

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' new 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

Super Saturday: Back to the Basics workshop (Hybrid)

October 28, 2023 9:00 – 2:00

Hillary Rodham Clinton Library – 4800 West 10th Street, Little Rock

Topics:

- The Importance of Having a Sponsor
- Working the Steps
- Body Image

SOAR8 Fall Recovery Convention & Business Assembly

October 27-29, 2023

Tybee Island, GA

For more information go to oaregion8.org/r8-assemblies/soar8-assembly-fall-2023 or scan the QR code in Resources

Miracles on Monday Speaker Meeting (ZOOM)

October 30, 2023

Contact us

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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.

Memphis Speaker Meetings (See Resources for Zoom Information)

Wednesday Meeting:

October 11, 2023; November 15, 2023; December 27, 2023

The message for each speaker is the Step of the month.

Meeting News

Intergroup News

The next Intergroup meeting is November 11th after the Serenity on Saturday recovery meeting. We will elect a new Treasurer and Region 8 Representative for 2024-2025. If you are called to serve or have a nomination for either office, we look forward to seeing you there!

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 new adventure!

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 6:00 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

To The Newcomer

A Brief Outline of Our Structure

Recovery meetings are groups of two or more OA members, each seeking recovery from compulsive overeating and food behaviors. Each meeting has a different focus (literature, writing, newcomers, etc.) so there is a meeting for everyone. Groups of meetings make up Intergroups.

Intergroups consist of the membership from groups of meetings for a specific geographic area. Decisions affecting the entire Intergroup, therefore each meeting within the Intergroup, take place at Intergroup meetings. Groups of Intergroups make up Regions.

Our region is Region 8. Region 8 consists of representatives from the Caribbean Islands, Central America, South America, the U.S. Southeastern region, and the U.S. Virgin Islands.

The World Service Business Conference consists of delegates from around the world and provides service and support to the entire OA fellowship.

Step One

We admitted we were powerless over food-that our lives had become unmanageable. Spiritual Principle: Honesty

We say we “take” the first step on our journey through the Twelve Steps of Overeaters Anonymous. For me, Step One happened to me. It was a realization. I realized one day that I couldn’t fight my weight any longer. I was tired of the battle, and I gave it up. I realized I was powerless and was honest with myself and, unknowingly in that moment, with my Higher Power who directed me to OA. I was able to be honest enough to admit my life was unmanageable because of my addiction to food, to eating. OA meetings helped me with furthering my ability to be honest with myself, my HP and with others and my journey through the remaining steps allowed my HP to reveal to me more how unmanageable my life (interaction, or lack of, with others; decision-making; reliving my past mistakes, etc.) was due to my compulsion. Step One started me on this life-affirming journey and I’m grateful for such a humble beginning. A beginning we all take toward the light of recovery. Step One is truly a gift – one I am reminded of every day, one day at a time!

You, as a newcomer, are vital to our recovery as well as your own. Everyone’s recovery, including our abstinence and spirituality, is our own and in our Higher Powers’ time. You are beginning a new journey toward recovery and everyone in this fellowship is available to support you! Keep coming back!

OA Responsibility Pledge

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

Words of Wisdom (W.O.W.)

It's Going to be Fine

Back in 2018 I came across a poster with tear-off strips at the bottom that simply said in big block letters, "TAKE WHAT YOU NEED". The strips along the bottom were things that were self-affirming or might bring comfort or hope to someone. Phrases such as, "You are loved", "You are beautiful", "You have everything you need" and "It's going to be fine". It was this last one that took my breath away. "It's going to be fine" was just what I needed at that moment. I was spinning emotionally about a family member who I was deeply concerned about. They were struggling and I desperately wanted to go "fix" the situation. But it was a circumstance that this family member needed to deal with on their own and it would have been inappropriate for me, even detrimental to the family member, to get involved. All I could do was love this person and offer them support...and worry. My heart was twisting in my chest and I could feel the tension in my shoulders. I am confident that my Higher Power drew my attention to this poster. I tore off the "It's going to be fine" and kept it with me for days. I still have this blue tear-off strip of paper on my end table with my treasured recovery items. It continues to offer me peace when I am not at peace. Beyond the promise that it brings, I appreciate its nuance. This phrase does not promise a perfect outcome nor an outcome of my choosing. "It's going to be fine" is approachable. It is a release to some expected result. I have often thought as I have picked it up that if the situation I am struggling with is not fine now...give it time...it will be...it's going to be fine.