

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...

We hope you will continue to 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 (From OAMemphis.com/meetings click Join Meeting for access)

Wednesday 6:00 pm Meeting:

October 9, 2024

November 20, 2024

Miracles on Monday Speaker Meeting (Central Arkansas Zoom)

No speaker meetings these months

Monthly Meet & Greet

The Meet & Greets are a time to relax and enjoy each other's company and get to know each other even better. This is an especially good opportunity for members who attend Zoom meetings. Drop in for your favorite beverage at Guillermo's Coffee House at Rodney Parham and I-430 October 27th &/or November 24th at 2:00 for a meet and greet with your OA family!

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 November 9th after the Serenity on Saturday recovery meeting. Everyone is welcome and encouraged to attend. Highlights from the September 14th meeting include:

- Six recovery meetings out of Rogers, Mountain Home, Fort Smith, Springdale and Fayetteville added to our Intergroup were welcomed. See the updated Meeting List at oa-arkansas.org for meeting information.
- Our Intergroup pays for the Zoom account used by many of our online meetings. Everyone was reminded that their 7th Tradition donations from these meetings contribute to their ability to have these meetings on Zoom.
- The PIPO and Activities Chair positions remain open. We have the option of ad-hoc committees for individual events these committees host if needed, but these positions provide valuable and rewarding service opportunities.
- The opportunity to host the 1st or 2nd Region 8 Business Assembly and Convention of 2026 was discussed. A venue was found. Volunteers for service in this endeavor are needed before we can commit to hosting. A special Intergroup group conscience is scheduled Saturday, October 12th after the S.O.S. recovery meeting for a vote.
- The Tuesday Zoom meeting at 6:30 and Thursday 5:30 Zoom meeting have disbanded and those members can join the Ft. Smith (Zoom) Tuesday & Thursday (hybrid) meetings at 6:00.

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

- CAIOA participated in the Women's Expo at the Fairgrounds in Little Rock. Many contacts were made and the message of OA recovery spread, as we are guided by Step 12.
- The committee continued to spread the message of recovery through OA at the Health & Wellness Expo September 21st.
- The next meeting will be Saturday, October 19th, after the S.O.S. recovery meeting.

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.

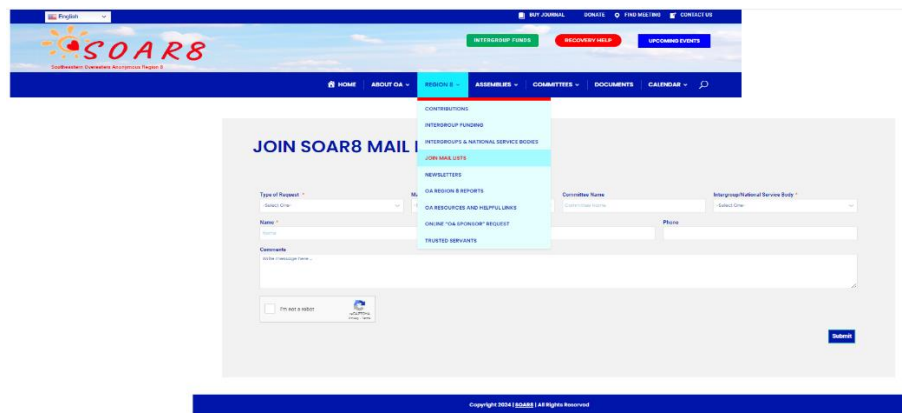
The Activities committee

FALL RETREAT! September 27-29, 2024

Our Fall retreat September 27-29 was a weekend of recovery, friends old and new, and fun. A silent and a live auction helped with the fun and the proceeds will help spread the message of recovery at future events. Beautiful Fall weather on Petit Jean Mountain made for a welcoming space!

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 following link to the new policy regarding minors attending OA meetings from the Region 8 Chair. Please share this new policy in all recovery and service body meetings.

<https://oa.org/news/oa-board-approves-new-policy-stating-oa-does-not-endorse-minors-attending-oa-meetings/?news-category=0&page=0>

To The Newcomer

From the Forward to the Third Edition of Overeaters Anonymous Third Edition (the brown basket book): “Just about anyone who attends a support group such as OA for a reasonable period of time will likely hear his or her story told by another member. The effect of one person sharing experiences with a fellow having the same experiences is powerful.”

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 Seven

Humbly asked Him to remove our shortcomings.

Spiritual Principle: Humility

Once I identified the character defects that caused problems with how I related to people and coped with life then reflected on whether I was willing to let go of these flaws, it was time to ask my Higher Power to help me with this. Just as HP had helped me with Steps One through Six!

Humbly is the key word. If this could have been done on my own, I would have done it by now. How would my HP have me be? I wrote a prayer, thanking God for His love and guidance. I asked Him to remove the defects I carry that serve as barriers between me and sanity, friends, family and Him. Then I listed my major defects, asking they be replaced with strengths. Example: Please turn:

Pride into Humility

Unrealistic expectations into Acceptance

Selfishness into Charity

In the presence of my sponsor, I humbly asked Him to remove my shortcomings, reading the prayer and list. I didn't expect to be relieved of these barriers instantaneously, but over time, as I progress through this program, I see the hold of these defects lessen. I also recognize when they crop up much more quickly than I used to. Every day I'm reminded that, just as with the food, I'm powerless over my defects without the help of my Higher Power and each day I turn my life and my defects over to the care of God as I understand him. It works, as promised!

Tradition Six

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle: Solidarity

What is OA's "primary purpose"?

We say a pledge at the end of our recovery meetings that efficiently captures it: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." Tradition Six admonishes us to stick to the primary purpose no matter what. In this manner we remove from our recovery meetings everything that might interfere with our ability to share the 12 Steps. By honoring Tradition Six we remove barriers between recovery and the still suffering compulsive overeater.

Outside organizations or literature or other support groups can be very helpful to some of our members. However, it is imperative that these are not seen as being endorsed by our recovery meetings. There should be no specific references to these other items because they may dilute the message of OA that is vital to recovery. It is in our best interests to firmly commit to our primary purpose to keep a big tent. As soon as other organizations, literature, or support groups become involved, this can lead to factions in our fellowship. Our lives depend upon our primary purpose.

I see evidence of Tradition Six when OA speakers refrain from sharing any outside enterprise with capital letters. For instance, they may have as part of their story participation with a 'weigh and pay' business but never specifically share which one. No capital letters. Or they

Have you heard?

Pause

And

Use

Step

Eleven

Welcome Home!

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

Speak about a book that they are reading that has been helpful but they do not share the specific title. No capital letters. Members are free to share these details with individuals outside of the meetings so that they are clearly not endorsed by our group as a whole.

I also find it notable that our OA literature has no recognized authors. I see this as a similar example of Tradition Six where personalities could distract from the recovery message that should be the focus of the literature. It is this collective anonymity of authorship of our literature that keeps it from becoming associated with any specific people and thus gives it power beyond any individual.

Our primary purpose is beautiful and precious. By honoring Tradition Six it stays pure and accessible to us in recovery.

Opportunities for Service

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 wonder how you can help spread the message of OA and recovery, below are some ways in which you can do just that.

- Offer service at the meeting level: Lead; provide technical assistance
- Offer service at the Intergroup level: Serve as Chair, Vice-Chair, Secretary, Treasurer, Region Rep, serve on a committee, help with the website
- Sponsor another member
- Start a new meeting

Words of Wisdom (W.O.W.)

GOD AS TEACHER

Glimmers of wisdom shine in your eyes,

Offering guidance, a heart that complies.

Dreams take flight with each lesson you share,

A beacon of hope, showing that you care.

Stars align as you nurture our minds,

Teaching us patience, the greatest of finds.

Each question met with a thoughtful reply,

A journey of learning, together we fly.

Courage you instill, as we strive to grow,

Hearts inspired by the seeds you sow.

Every moment cherished, in your embrace,

Revealing the beauty of knowledge and grace.