

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!

Musings on the Traditions

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Spiritual Principle: Spirituality

The Twelfth Tradition is essential for maintaining trust and unity within our fellowship by allowing members to share openly and honestly without fear of judgment or exposure. By placing principles before personalities, OA fosters a supportive environment where recovery can flourish, and the focus remains on collective well-being rather than individual recognition. The Twelfth Tradition is a cornerstone of Overeaters Anonymous, ensuring that anonymity and principles guide every aspect of the fellowship and helps create a safe, inclusive, and spiritual space where members can pursue recovery together. How do we practice this tradition?

- Protecting personal privacy by not disclosing each other's identities or sharing personal stories outside meetings, fostering a safe and confidential environment for recovery.
- Focusing on principles by avoiding placing undue emphasis on individuals, such as sponsors, leaders, or speakers. Instead, the focus remains on the OA principles, steps, and traditions that support recovery.
- Promoting equality by emphasizing anonymity, OA ensures that all members are treated equally, regardless of background or achievements. This helps prevent cliques or hierarchies from forming within the fellowship.
- This tradition serves as a spiritual safeguard, reminding us that our shared goal of recovery is more important than personal differences or recognition.
- When we participate in public events or media, anonymity is maintained to protect the fellowship as a whole and to ensure that no single member becomes the spokesperson or public face of OA.

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

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.

The committee continues to encourage members to take the OA Professional packet to their own healthcare professionals and open a conversation with them about how OA has shown them recovery from compulsive overeating. Our Mountain Home group requested some packets and these were mailed out.

Members volunteered to man our table at the August Women's Expo as well as a table at the Arkansas Health and Wellness Community Health Fair in Little Rock.

Additional ink pens and new business cards with AIOA information are available to give to health professionals or anyone seeking help. 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 or calling/texting 501-258-2938.

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.

The Activities committee

Our committee is looking forward to welcoming everyone registered for the 2025 Fall Retreat. If you're interested in helping with future activities, contact Marti H. at 501-221-9925, email martih23@gmail.com.

Contact Us

Central Arkansas Intergroup of Overeaters Anonymous

PO Box 250074

Little Rock, AR 72225

Email: caioaintergroup@gmail.com

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.

The Business Assembly and Recovery Convention Committee

Our intergroup is hosting the 2nd (Fall) 2026 convention which offers a variety of ways to serve. Monthly Zoom planning meetings are underway and 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, 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	peacefulfrog419@gmail.com
Vice-Chair	Margaret R	(501)258-1697	meshelldeb@yahoo.com
Treasurer	Cara		carag213@hotmail.com
Registration	Michelle D		mdquark@gmail.com
Hotel Liason	Margaret R	"	"
Programs & Speakers	Pat R	(501)425-5781	proby2023@gmail.com
Boutique	Janet K		janetkeller555@gmail.com
Hospitality	Marti	(501)221-9925	martih23@gmail.com
Decorations	Kathy K	(501)590-2515	KATHYKAZ2018@GMAIL.COM
Entertainment	Kathy T	(501)247-0771	kaki0306@gmail.com
Literature	Beatriz		bmkimba@hotmail.com
PIPO Liason	AVAILABLE		
Fund Raising	AVAIALBLE		
Love Notes, Greeters, Pages to Assembly	Searcy Group		bontragermaggie@gmail.com

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.

Come hear inspirational stories of experience, strength and hope!

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.

Intergroup News

The next Intergroup meeting is November 8th 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 a representation. Elections for Vice-Chair, Treasurer and Region 8 Rep will be discussed. Highlights of the September 13th meeting include:

- Visits continue to the in-person meetings outside the Little Rock area to lay the foundation of communication and work to bridge the geographical distance between meetings. The meeting with Mountain Home August 21st and Rogers is scheduled for October 13th. 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.
- Our IG Treasurer has a new email address: oaarkansastreasurer@gmail.com
- November elections: The responsibilities and qualifications for Vice-Chair, Treasurer and Region 8 Rep were given out for those considering the valuable service or considering who they nominate. The qualifications needed and responsibilities for each office are listed below in case you are considering serving or nominating someone else.

Qualifications:

- Working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability. B. Have 6 months of current abstinence or the commitment to fulfill the abstinence requirement with approval by group conscience (each person shall be the sole judge of his or her abstinence).
- Region Representatives must comply with the abstinence and length of service specified in the Region 8's Bylaws (currently one year abstinence and at least two years of service beyond the group level.)
- Be a regular member of an affiliated group.

Responsibilities:

- Vice Chair: • Shall serve in the absence of the Chair. • Shall be responsible for overseeing the maintenance of the intergroup website. May designate an individual to assist. • Shall oversee projects and initiatives as needed.
- Treasurer: • Shall maintain a checking account for dispersal of CAIOA funds and shall be cosignatory with one other board member. • Shall submit financial reports detailing all income and expenditures at every CAIOA meeting. • Shall pay debts as approved by CAIOA. • Shall receive and deposit funds into the CAIOA checking account.
- Regional Delegate Representative and Alternate: • Shall be willing to provide workshops, topics/ideas provided at Region. • Shall file a written report at next Intergroup meeting following the Conference/Assembly. • Must attend the Region 8 conferences unless excused by the Board due to illness or other reason. • Must attend the business meetings while at the Region 8 conference. • Must record and report all reimbursed expenses. • Must vote at Region 8 in the best interest of CAIOA.

- The 2nd Virtual Business Assembly is October 24-26. The theme is “Coming Together in Unity”. Registration details were sent out and can be found on the Region 8 website at [SOAR8 2nd Assembly - SOAR8](#). Anyone can register as a visitor for no fee. Pat R will rotate off as Region 8 rep after this year and attending as a visitor may be helpful to anyone considering this service.
- Clarification on the zelle payment option was explained. Zelle is only for direct pay to Intergroup. Paypal has a memo section, which can be used to put the group’s name that you would want your 7th tradition to go to. A check can also still be mailed to the Intergroup P.O. Box listed on the website.



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:

- Monday in-person meetings in Rogers and Searcy
- Monday zoom meeting at 5:30 pm
- 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