



Spring 2022
Newsletter

SOAR 8



*SOARING
together to
Recovery!*

Southeastern Overeaters Anonymous Region 8

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SOAR 8 Spring 2022 Business Assembly & Recovery Convention

Fri April 1, 6pm to Sun April 3, 11am CDT



*Join us for an all-virtual event with speakers,
recovery workshops, and entertainment,
hosted by Greater Memphis Intergroup
Spanish and Portuguese Interpreters will be provided*

Registration Deadline: March 25, 2022

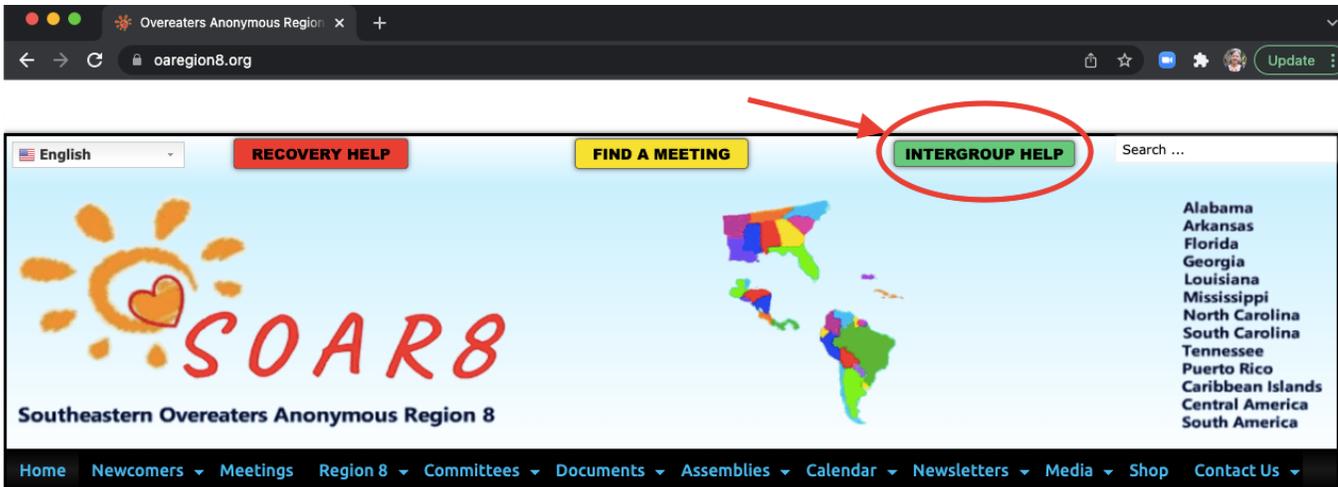
[CLICK HERE TO REGISTER](#)

Questions? We're happy to help!

Contact us at oamemphis.convention@gmail.com or call +1-901-295-8182

Does Your Intergroup Need Money?

Region 8 has money available to help Intergroups with their primary purpose of helping the still suffering compulsive overeater in and outside their rooms. And now, there's a handy button on the Region 8 webpage where Intergroups can go to see all the funding available and links to the applications. If you have any questions or need help, please do not hesitate to reach out to me for assistance: you can email me at treasurer@oaregion8.org. Thanks! Michelle D., Region 8 Treasurer



Young People's Virtual Intergroup

The Young People's Virtual Intergroup of Overeaters Anonymous provides service to those currently under the age of 30, as well as those who entered the fellowship during young adulthood. Despite this being our special focus, all OA members are welcome at our events! For more information, including our daily meetings, visit www.oayoungpeople.org

SALE! SPECIAL OFFER SALE!

Buy the Daily Journal and the Serenity Pen for only \$22

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\$ 22 FOR BOTH

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WE NEED YOU



Southeastern Overeaters Anonymous Region 8

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Using the OA Logo

To obtain written permission to use **OA's copyrighted logo** for two years, complete OA's [logo request form](#). Send your completed Request Form and customized OA logo to the World Service Office via email, fax, or postal mail at:
Email: info@oa.org
Fax: (505) 891 4320
Post: P.O. Box 44727
Rio Rancho, NM 87174-4727
Please allow some time for approval.

Region 8 now has permission to use the OA Logo. It is the traditional OA logo available from OA.org with "Region 8" centered underneath. The committees of Region 8 may use this on all of our fliers and communications. We will need to let our secretary, Dara, know of its use so she can keep track of all of its use across the Region 8 activities. Contact Dara at secretary@oaregion8.org.



Add Your Event to the SOAR8 Calendar

Want to add your workshop, retreat, marathon, or other recovery event to the SOAR8 event calendar? Here's how!

- 1. All event flyers must bear the OA Logo.** If your group has not already obtained written permission to use the OA logo, you'll need to get that (see box above).
2. All online event postings must be approved in advance by the SOAR8 Vice Chair. Please send an email with your attached event flyer to vicechair@oaregion8.org.

Note that all this will take some time, especially if you need to obtain permission to use the OA logo, which can take a couple weeks. The good news is, once you do, it's good for 2 years!

“Love the imperfect people around you. Love your imperfect self and your imperfect world. For if you cannot love life the way it is, you will suffer from eternal loneliness.”

Voices of Recovery, June 29

Perfectionism was a deeply held character defect of mine! This reading makes me reflect upon my Universe and how nothing in it—absolutely nothing—is perfect. There is *always* a flaw... and this is also a *critical* component for the evolutionary process. It is perfectly normal to not be perfect.

You know how there is the old saying that “no two snowflakes are alike”? Well, the truth of the matter is, because of natural imperfections, no two potatoes are alike either. Or bananas or leaves or birds or... fill-in-the-blank. In addition, it is important (vital?) for me to recognize that there is no board or chart or checklist for what “perfect” is. Perfection is completely a human construct of my diseased mind. As if there was some Standard Universe Perfection Law that I was measuring myself against! Once I honestly face this truth it seems remarkable that I held onto perfectionism for as long as I did.

I am grateful that with persistence, my HP and I have not only released me from my perfectionism, but also recognized the evil consequences of its allure. Today I relish in my humanness in a beautiful, awesome, natural world of imperfection.

—Michelle D., Central Arkansas

The Difference between Letting Go and Turning it Over



I know that they are used interchangeably, but for me, they mean completely different things. My personal HP is *That Which Is or Reality*. There is nothing really there to turn it over to.

I can, however, let it go. If I hold onto the issues, concern or resentment, then I block myself from what is happening to me right now. Generally what I am dealing with that needs to be let go is something from the past. Morbid reflection is what the Big Book calls it. I call it the obsession from life. There is something inside myself that connects to the Reality and the sources of guidance this brings back into my life. If I am holding on to the past, then I am not able to tap into these forms of guidance.

So, for me, letting it go means that I can't control it. When I stop trying, then I know if there is some lesson that I need to learn or something that I can do about it.

—Anonymous

~ ~ ~ Poetry ~ ~ ~

Do You Really See Me?

Look Look
Do you see the real me??

Look. Look
Do I walk the walk??
The walk not just talk the talk.

Do I walk in your Steps ??
I am more than my words.

Look at me, look in me.
Listen to my lesson, closely
and you will hear the Blessing

Look to find the love
that dwells within the words,
inside the man

Look, Look deeply my friend
for the God that is within us all.

Hear me, Hear me
abstinence dwells embrace her.

Hear the Love
There in speaks the love
of your Higher Power

Quieting My Mind and Spirit

Lord living in the spirit of my mind
Ever keeping me from being blind
To what you have in store for me.
Giving all I need to set me free.
I owe everything to thee.



Please quiet me of random thoughts
Things that you have never brought
Hoping things that could be wrought
Now in the silence of my mind.
Knowing that quiet is so very kind.
In this silence oh so entwined.
All the peace that I do find.



Now that you have silenced all the roar
You have allowed that opened door
Allowing me to walk right through
Together all the good that we can do



Abstinence Hold on Tight

Once you find that magic
we say is abstinence
You must rise up my brothers
present a strong defense.

Call out to Higher Power
to strengthen your resolve.
If you let down defenses
your abstinence dissolves.

For years I held my abstinence
then there was a careless bite
And then I fought a battle
I could not see the light.

For eighteen years
I attended meetings,
conventions
and the like.

I hunted for my abstinence
as I looked only up to thee
Now I have it and I hold it tight
for it has set me free.

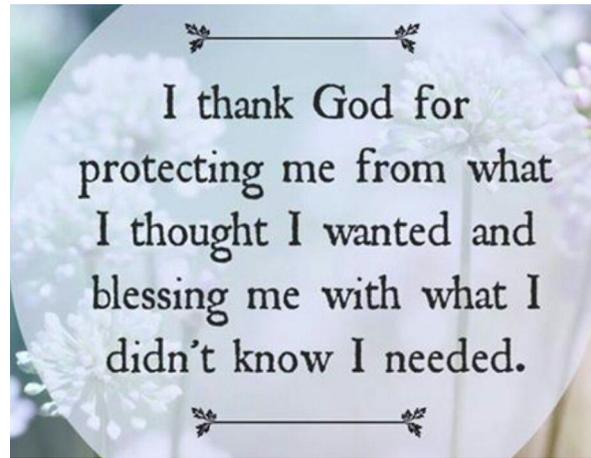
I thank my Higher Power for almost 45 years. —Burt T

Step One

I joined OA after I had lost 70 pounds, but I was full of rage and anxiety. I had to come back because I need help with the 2nd half of Step One my life is unmanageable.

I believe that I have a compulsive obsessive personality and food is my primary addiction. I think this because when I let go of the food, lots of other addictions waved their hands at me. I think of food as an addiction, but not as my primary obsession. I am obsessed with how life is going. I then can use the Steps to help me with that obsession. I use the Steps every day so that I keep my focus outside of myself. If I retreat into my brain only, I get sicker. If I focus on the support and guidance from a power outside myself, I am able to let go of the obsession and my life becomes easier.

Honestly, there are days with I try to control everything and I end up white knuckling the food. Most days now, since I do the 10th, 11th and 12th Steps daily, are free of stress and anxiety and so my abstinence is easier. —Anonymous



—Cathy M.



A Note from a Member on Tradition One

In January, I read Tradition One. I was reminded that whether at a local meeting, an Intergroup meeting, a Regional Assembly, or the World Service Conference, we are guided to keep OA as a whole utmost in our minds. I can remember one World Service Business Conference. I took some quiet time right before voting to pray for the right course of action that would be most beneficial for our entire Fellowship. As a member of OA, voting at every level was and still is a responsibility I take seriously.

At the group level we are asked to follow our meeting format. We are reminded to respect our group guidelines; the length of time we share, no crosstalk, and the list goes on. On page 92 of the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition, it states, “We may want to talk for longer than is suggested or we may feel that we “just have to share our advice...” however, Tradition One tells us to curb our impulses for the sake of the group.” The first Tradition, also, makes it our responsibility to lovingly remind members if the group conscience is being ignored.

Unity is the spiritual principle of Tradition One. Unity does not mean uniformity. We can listen to others with open minds and learn to express ourselves without insisting that everyone must do things our way. The beauty of Tradition One as well as all the Traditions is that we can apply their principles to our lives both inside and outside of OA. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships. We can practice Unity to help keep our meetings and our lives strong.

Hope to see you soon as we continue to trudge the road of happy destiny. Keep coming back! —Barbara T, Palm Beach County Intergroup