

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!

Memphis Speaker Meetings (See Resources for Zoom Information)

Wednesday Meeting:

February 14, 2024

March 20, 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 March 9th after the Serenity on Saturday recovery meeting. Everyone is welcome and encouraged to attend.

Highlights from the January 13th meeting include:

The membership contact list will now be housed on Google Docs. Intergroup officers will update the list as needed and updated lists will be emailed to the membership. New member information, added since the last update, will be in red font.

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)

AA Literature - AA Twelve Steps and Twelve Traditions

This meeting becomes hybrid with the addition of a place to also meet in person at The Club at Springhill, 675 US-65, in Greenbrier soon! Stay tuned!

Serenity on Saturday Meeting (Hybrid)

Open Literature – Overeaters Anonymous 3rd 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.

Committee News

The PIPO committee is:

- Identifying upcoming health fairs.
- Researching OA approved letters to distribute to physician offices, clinics and clergy.
- We will soon have ink pens with our Intergroup information for distribution!
- The next meeting is February 4, 2024, at 2:00 on ZOOM. Everyone is welcome!

The Activities committee is:

- Currently planning a Fall Retreat. Stay tuned!

To The Newcomer

From our Invitation to You: "...‘But I’m too weak. I’ll never make it!’ Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!"

Musings on the Steps and Traditions

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle: Faith

If I believe there is a power greater than I am (Step 2), I can then decide to turn my will and my life over to it. That doesn’t mean I had to do it at that moment, I decided to gradually turn my will and life over as I continued to discover who/what my HP is, as I understand my HP. At that moment, however, I made the conscious effort to ask my HP for guidance in my decisions, struggles and next steps each day. And the willingness to follow that guidance in all my affairs. As time went on, and as I followed His guidance, my faith in Him and the steps increased, allowing me to become ready to embark on the rest of my journey.

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

Tradition Two

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle: Trust

I have witnessed how Tradition 2 plays out in real life. This tradition clearly shows the basis of this spiritual program, recognizing the ultimate authority of God (HP), the group conscience and the truth that leaders are but trusted servants.

What does this mean? In OA, there is no power structure, and all members are equal; we are listened to and encouraged to voice our opinions, concerns and suggestions in order for the group to reach an informed group conscience. Once everyone is heard, a decision is reached based on what the group trusts is God's will for the best outcome for the group, and OA as a whole. Any time a change is suggested for consideration, for example, a group conscience is called, whether at a regular meeting or another time. ALL members in that group are welcome and encouraged to contribute to the discussion.

How does this system benefit the OA group? As trusted servants, we serve the group. We do not seek to "rise in the ranks" for prestige, control or any other gain. The individual serves the group, and the group serves the individual.

On a personal level, this tradition follows right along with Step 3, when I made the decision to turn my will and my life over to the care of God, as I understand Him/Her. This took the recognition that "there is only one God and that is not me"! It takes me trusting the guidance I receive, as well as the willingness to follow that direction, rather than ME trying to lead the show.

This is a practice in humility when I do the footwork (express my thoughts), then trust that God's will, will be done in the group conscience. With this spirit, we are all strengthened as we practice this tradition.

The insight, inspiration and work to develop our traditions, begun in Alcoholics Anonymous so long ago, results in benefits that can be clearly seen as successful, and valuable for all members, in their personal lives as well as well as the group level, and OA as a whole... this is yet another gift of this program.

Have you heard?

“Together we get better.”

“One day at a time!”

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

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 or Super Saturday
6. Serve on a committee. *You can join any committee at any time!*
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 or Alternate
12. Serve as World Service Office Representative or Alternate

Poem from a Region 8 Member

Do you know?

Did you know?

Do you want to know?

Do you know what you want to know?

What we know.

What we don't know.

What we need to know.

If we want to grow