



Growing in Recovery

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Four principles seem to lead away from trouble and toward growth:

- (1) unity within the group;
- (2) harmony among the members of the group, with other OA groups, and with the rest of the community;
- (3) a hearing for all points of view; and
- (4) understanding that speakers' talks and pitches are not open to comment or debate—in other words, there is no cross talk.

—*OA Handbook for Members, Groups, and Service Bodies*

This morning's reading has me pondering about learning and working in harmony with people I dislike—as encouraged (suggested? directed?) by OA literature. I'm confident I can work with people I dislike but not so sure about how in harmony I have been.

It has been suggested to me that when I find that there is someone who 'rubs me the wrong way' that I pause and reflect on why this is and actively seek out their company.

So, I have taken serious steps to do my best to learn from people whom I dislike with mixed results based on attention and effort on my part. Something that helps me nuance and navigate this relationship is to recognize the truth that just because I am working in harmony or trying to learn from this person does not mean I agree with them, nor am I condoning their behaviors/beliefs.

It really isn't about them at all...it's about me.

It is in my best interests to live in harmony and to look for ways to learn and grow.

This is where recovery lies.

This is what I seek.

This is what I want to live.

This is my HP's will for me.

—*Michelle D.*



Photo: taken in NC on 10/8/2020
Quote: wisdom heard in a meeting

“It was here that we surrendered—admitted we were totally defeated and powerless over food, that we were not now nor ever could be like normal eaters. That was the beginning of freedom.” (For Today, 12/17)

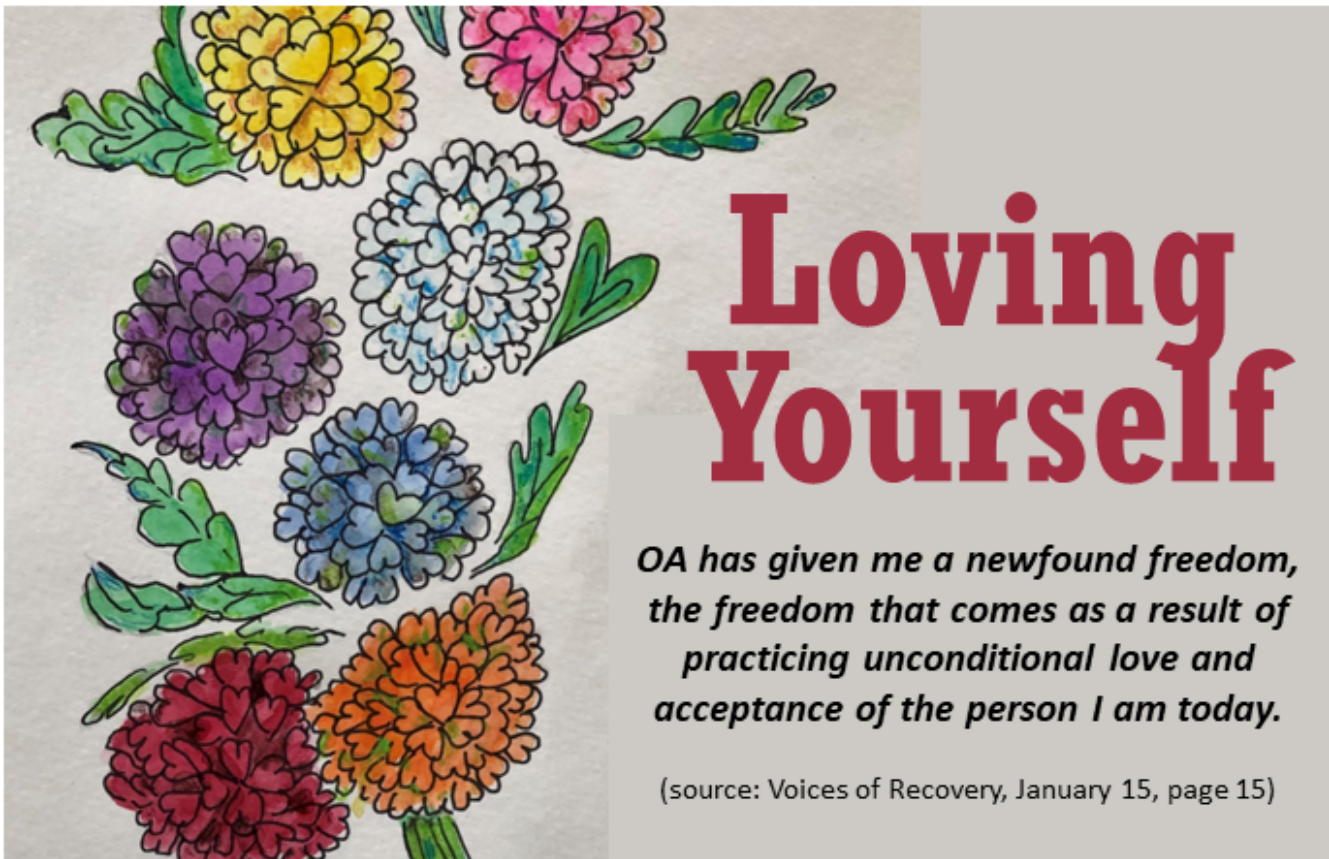
For me, accepting my utter powerlessness over food and my body—and my distorted perceptions about and reactions to both—was the beginning of freedom. Today, I am free...and...when life happens, the disease still whispers lies about my food and body. I am grateful that I have a solution today. I don't have to accept the lies, I just have to accept my powerlessness. I am an addict and food and body obsession are my drugs of choice. The obsession is lifted one day at a time as I do the work and stay in conscious contact with God and in connection with other people who “get it.” Knowing that I am not alone and that “this too shall pass” allow me to find grace, love, and deep serenity and live life on Life's terms – just for today.

—Anonymous, NC

Trudging the Road of Happy Destiny

- Exit 1—Honesty Thoroughfare
- Exit 2—Hope Hill Boulevard
- Exit 3—Faith Find Alley
- Exit 4—Courage Circle
- Exit 5—Integrity Isle Drive
- Exit 6—Willingness Way
- Exit 7—Humility Haven Row
- Exit 8—Self-Discipline Terrace
- Exit 9—Love Lane
- Exit 10—Perseverance Place
- Exit 11—Spiritual Awareness Avenue
- Exit 12—Service Road

— Anonymous



Art by Margaret C., VA

Calling all perfectionists!

The SOAR8 Bylaws/ Electronic Documents Committee Needs You!

Do you want to put your exacting, detail-oriented, and obsessive-compulsive character traits to good use?

Do you love paperwork?

Have you always secretly wanted to be an editor?

If so, the Bylaws Committee may be the home for you!

The purpose of this committee is to carry the message of recovery and facilitate Region 8 business by maintaining internal consistency and congruity with OA Inc. Bylaws, Subpart B in all Region 8 official documents.

If that sentence didn't put you to sleep, this may be your calling. We do ensure that all Region 8 documents comply with WSO guidelines, and we take great pride in ensuring that we dot all the i's and cross all the t's in the Region 8 documents.

The Committee reviews and proposes changes to Region 8's Bylaws and our *Policy and Procedure (P&P) Manual*. We not only draft motions arising out of the Bylaws/Electronic Documents Committee for consideration during Assemblies, but we also review motions submitted by other Region 8 committees and Intergroups for compliance with the 12 Steps, 12 Traditions, and our Bylaws and Policy and Procedure Manual. In our outreach efforts, we provide guidance and support for other service bodies on forming, adopting, or refining their bylaws and policies. In addition, frustrated journalists may decide to work on the Region 8 newsletter. We prepare two editions a year, spring and fall, under deadline.

But wait, there's more! In addition to our primary purpose, we are also currently working on two special projects:

- Moving SOAR8 to a paperless organization, and
- Converting all our documents to gender-neutral, inclusive language.

The members of the Bylaws Committee are hard-working and enthusiastic about carrying the message of recovery throughout Region 8. We meet by Zoom on the third Tuesday of the month at 7:00 PM Eastern. If any of this grabs you, contact me for the Zoom details and join us—we'd love to have you!

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The views expressed here are those of the authors and do not represent OA as a whole.

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“Welcome Home, Y’all!”

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA, the weekend of October 27–29, 2023. The registration flyer and more details about meals will be released soon.



We’ll be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.



If you even THINK you might attend, call to reserve your hotel room now! Use code **SOAR2023** for the special rate of \$199.50/night (2 queens, inland view, occupancy up to 4 people; includes room @ \$155/night, parking @ \$15/day + all taxes & fees). If you get three roommates, each person would pay only \$50/night, or \$100 for the weekend. These rates are available for three days before & after the event. You **must** make your reservations before 9/26/2023 to get this rate—any reservations made *after* that date will be charged at the current room rate.

Rooms have refrigerators but no microwaves. The hotel requires a \$50 deposit per room for incidentals during the stay. Each room will receive four drink tickets, three beach chairs, and beach towels.

Cancellations: You will be charged one night’s stay upon booking, and the hotel requires a credit card to hold your reservation. Deposits will be refunded or credited only if notice is received at least **7 days** prior to arrival (so by October 19 if you plan to arrive Friday the 27th); you must obtain a cancellation number.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.