

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...

To the CAIOA Intergroup newsletter! You will find meeting information as well as member musings and opportunities to strengthen your recovery through service. We also hope you find experience, strength and hope!

Upcoming Speaker Meetings and Events

Mark your calendars!

Memphis Speaker Meetings (From OAMemphis.com/meetings click Join Meeting for access)

Wednesday 6:00 pm Meeting:

December 18, 2024

January 1, 2025

Miracles on Monday Speaker Meeting (Central Arkansas Zoom)

December 30, 2024

Monthly Meet & Greet

The Meet & Greets are suspended until further notice. Guillermo's Coffee House will be closed Sundays at least until the new year.

Contact Us

Central Arkansas Intergroup of Overeaters Anonymous

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Little Rock, AR 72225

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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.

Meeting News

Intergroup News

The next Intergroup meeting is January 11th after the Serenity on Saturday recovery meeting. Everyone is welcome and encouraged to attend. Highlights from the October 12th special meeting and the November 9th regular meetings include:

- Our IG will host the 2nd Region 8 Business Assembly and Recovery Convention in 2026. Members offered to serve as convention Chair, Vice-Chair, Treasurer and Registration Chair so that we could host with confidence. Many options remain available to help make this convention a success. Let us know if you are interested in helping out.
- Intergroup Chair, Vice-Chair and Secretary were elected for 2-year terms.
- In the coming weeks, the Intergroup by-laws will be reviewed by the officers for possible needed changes &/or adherence.

For a complete list of Central Arkansas Meetings, visit oa-arkansas.org.

Memphis Zoom Meetings (See Resources for additional 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

Committee News

The PIPO committee

- We have a new PIPO Chair!
- CAIOA participated in the Senior Spooktacular Expo in Greenbrier November 1st.
- Watch for meeting announcements for the next meeting date. Everyone is welcome!

The Activities committee

The committee still needs someone to serve as Chair and is considering hosting a Super Saturday in the Spring as well as a Fall retreat.

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

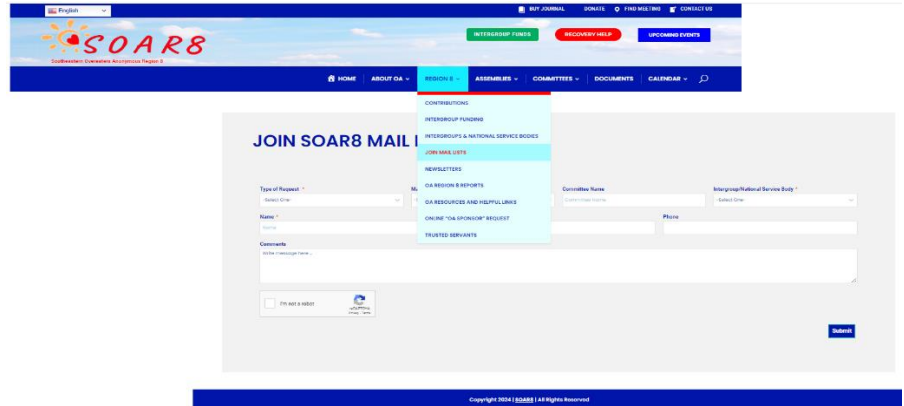


OA Responsibility Pledge

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

Region 8 News

Want to keep up with all the Region 8 news? Just go to oaregion8.org, click on the Region 8 tab, then Join Mail Lists. The latest news, articles and information about events will go straight to your email!



- The Region 8 PIPO committee continues to reach out the universities, colleges and trade schools, spreading the message of OA.
- The Region 8 IGOR committee:
 - Verifying groups unaffiliated with an intergroup, explaining the benefits for them and their members of joining an intergroup.
 - Will begin surveying IGs regarding their strength and health to determine how to assist.
- The Region 8 Tech committee plans to reach out to hybrid and virtual meetings to find out what is going well and what they may be struggling with.
- The Region 8 Ways & Means committee is working on a process for selling OA literature at retreats.
- The Region 8 Twelve Steps Within committee hosted an Emotional Sobriety virtual workshop November 17th with almost 200 attending!
- Region 8 hosts multiple free online workshops. These workshops are a treat, offering inspiration and time well spent for furthering our recovery!

To The Newcomer

From the Introduction to the Twelve Steps in The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Editions: “If you think you may be a compulsive eater, give yourself a chance for recovery by trying the OA program. Our way of life, based on the Twelve Steps and Twelve Traditions, has brought us physical, emotional, and spiritual healing that we don’t hesitate to call miraculous. What works for us will work for you too.”

WELCOME HOME!

Musings on the Steps and Traditions

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

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle: Self-discipline

Step 8 has two parts for me. First, making my list of the people who have been harmed by my compulsive food behaviors. Making sure I'm looking at the physical, emotional or spiritual harms I have caused – not what I think they did to me. To do this I just look back over my inventory. Asking "Did I deprive anyone of emotional security or peace of mind because of my behaviors?" Then, just make the list!

The second part is praying for the willingness to make amends to those who have suffered because of me. With the help of my sponsor, I'm able to see if I am going to divide the list into three columns -Now, Someday, Never-then remove people I thought I had harmed but didn't, really, or add those I left off. I listen to her suggestions and say the 8th Step Prayer for help:

"God, I as Your help in making my list of all those I have harmed, to be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray."

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle: Responsibility

As I reflect on Tradition Seven, I'm reminded of how important it truly is to be fully self-supporting. Early in my OA journey, I wondered why the fellowship would decline outside contributions. After all, wouldn't the extra money from outside organizations help keep the program going? With time, I came to realize how the possibility of outside influences could be detrimental to the program. A clinic helping support a group for example, might expect to be able to have their "experts" give their input to the group and promote their service, which is definitely not in OA's best interest.

Also, I feel that the principle of responsibility is one each of us need to reflect on. Are we doing our part for the group/intergroup/region? Are we aiding in the ability of OA to be self-supporting? Or are we leaning on a select few to handle all the services necessary to keep things going? Are we one of those who is reluctant to let go of a certain service position out of worry that someone else won't do it right? Sharing responsibility is a great way to keep members involved and to keep them around.

Each group also needs to be involved with its intergroup if it is associated with one whether financially, by providing service, attending intergroup meetings, etc. This in turn allows the intergroup to aid its knowledge and service to the individual group. I know that several "satellite groups" from our geographic area have joined the Central Arkansas intergroup. The intergroup has offered help with having a presence at health fairs and other appropriate activities to help attract those still suffering from the disease of compulsive eating to our program. What a service that is, and what a wonderful way to expose those that might otherwise never hear of our program to the miracle that we have so freely been given. So I ask myself today, what am I doing to help OA to be fully self-supporting? Am I putting the spiritual principal of Responsibility into action? Am I helping spread the work through attraction? I hope the answer for myself will be a resounding YES.

Have you heard?

Pause

And

Use

Step

Eleven

Welcome Home!

Opportunity for Service – Twelfth Step Within

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're wondering how you can help spread the message of OA and recovery, you may consider participating in the Twelfth Step Within committee. The functions of this committee are:

- Welcome and offer assistance to new member groups.
- Act as a liaison between CAIOA and member groups.
- Encourage participation of member groups in CAIOA meetings and functions.
- Encourage use of Twelve Traditions to promote and protect the growth of member groups.
- Maintain list of CAIOA affiliated groups.
- Prepare and maintain OA phone book.

If interested in this committee or have questions, you can reply to this newsletter email address.

Opportunity for Service – Intergroup Representatives

Serving as an Intergroup Rep for your recovery meetings gives your meetings representation and a voice in Intergroup discussions and group consciences. As an Intergroup rep, you can also keep your meetings informed of how your IG can help your meetings grow and remain healthy as well as opportunities to serve each other.