

WINTER 2008

S.O.A.R.

Southeast Overeaters Anonymous Region 8



OA  
Newsletter

Alabama, Arkansas, Caribbean Islands, Central America, Florida, Georgia, Louisiana, Mississippi, N. Carolina, South America, S. Carolina, Tennessee

### The Promises

**The theme of** the up and coming Recovery Convention on July 18-20 in Ft. Lauderdale, Florida is "The Promises Are Your Fate In 2008". There is a lot to talk about when it comes to the promises. What are the promises? Are they for real? Do they actually come true for people? What do we have to do to get the promises? This convention is sure to have something for everybody that attends. You don't want to miss it.

**What are the** promises of OA? Most people think of the promises that are listed on pages 83 and 84 of the AA Big Book known as the promises of the step 9. Yes these are the primary promises that if you work the steps will materialize. Ask your fellow OA members of OA if the promises have come true for them and if they say yes ask them how it happened. Almost always it was because they actively worked the steps of OA with a sponsor. Still what a lot of our members don't realize is there are many more promises in the AA Big Book. I have heard that there are over 70 promises actually made in the AA Big Book. For example on page 28 it says "A new life has been given us or, if you prefer, "a design for living" that really works." On page 70 it says "We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on the them as sick people." On page 84 it says "If tempted, we recoil from it as from a hot flame." On page 89 it says "Life will take on new meaning."

**This is not** to take away for the Step 9 promises on pages 83 – 84 in the AA Big Book. These promises are read at meetings and become the focus of many a discussion.

**I remember when** I first heard these promises at a meeting I asked my sponsor "You got to be kidding me, are these for real?" I have to admit they sounded pretty extravagant to me the first time I heard them. I laughed when everybody at the meeting said "We think Not". I said under my breath "Yeah Right!" But today, I can tell you that they are absolutely real. These things have all come true for me in a way that seems completely natural. All I had to do was follow the steps.

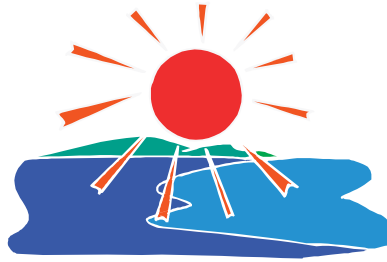
**Basically we lose** our fear, particularly of feeling "less than". We learn to quit looking over our shoulder because the fog is lifting and we become more cognizant of the here and now. We learn to have courage to walk through old fears when they pop up or when we feel like it's time to try new positive things in our lives. Only part of it is personal courage though, the rest is the support we receive through our associations in and with the program. Where once we spent nights eating, bingeing, and purging, now there suddenly seems to be time to go back to school, duh! There's money for the light bill because it wasn't spent on sweets. Your children are happier because a parent made it to a recital instead of thinking of himself. You just plain start to feel better about yourself and the future; and that my friend is freedom. We start to mature, we become calmer and

more comfortable with ourselves and others. And on and on.

**This is what** the promises are: Freedom! And yes they are for real. They are basically a promise of spiritual contentment and peace of mind. I certainly have that and much more. It brings to mind the saying "stick around until the miracle happens." I often feel great sadness when I think about those people who get a taste of recovery through the twelve step process and then quit. They will never have what I have.

**Come to our** Recovery Convention and discover the promises for yourself. Meet and talk to the people for whom the promises have come true. Learn how to have them become real in your life.

~ Convention Committee



### Chairman Chatter

**Welcome to Ft. Lauderdale!** Rumor has it that the hotel and registration is nearly sold out. This is so exciting! With attendance at assembly declining over the years, it is refreshing to see this reversal. May it continue through to future assemblies.

**Several of us** were your delegates at the World Service Business conference in May. Please refer to the WSO website for detailed reports - that's www.oa.org. I thought that some of the delegates reports would be on our own website but if they're there, I couldn't find them. The region delegates will have reports in the packet for the upcoming assembly and they'll give reports at this next assembly.

**The vice chairman** and treasurer positions are up for election this year. Karen S filled the balance of the term for the Treasurer and I'm sure she'll run for re-election. We'll need to say good-bye to dear sweet Hunnee Bonnie Janice S in November, as her two terms are about to expire. She has been a terrific member of the board and has streamlined the Vice Chair process.

**Please consider running** for these positions. At the last election, three of us stood unopposed. Our members deserve a choice.

**Online and telephone** meetings are now an official part of our fellowship as voted on by the WSBC. This got me to thinking about virtual meetings and how we might be able to use that in our own region. I don't totally understand how it will work but our Publications committee is working on it and we hope to make it available to our remote members in South and Central America as well as the Caribbean Islands. We have been trying for years to find a way to get Cuba to our

assemblies. Maybe this will be the ticket! I sure hope we get to test this in Fort Lauderdale!

**The board will** arrive in Ft. Lauderdale on Thursday and hope to attend a local meeting that night. We have been doing this since I became chairman three years ago. That is even more reason for your intergroup to host a business assembly and recovery convention. We bring abstinent speakers to your area. It was amazing to see how much this helped the people in the Jackson, MS area in March.

**So, I hope** to see many of you in Ft. Lauderdale. Remember to put your abstinence first. Absolutely.

~ Gerri H.

humbly serving as Chairman - Region 8 -  
Overeaters Anonymous

**Please come to our July Assembly and Convention in Ft. Lauderdale, FL - get your registration form at [www.oaregion8.org](http://www.oaregion8.org)**

### To Let Go

*To let go does not mean to stop caring; it means I can't do it for someone else.*

*To let go is not to cut myself off; it is the realization that I can't control another.*

*To let go is not to enable, but to allow learning from natural consequences.*

*To let go is to admit powerlessness; which means the outcome is not in my hands.*

*To let go is not to try to change or blame another; but to make the most of myself.*

*To let go is not to care for, but to care about.*

*To let go is not to fix; but to be supportive.*

*To let go is not to judge; but to allow another to be a human being.*

*To let go is not to be in the middle arranging all the out-comes; but to allow others to affect their own destinies.*

*To let go is not to be protective; but to permit another to face reality.*

*To let go is not to deny, but to accept.*

*To let go is not to nag, scold or argue; but instead to search out my own shortcomings and correct them.*

*To let go is not to adjust everything to my desires; but to take each day as it comes.*

*To let go is not to regret the past; but to try to become what I dream I can be.*

~ Anonymous

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## To keep it, you have to give it away.

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### Young People's Committee

#### Hello Everyone,

Looks like we are coming up on convention! It seems like only last month we were in Jackson, MS. It is time to turn in reports pre-convention. We have lots of exciting things coming up... I am the new committee chair and this is a very exciting job for me. We have begun to put information out into the universe, so that the young people in our region who are sick and suffering from our illness can reach out for help when they are ready. We have updated the young people's link on the Region 8 website and will continue to update it as new information comes available to us. Our committee has also begun to formulate a plan so that we can get information out to young people in local communities, schools and in the medical/treatment world. Some of our members have attended other teen-focus meetings to get an idea of how to approach the task at hand. We also hope to work with the PI/PO committee in the future to direct campaigns towards young people. I look forward to seeing everyone in Ft. Lauderdale in July!

~ In love and service,  
Morgan D.

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#### A Message From IGOR

**Wow – we did it!** I just hung up from the first-ever phone meeting for Region 8 IG chairs! Although our first meeting was not as large as I had hoped, participants came from five different states – Alabama, Arkansas, Florida, North Carolina, and Tennessee! Some of the highlights ....

- **Activities held** in our various areas: retreats, back-to-basics workshop, buddy system, speaker marathon

- **Challenges discussed:** not enough sponsors, unaffiliated & isolated meetings, members without abstinence

- **Ideas & Suggestions:** importance of staying abstinent; abstinent IG members to attend isolated meetings; share experience, strength & hope; be “up” when you share, encourage service and share how it has helped your recover; qualify before sharing; literature meetings to focus on the solution rather than getting stuck in the problem; time limits for sharing; out-of-town speakers; show non-abstinent members that you believe they can find recovery

- **IG chair email loop** – discussed how helpful it has been in helping one member find solutions to a meeting issue, encourage all members to use the loop for feedback on your own group's issues and problems

- **WSBC – exciting!** Lots of unity, spiritual consensus, energy, productivity. Encouraged all to attend!

**With this success** behind us, IGOR plans to have additional phone meetings between conferences, the next one will be in September. We hope that all of you will attend!

#### INTERGROUP OUTREACH & REP FUNDING

**Since the last** convention, IGOR has led an outreach effort to Intergroups that haven't attended recent conventions. Board members tracked down the current IG chairs (not always an easy task) and encouraged them to participate in SOAR, with financial assistance where necessary. Hopefully, some of them will be

sending representatives to the July convention, maybe even you! We hope to continue this effort and bring other non-involved Intergroups to future conventions.

~ See you in Ft Lauderdale!  
Lynne C., IGOR Chair

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#### Hello, fellow Region 8 members!

**For those of** you who may be less familiar with the duties and responsibilities of the Region 8 Ways & Means committee, here's a quick snapshot. Our purpose is to communicate with the OA World Service Office and Region 8 about financial matters, and to make recommendations regarding the finances of the region. We also review the accounting procedures and financial records, and work to emphasize the importance of the Seventh Tradition.

**Does this sound** like something you'd be interested in? If so, I strongly encourage you to get involved. Our Seventh Tradition states that we are fully self-supporting; declining outside contributions. How are we self supporting? By donations from individuals, groups, and intergroups, surely. But we are also self-supporting by contributions of time, knowledge, skills, energy, and participation.

**I know that** for my recovery to continue, service work is essential. I must give back what has been given to me and be willing to offer one of my most precious resources – my time. I do this to help ensure that the OA fellowship is healthy and thriving in our Region, so that others are able to learn about this way of life that is truly a new way of living.

**If you can't** make it to the Region meetings or if you just feel like you are not yet ready to serve on the Region level, keep in mind that there is a plethora of ways to do service. I believe that service helped to get me, and now helps to keep me, abstinent. I see service as my duty and responsibility, but also a privilege and a joy.

**I can't close** this article without a word to those of you who maybe cringe when you see the words “ways” and “means” together in one sentence...I hear you. I feel your pain. There could not have been a more intimidating assignment for me than serving as the Chair of this committee. While I deal with numbers in my professional life, I am not a number-cruncher by nature. But I felt that nudge from my Higher Power to

do it. I've learned in my recovery journey that my HP is much better at assessing my skills & abilities than I am. And I heard (over and over again) the saying “God does not call the equipped. He equips the called.”

**In doing this** service, I've learned a lot about myself, made new friends in the OA fellowship, and have found that I can be of good use even when I think I can't. I might not have learned these things about myself if I had not been willing to step up to this service challenge. I am thankful that I had enough experience with recovery to know that all I had to do was be willing to show up, suit up and be honest.

**If you have** an interest in the financial workings of the Region, if fiscal planning is a passion for you, or if you simply want to be of service, I welcome you to join our committee meeting at any of the Regional Assemblies. If you can't make it to the assembly but would like to share your ideas, please feel free to contact me directly at (813) 903-0478 or at WaysandMeans@oaregion8.org.

~ Yours in Service,  
Sandra D., Ways & Means Committee Chair

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**Don't forget to book your spot on the Voyage of Recovery November 9-13th. For more information on the cruise, visit [www.oaregion8.org](http://www.oaregion8.org).**

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**From For Today: “Nothing contributes so much to tranquilize the mind as a steady purpose.”**

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**Today my purpose** is not just to not eat compulsively, but to stay spiritually, emotionally and physically fit.

**I must always** stay aware that the only road I can travel is my journey within the 12 Step program. There is no person, place or thing that can tempt me to give that up. I like who I am today and where I am in my recovery.



That doesn't mean there isn't room for improvement. I know that I am work in progress and I am thankful to my H.P. & other OA'ers for helping me with that.

**There have been** a number of bumps along the way in the 21 years I have been in OA. Over the years I have had some serious illnesses. One very recently. Without my H.P. being a constant in my life, holding me up, helping me cope with my illness, my 12 Step program and the support, love & caring of the people in the rooms, and my abstinence, I know with certainty I would have not gotten through my illnesses with any degree of sanity.

**It takes a** willingness to work the program, being able to surrender to a power greater than myself for me to be in the place I am today, healthy in mind and body and living my life as I would not have been able to do without OA and the 12 Steps. I consider myself one of the miracles of this program and am blessed.

~ Harriet G.

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Publications Committee

Well, things have certainly been up in the air with the Publications Committee. Joe N. was appointed interim Publication Committee Chairman at the March 2008 Assembly in Jackson, MI, because the previous chair was voted in as Region 8 Secretary. Since then it has been determined there was a much more important need for Joe N. to fill the sub-committee service position of Computer Information (Web Master), which he has taken over with enthusiasm. So we are in need of someone to take on the service position of Publication Chairman. Meanwhile Joe N. is technically the Interim Publication Chair, but really has his hands full with the web site. Because of this he will be unable to fill the chairman position after July 2008. Please consider taking on this service position. You do not need to be technically proficient; though knowing how to make copies would be a plus. What you really need to do is find people who are technically proficient who can get the job done. Please pray on this. If you feel so moved to take on this position attend the Publication Committee meeting on Saturday July 19, 2008.

In addition to the Publications Chairman we need people who would like to support and promote lifeline the only requirement is enthusiasm. This is an important sub-committee which is dedicated to contacting Intergroups and promoting lifeline; making sure groups have a lifeline representative; and creating a lifeline display for Region 8 assemblies.

Have you checked out our Region 8 Website? It's at www.oaregion8.org. We have many features on the site from committee reports, the minutes from the last couple of assemblies, treasurer reports, a complete listing of all our events, past newsletters, member stories, and select past lifeline stories. We have a slogan database in which anybody can make a slogan submission. All of our publications are available for downloading free of charge, including our P&P (recently updated), ByLaws, forms and hosting manual. Our website is a constantly evolving publication. Help us get the word out. Tell people about the website. Announce it at your meetings and intergroup meetings. Download the newsletter and print it for distribution at your meetings and intergroup meetings. The website is your source for information second only to the OA website (www.oa.org).

Be the "Designated Downloader" for your Intergroup and OA Meetings. Download, print and distribute the newsletter and event flyers available on the OA Region 8 website. Many members don't have access to computers or have the computer skills to get this information. What better service can there be, than to help get the word out. Many members don't know there is a Region 8 website, newsletter, and event calendar available for their use. Help get the word out, spread the message about this source of information. Be the designated downloader for those who are not able to get to the website

The 2008 WSO Treasurer's report for 2007 presented these facts.

"Sales of literature made up 58.2% of our total expenses. Contributions made up approximately 25.12%. This is an improvement over 2006 when sales of literature made up 67.05% of our total revenue and contributions made up 23.31%. Our total revenue increased by approximately 11.65%"

Region 8 Treasury is showing a 3.7% increase in contributions from 2006 November to May compared to 2007. Our expenses have increased 30% over this time period. This increase was due in the most part to purchase of a projector for the Secretary and a laptop and software

for the Treasurer.

At the WSBC I heard, "don't be afraid to talk about money" so.....

Having provided these numbers it is important to know that Region 8 Treasury is sound. We are at 65% prudent reserve. The work of Region 8 is dependent on the contributions of all our meetings. As we saw in Mississippi, recovery is coming back but it takes money, willingness, and commitment. We have groups/ intergroups that do not have the resources to send contributions to Region 8 and are struggling to stay together. We have committees that work to reach out to these groups providing monetary assistance that support rep funding, public information, and fund raising, all of this dependent on contributions. Region 8 will continue to carry the message but much more can be done if donations increase.

If every group (approximately 495) gave \$68.00 this year we would be self supporting by our contributions.

"The 7th Tradition is not just about money, it is also about commitment and service."

~ Respectfully

Karen C. Region 8 Treasurer



Palm Beach County Intergroup "Spirituality Within" Workshop

In May 2008 Palm Beach County held a workshop on spirituality. We wanted to share this workshop with our fellow members in Region 8. By far, we have agreed that this workshop was the best workshop we have held. Two meetings decided to sponsor the workshop and called it: a "Spirituality Within" workshop. They felt that spirituality is a corner-stone of our program and wanted to do something to actively promote it within our groups. It was an amazing success.

Lois K. of Delray Beach, FL said the following about the workshop: "We formed a committee and brainstormed on how to present the workshop in an interesting and appealing manner. We decided to have four speakers on various aspects of spirituality. We also decide to make it interactive by breaking into smaller groups to work on activities.

It turned out to be a wonderful experience for all involved. The speakers gave excellent suggestions and held guided meditations to help us improve our conscious contact with our Higher Power. It seemed that everyone was involved and experienced some new and exciting spiritual connections."

One of the activities a speaker lead was about prayer. The speakers had the participants break into small groups with the task of creating their own prayers. Afterwards, the participants shared their prayers. The prayers were beautiful and powerful and were shared with everyone. It was a great exercise for everybody involved and helped everybody get that much closer to their Higher Power. The following prayers were published with permission in the Palm Beach County Intergroup Newsletter:

Dearest God,

I pray for acceptance, hope and to be able to give and receive love. I am grateful, thank You for keeping me safe from my thoughts of fear, anger and resentment. May I remain serene in acceptance of your will for me in your time. May I remember to keep a conscious contact with you, so that I can continue to do the next right thing, one day at a time.

Thank you God for the life I have today. I know I am a child of God and I know I am truly blessed to have you in my life. I pray for the willingness to make healthy choices

today. God help me to be loving to others and to myself. God give me the gift to be still and listen to your message for me today. And I end this prayer with peace for the world and let it begin with me.

God,

My heart and soul are open to Thee to guide me through. To embrace your will in helping me deal with \_\_\_\_\_. I pray for help in letting go and accepting your will to do what you wish me to do with an open, grateful heart. Fill me with patience and love for the unknown and the strength to trust.

Dearest God,

Thank you for the gift of this new day and the opportunity to do Thy will. Thank you for the unconditional love and your presence in my life. Help me to see people with the eyes of love. Please help me with intuitive thought and inspiration so I can handle whatever situation comes into my life today. Thy will, not mine, be done.

Thank you God for being a loving God. Please continue to help us accept being in the present moment. Please allow us to use our challenges to reach out and grow. Thank you God for our recovery and let me stay in Your will and Your timetable. Thank You for today.

This is the kind of workshop our members need. Anything that will gather our members together to practice the solution and step of OA will help build stronger Abstinence in out members ultimately leading to stronger meetings and a better attraction for those still in need of help.

~ Your roving OA reporter



The Promises of the Up and Coming OA Convention

If we attend our recovery convention with a honest, open-minded, and willing mind and spirit we will be amazed before we are half way through.

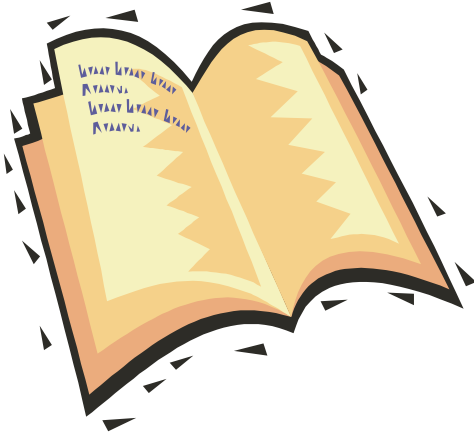
- 1. We are going to know a new freedom and a new happiness.
2. We will learn something.
3. We will hear some deep honest sharing.
4. We will have fun.
5. We will meet some really great people.
6. We will contribute by sharing and giving service.
7. We will be part of the business of OA by witnessing or participating in the Region 8 assembly.
8. We will have new opportunities to purchase great recovery literature, CD's, and other cool stuff.
9. We will lose interest in the nonsense on the outside world and will not want the weekend to finish.
10. Fear of workshops and buffets will leave us.
11. We will intuitively know when and where all of the workshops are taking place.
12. We will suddenly realize that this event is one of God's events bringing us that much closer to real recovery.

Are these extravagant promises? We think not. They will be fulfilled among us—if you attend our recovery convention in July 18-20 2008 in Ft Lauderdale. These promises will always materialize if we participate.

**Lifeline**

Somewhere, under the rainbow, isolated and in the darkness of despair, a still-suffering compulsive eater lives without hope.

Your group or you can make a difference in this person's life. You or your group can bring this person into the light and over the rainbow to the place he or she dreams of but can't imagine reaching. Open his or



her eyes to the wonders of recovery and fellowship found in OA. Bring the words of positive experience, strength and hope to someone who now has none of these. What would happen if each group and as many individual OA members with the resources donated a Lifeline subscription to: someone who lacks the resources a health-care facility that doesn't know OA exists a newcomer who is just beginning the recovery journey a member in or out of OA in relapse a library or school where someone in need may be looking for help a government or private human resources department dealing with obesity in the workplace

Because of your outreach, how many people would find recovery's serenity and joy? You may never know. But if you found recovery in OA, perhaps the person you touch will too. Offer hope through your service. Give a Lifeline or an e-Lifeline today. (1yr = \$15.00)

Enclosed is a check \_\_\_\_\_ money order \_\_\_\_\_  
 Made out to World Service Office.  
 Charge my VISA \_\_\_\_\_ MC \_\_\_\_\_ Discover \_\_\_\_\_  
 Card# \_\_\_\_\_  
 Exp Date \_\_\_\_\_ 3 digit security code \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Send subscription to:  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, St, Zip \_\_\_\_\_

Send to:  
**Lifeline, P. O. Box 44020,**  
**Rio Rancho, NM 87174- 4020**  
**Fax: 1-505-891-4320**

**"WE NEED YOU"**

What an awesome statement. "We need you." Simple and direct. I just got an email requesting service for Region 8 and the main thing I remember about it was that statement.

'WE' is the first word of the 12 Steps. Without the help of the OA fellowship and my sponsor I could not stay abstinent. Oh yeah, maybe I could loose a few pounds, but keep it off – no way. Doing service to help others... like writing an article, leading a meeting, attending a Region 8 Business Conference, picking up a newcomer

for a meeting, and most importantly staying abstinent... all demonstrate that this way of life works. There is a solution! I lived most of my life so self-absorbed I didn't even know I was self-absorbed. I was just too busy for others unless they had something I needed or wanted. Today because of this "WE" program of recovery I am maintaining a 120# weight loss. I've learned to communicate better. I have integrity with food, my word, and in my relationship with the God of my limited understanding. I occasionally do a random act of kindness. I could not/would not have learned to do this without you.



Recently I had the pleasure of attending the OA World Service Business Conference. It was a mind expanding experience for me. I saw how people from all over the world committed to abstinence and service made a difference. I saw many different levels of service and many different food plans. People coming together to support each other and help Overeaters Anonymous grow and flourish. It was awesome! Together we can do what we could never do alone.

~ stephanie...action is the magic word...d



**REGION 8 EVENTS**

The Gold Coast and Palm Beach County Intergroups Presents \*The Promises Are Your Fate In 2008\* SOAR 8 Business Assembly and Recovery Convention in Florida, Fort Lauderdale on 7/18/2008 through 7/20/2008

Overeaters Anonymous In Houma Is 31 And We Are Not Done in Louisiana, Houma on 9/13/2008

The Triangle O.A. Intergroup of Raleigh, NC - Fall Retreat "It's The Season Of Recovery" in North Carolina, Boomer on 10/17/2008 through 10/19/2008

Central Florida Intergroup presents our Annual Fall Retreat "FAITH WITH WORK - WORKS" in Eustis, Florida on 10/17/2008 through 10/19/2008

The Central Office of Louisiana & The Central Mississippi Intergroup's Fall Retreat 2008 Big Book, Abstinence and God in Mississippi, Chatawa on 10/31/2008 through 11/2/2008

The Central Alabama Intergroup of Overeaters Anonymous presents "Living Out Loud Retreat" in Alabama, Calera on 11/1/2008 through 11/2/2008

A Voyage of Recovery - 4 Night Cruise leaving Florida, Port Canaveral on 11/9/2008 through 11/13/2008 on the Carnival Cruises Ship: Sensation

*Itinerary: Pt. Canaveral- Freeport - Nassau, Bahamas- Pt. Canaveral*

*Included in cruise price:*

- Shipboard Activities, Shows and Entertainment, "Light & Healthy" Spa Cuisine, Spa Facilities/Classes (not services). OA Meetings & Workshops.

- All prices are PER PERSON Double Occupancy From : \$349 - INTERIOR (No window) , \$399 - OCEAN VIEW, Call for price - VERANDAH

- Includes: Port charges, taxes & fees of \$165.27

- \$200 deposit will hold your space!

See flyer for more information

**Flyers available on the Region 8 website:**  
**www.oaregion8.org**