelfth Step Within

Ways and Means

Activities

7. Serve as an Intergroup Officer
8. Help with our website
9. Submit some Words of Wisdom (W.O.W.) for the website
10. Submit an article for the newsletter
11. Serve as Regional Delegate Representative and Alternate
12. Serve as World Service Office Representative and Alternate

### Have you heard?

"I follow my food plan in black and white so I can live my life in color."

"Nothing tastes as good as abstinence feels."

What's your favorite OA saying? Let us know!