

## 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!

From OA.org

### Carrying the Message Guide

Last revised: September 1, 2023

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.

#### DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the New Prospect Card and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of "just for today."
- I mention that OA is a non-profit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program's Tools.
- I give examples of my unhealthy eating behaviours from before OA, such as eternal dieting, starving, bingeing, and/or constantly weighing myself.
- I say that our program is modelled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting if at all possible.

## 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

### DON'T's

- I don't tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don't judge other people, and I don't label them as compulsive eaters.
- I don't talk about another's shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don't speak about OA to someone new unless they show an interest.
- I don't try to "sell" the Twelve Step program or exaggerate about it.
- I don't promise anything.
- I don't put down diets or methods of weight loss; I don't compare OA to other programs.
- I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.
- I don't give unsolicited advice or suggestions.
- I don't rush people into making a decision.
- I don't argue.
- I don't shut the door. Even if someone is not interested now, they may be interested in the future.
- I don't try to give away what I don't have.

## Intergroup News

The next Intergroup meeting is January 10th 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 November 8th meeting include:

- The budget for the coming year was presented and approved.
- Visits to the in-person meetings within the intergroup to lay the foundation of communication and work to bridge the geographical distance between meetings are complete. Members are encouraged to remember their fellows outside their own geographical area when making outreach calls.
- Steps continue to be taken to finalize our name change with the region. Communication with OA.org continues to confirm the change to our by-laws, policies and logo.
- Zelle is an option for 7<sup>th</sup> Tradition contributions and event registrations through the members' banks. This payment method does not require a fee. The address for AIOA with Zelle is [oaarkansastreasurer@gmail.com](mailto:oaarkansastreasurer@gmail.com).
- Nominations for elections for the following service offices were sought: Vice-Chair, Treasurer, Region 8 Rep and Secretary. The region 8 Rep was the only position filled. The remaining vacancies will be revisited at the January meeting. Members are asked to prayerfully consider taking part in this service and let Pat R ([proby2023@gmail.com](mailto:proby2023@gmail.com)) know if more information is needed or if a nomination may be made at that meeting. **Our intergroup, meetings and your recovery depend on your service.**

## Contact Us

### Arkansas Intergroup of Overeaters Anonymous

PO Box 250074

Little Rock, AR 72225

Email: [caioaintergroup@gmail.com](mailto:caioaintergroup@gmail.com)

Website: [oa-arkansas.org](http://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.

## 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.

- We are still participating in the Doctor's Office initiative where we take "Talk to professionals" and "15 questions" pamphlets to our doctors and talk to them about handing out pamphlets to patients that would benefit from OA. We mailed several packets to the Mountain Home meeting last month.
- We attended the Women's Health Expo in August and the AR Health and Wellness Community Health Fair in September.
- We ordered business cards with space to write in our names and numbers to hand out, as well as more pamphlets and pens. Let Cara know if you need any of these supplies to carry our message.
- As of November 1st We have started reaching out to local professionals in the mental health community to tell about OA and offer more information. We are also following up on a region 8 PIPO committee Employee Assistance Program initiative beginning by contacting the UAMS EAP provider to see if we can provide more information or pamphlets.

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](mailto:carag213@hotmail.com) or calling/texting 501-258-2938.

### The Activities committee

The Fall Retreat of the Arkansas Intergroup was held October 4th and 5th at the peaceful Ferncliff Retreat Center. There were 20 attendees, including six from Louisiana. The theme was A Day in the Life of Recovery. We were honored to welcome our gifted retreat leaders, Cathy M and Brenda R, who traveled from Shreveport and Lafayette, Louisiana, to share their 30 plus years of experience, strength and hope. They provided workshops on the practical aspects of living a life of recovery. The weekend even included a Saturday evening meeting on the topic of acceptance and an 11th Step meeting on Sunday morning.

In addition to workshops, the retreat included time for fun and relaxation. We had both a silent and live auction and many attendees walked the beautiful grounds and enjoyed songs and laughter around a bonfire. Everyone stepped up to make the weekend run smoothly, concluding with the entire group pitching in to leave the retreat center better than we found it.

What made this weekend truly successful, however, was the spirit of service exemplified by every single member. We saw countless acts of loving service throughout the weekend.

If you're interested in helping with future activities, contact Marti H. at 501-221-9925, email [marti.haslauer@gmail.com](mailto: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](mailto:kaki0306@gmail.com).

## The Business Assembly and Recovery Convention Committee



Our intergroup is hosting the 2<sup>nd</sup> (Fall) 2026 convention which offers a variety of ways to serve. That's less than a year away and monthly Zoom planning meetings are underway. Everyone is encouraged to take part in planning and helping with the business assembly/recovery convention for a fuller experience. The committee chairs are listed below, so if you're interested in helping with any of the committees, individually or as a group, contact the committee chair. This is an important event for our intergroup, our region and you!

Position	Name	Phone	E-mail
Chair	Lauren W	831-521-2935	<a href="mailto:peacefulfrog419@gmail.com">peacefulfrog419@gmail.com</a>
Vice-Chair	Margaret R	(501)258-1697	<a href="mailto:meshelldeb@yahoo.com">meshelldeb@yahoo.com</a>
Treasurer	Cara		<a href="mailto:carag213@hotmail.com">carag213@hotmail.com</a>
Registration	Michelle D		<a href="mailto:mdquark@gmail.com">mdquark@gmail.com</a>
Hotel Liaison	Margaret R	(501)258-1697	<a href="mailto:meshelldeb@yahoo.com">meshelldeb@yahoo.com</a>
Programs & Speakers	Pat R	(501)425-5781	<a href="mailto:proby2023@gmail.com">proby2023@gmail.com</a>
Boutique	Janet K		<a href="mailto:janetkeller555@gmail.com">janetkeller555@gmail.com</a>
Hospitality	Marti	(501)221-9925	<a href="mailto:martih23@gmail.com">martih23@gmail.com</a>
Decorations	Kathy K	(501)590-2515	<a href="mailto:KATHYKAZ2018@GMAIL.COM">KATHYKAZ2018@GMAIL.COM</a>
Entertainment	AVAILABLE		
Literature	AVAILABLE		
PIPO Liaison	AVAILABLE		
Fund Raising	AVAILABLE		
Love Notes, Greeters, Pages to Assembly	AVAILABLE		

## 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.

## Upcoming Speaker Meetings and Events

### 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 December 29<sup>th</sup>.

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

### Looking for a different or new meeting?

Attending more than one meeting can give us new and different insights into others' recovery that may apply to our own recovery. Why not try something new? The following meetings' information may be found at [oa-arkansas.org](http://oa-arkansas.org):

- Monday in-person meetings in Rogers
- Monday zoom meeting at 5:30 pm –**this meeting now focuses on topics from the daily readers.**
- Tuesday in-person meeting in Little Rock
- Tuesday zoom meeting at 6:00 pm
- Thursday in-person meeting in Mountain Home and Springdale
- Thursday hybrid meeting in Ft. Smith at 6:00 pm
- Saturday in-person meeting in Fayetteville
- Saturday hybrid meeting in Little Rock at 10:00am

### Memphis Zoom Meetings (See Resources for additional information):

- Wednesday 6:00 pm – Open Literature – Diverse Voices – A Common Solution
- Thursday 9:00 am – AA Big Book Study

What would you like to see in this newsletter? Do you have any questions you would like clarified here, a series focusing on a topic such as Tools, Principles, etc.? An OA approved book review? If you have an idea for future topics, you can email Pat R at [proby2023@gmail.com](mailto:proby2023@gmail.com). This newsletter is for you!