



**Southeastern Overeaters Anonymous Region 8**

## ***The semi-annual newsletter of Southeastern Overeaters Anonymous Region 8***

### **Fall 2024**

#### **TRUSTED SERVANTS**

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Susan B. / Huntersville, NC

[chair@oaregion8.org](mailto:chair@oaregion8.org)

##### VICE CHAIR

Lonna C. / Deerfield Beach, FL

[vicechair@oaregion8.org](mailto:vicechair@oaregion8.org)

##### SECRETARY

JC D. / Palm Harbor, FL

[secretary@oaregion8.org](mailto:secretary@oaregion8.org)

##### TREASURER

Tina M. / DeQuincy, LA

[treasurer@oaregion8.org](mailto:treasurer@oaregion8.org)

P.O. Box 151

DeQuincy, LA 70633

##### REGION 8 TRUSTEE

Laurie O. / Portsmouth, VA

[R8trustee@oa.org](mailto:R8trustee@oa.org)

##### PARLIAMENTARIAN

Ellen F. / Memphis, TN

[parliamentarian@oaregion8.org](mailto:parliamentarian@oaregion8.org)

##### COMMITTEE CHAIRS

##### BYLAWS

Barbara C. / Newberry, FL

[bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

##### INTERGROUP OUTREACH

Annie M. / Altamonte Springs, FL

[igorchair@oaregion8.org](mailto:igorchair@oaregion8.org)

##### PUBLIC INFO/PROF OUTREACH

Robin T. / Myrtle Beach, SC

[pipochair@oaregion8.org](mailto:pipochair@oaregion8.org)

##### TECHNOLOGY

Linsey "Echo" G. / Lexington, SC

[techwebchair@oaregion8.org](mailto:techwebchair@oaregion8.org)

Shirley Q., Holiday, FL

[techwebchair2@oaregion8.org](mailto:techwebchair2@oaregion8.org)

##### TWELFTH STEP WITHIN

Tina S. / Bradenton, FL

[tswchair@oaregion8.org](mailto:tswchair@oaregion8.org)

##### WAYS & MEANS

Georgette P. / Gainesville, FL

[waysandmeanschair@oaregion8.org](mailto:waysandmeanschair@oaregion8.org)

##### NEWSLETTER

KAT T. / SAINT PETERSBURG,, FL

[newsletter@oaregion8.org](mailto:newsletter@oaregion8.org)

**SOAR 8 BUSINESS ASSEMBLY  
& RECOVERY CONVENTION**  
*September 20-22, 2024*  
DoubleTree by Hilton  
Deerfield Beach/Boca Raton, FL 33441

*"Be Protected,  
Stay Connected"*

*Hosted By*  
**OVEREATERS  
ANONYMOUS®**  
GOLD COAST INTERGROUP  
PALM BEACH COUNTY INTERGROUP

**Find more details : <https://oaregion8.org/r8-assemblies/soar8-assembly-fall-2024/>**

## Time to verify our meetings

There has been a lot of change in the world over the last few years. I audited my local meetings list this year and found several meetings listed which have been closed for years. Every service body is asked to audit their meetings (verify the meetings are still active).

Here are some tips:

- Search all the zip codes or cities in your area on OA.org Find a Meeting search. This will create a list of meetings. Reach out to each meeting's contact person to verify the meeting is still active and the meeting information is correct.
- Is your virtual meeting still listed as hybrid when it is now truly a virtual only meeting? That requires an edit to change the meeting from hybrid to virtual only.
- It's important no newcomer, out of town fellow or returning member show up to a meeting that no longer exists or has moved.
- We ask all service bodies to review all meetings once a year. <https://oa.org/add-a-meeting/edit-a-meeting/>
- Meeting closed – Cancel the meeting

## Trustee Report

Dear Region 8 Fellows,

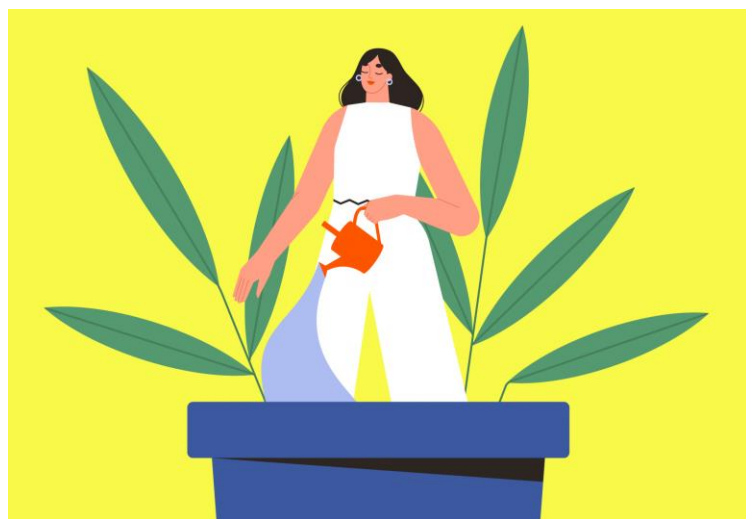
My name is Laurie O, and I am a compulsive overeater. I am humbled and excited to serve as your new liaison to the OA Board of Trustees. My friend Dora's term of service expired in May, and she has moved on to other opportunities to carry the message. I was appointed by the Board and served with Dora as a Trustee from June of 2023 until World Service Business Conference (WSBC) 2024 at which I was elected for a three-year term. In the absence of a Trustee applicant from within Region 8, I was appointed by the Board Chair to be your trusted servant.

This appointment is not at all unusual as our global fellowship reaches out to embrace fellows from over 75 countries speaking over 40 languages around the world. Our Trustees serve where and as needed. Fellows from Texas and Canada worked with Region 10 (Australia, New Zealand, and Japan) the last two years. You've probably noticed the growth of groups and service bodies in South America, the Caribbean, and Central America. No geographic, cultural, or socio-political boundaries need stand in the way of our being a diverse and powerful force for 12-Step recovery from problems with food.

My personal recovery journey began over 18 years ago when I walked into a small meeting in Va Beach, VA. I was so grateful to finally have found people who shared my compulsion and who were willing to share with me their solution. I've been abstinent through my son and daughter going off to college, the death of my mother and older brother, a six-year relocation to the Florida Keys, and return to Southeast VA to be near my adult children and grandchildren. What a ride! I don't know how I could have done it without this program and fellowship.

Throughout these years a critical element of my recovery has been service: in every position at my home group meeting and Intergroup, as a Region and WSBC Delegate, and many committee chair and member positions. I hope you too are experiencing the joy of service and I look forward to meeting and serving with you in Region 8.

In love and service,  
Laurie



Changes to location,  
format, type or contact  
person - Edit a meeting

- New meeting not posted to OA.org – Add a meeting
- Remember to update both your local service body or intergroup website and the OA.org site. We ask all service bodies to audit all meetings once a year.
- When a meeting notifies their intergroup/NSB they have closed – intergroup/NSB needs to contact OA World Service to update or close the meeting info.

## Poetry from Region 8 OA member

the pain of remembering  
brings freedom to know life...  
evolves  
expanding loves potential  
no longer lost, lonely, angry,  
frustrated and  
feeling hopelessness as a  
bottomless void  
paralyzed by a million  
permutations of  
FEAR—false evidence  
appearing real  
I dance...I create...I love  
this life I have been given in  
recovery  
I love me  
I love the Creator who formed  
me  
I sing a love song to my  
SOUL—Source of Ultimate Love  
My soul co-creating with  
ultimate love

## A Fellow's Story of Hope

The first time I entered an OA room I was 25 years old, I understood that it was an illness, that I didn't need to blame myself for overeating anymore. I would need to ask for help from a Higher Power, God as I understand him, I would have to look at my past mistakes asking for forgiveness. It was that simple. I bought "For Today" and as I had already understood everything I no longer needed the meetings thank goodness because with the change in my work schedule I wouldn't be able to attend them anyway.

At the age of 38, after having six screws inserted due to a herniated disc, I returned to OA where I stayed until I was 48, doing everything more or less, I didn't accept any service where I had to keep coming back, I had a sponsor but I didn't call her, despite having almost all the literature, I only read it at meetings, every now and then, I wrote something or called someone, I agreed to be the secretary of the intergroup because it would only be a monthly meeting, my action plan never left the paper, my eating plan was also made on a more or less basis, I always liked OA, but to be honest I didn't have time for the program. I thought that people who had been coming back for years, who gave a lot of service, didn't have what to do, especially the thin ones, I assumed their lives were very boring because they had so much time for OA.

When the pandemic started, I was 48 years old, I was very afraid of Covid, I wore masks, used alcohol gel, just left the house as a last resort. My ex-husband was transferred to another state for work and was away for three months. The first times I ordered food, it was from people I knew, then I took a chance with Ifood (the food ordering app) The food that for a healthy person would be lunch and dinner for me was one meal, I weighed 107 kilos (235 pounds) In my in-person group I held meetings via WhatsApp, the money from the prudent reserve ran out and I offered to go to people's homes to get the money to pay the room rent, I soon offered myself to be vice group representative, the position was vacant. Finally I started attending meetings online every day, I understood the seriousness of the disease, everything I heard in the meetings I had heard before, but I don't know why it started to make sense, I understood that the disease was progressive and fatal, that my way wasn't working and I started accepting suggestions.

Today, at 51 years old, I have a weight, a body that I never had in my life, not even as a teenager, I serve in the group, intergroup and in region 8, I have two sponsors and some sponsees, I have a daily gratitude list, I do the tenth step, I surrender everything to the Higher Power, not just my binge eating, but my financial life, my relationships. I got divorced, I suffered from the divorce but I didn't eat compulsively over it so, I feel more comfortable doing the Twelfth Step because my life is proof that OA works, I follow a food plan drawn up by a professional, I respect my meal times and I use a scale to see the amount of each food I can eat, no more or less, I'm not perfect but I do my best one day at a time. (Gislaine P. – Brazil)



Creating a life worthy of the  
oxygen I breathe  
And so I serve...  
Serve a meal for others to  
share  
Serve my recovery community  
by showing up  
Serve a wicked pickleball to an  
unsuspecting opponent  
Serve my community with a  
love which only expands  
What kind of magical economy  
is this?  
Recovery made a heaven out of  
what  
was once..a hellscape  
And so...  
I dance  
I create  
I love  
and my heart sings!  
dlh6/27/24

## Calling for Service- Region 8 Technology Committee

Looking for any Region 8 fellows to join the team. The Tech committee promotes the use of the Region 8 website and provides information and technology support for the region. No technology experience is needed. Really !!! We are looking for both committee members and someone interested in leadership mentorship to attend the assemblies as a future Tech Committee Chair.

If you have any interest in helping Region 8 ensure we can provide our assemblies as hybrid to allow greater access to all intergroups- Please contact our Tech Committee Chairs: [techwebchair@oaregion8.org](mailto:techwebchair@oaregion8.org) or [Techwebchair2@oaregion8.org](mailto:Techwebchair2@oaregion8.org)



**Benefits of service:** inspire you to do your best, stay in the middle of the boat in OA, be actively engaged with other people who take their program seriously, expand your network of fellows in OA across different states in the US and different countries, ensure OA is available for the newcomer

### An OA fellow's story of prayers

About one month ago at an OA meeting, someone shared about a prayer she was using every day. About three minutes into her sharing, I realized she was using my very words in my formal prayers with G-D every day. When she finished, others who were present asked if she could send a copy of the prayer to them. I spoke to her after the meeting where she explained she had been using my words for years, and they were powerful. I thought I would share my words with other OA members if they were having problems in praying to their Higher Power. I speak to G-D out loud as I need to hear my prayers: I humble myself before You as a compulsive overeater. Please help me to have an abstinent day today, free of compulsive overeating and compulsive food thoughts. Please watch over my family and keep us safe. (I then mention names and certain challenges each one has.) Please watch over others I name who need extra prayers. I then mention myself and go through different parts of me needing attention, like my stroke areas, my blurry eye, my heart, etc.

I state: I surrender to You Maker of Life. I surrender my body to You, my soul to You, my thoughts to You, my food to You, my size to You, my shape to You, and my weight to You. Do with me as You will. Please grant me the willingness to follow this program for one more day. Please watch over (I name my family members as each one needs special individual help).

Please help me spiritually, emotionally, physically and financially. Please help me to remember I am a compulsive overeater. Help me to put down the substances and quantities that are harmful for me today. Please help me with the challenges of the day and decisions to help me with the challenges according to Your will.

Please walk with me in my journey in this crazy world. Help me to be more patient, more tolerant, and more understanding of those around me. Help me to be nonjudgmental and bless those in judgment around me.

Help me to enjoy the joy in the day and help me to endure that which is not joyful.

Thank You G-D for all You are about to help me with today. If I can be a source of service to another suffering person, I humbly offer myself to You if You feel I am worthy enough to do so.

I then recite the first three steps. After saying them, I announce I DO TURN MY LIFE AND WILL OVER TO YOU TODAY. I then recite the Serenity Prayer. I also announce I choose to be happy today. Please put people in my life to support this happiness. Roz S.

### **To All Region 8 PIPO Representatives**

“Progress, not Perfection!” Overeaters Anonymous is a community of people who support each other in recovering from compulsive eating and compulsive behaviors. You might ask, “What message do we want to instill in the minds of those still suffering?” WE ARE THE MESSAGE = MESSENGERS!

There are several ways to get the OA message into the local and virtual community. Here are only a few. It is well within the Traditions for OA members to speak at non-OA gatherings, posting flyers of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals, and other public places (after obtaining permission). We could purchase current PIPO posters at [bookstore.oa.org](http://bookstore.oa.org) and download past posters from the Document Library at [oa.org](http://oa.org). Some posters have easy tear-perforated tabs, guiding interested people to OA’s Fifteen Questions via [oaquiz.org](http://oaquiz.org). Advertising in local newspapers, magazines, and websites gets our word out. We could ask local cable and radio stations to play OA public service announcements (PSAs) for free. Health care providers are a good outreach... leaving downloadable pocket guides of “What to Remember When You See Your Doctor or Other Health Care Professionals” found in the Document Library at [oa.org](http://oa.org).

Who do we get to do service to all the above? Volunteers! Each face to face and virtual group has qualified members who would excel in sharing the message on a service body

level, via committees. Depending on group conscience – committee qualifications should be decided upon and once done the word needs to go out for volunteers, at service body meetings through delegates, service body newsletters and special flyers distributed at meetings and should be included in secretary announcements.

Bill W and his team members went to hospitals and homes to share the miracle, our OA message can be taken into Correctional Facilities on Military Bases. Perhaps far in the future, but doable. There is no brass ring we need to claim to be successful. On professional levels, health and human services = Alcohol and Drug Counselors, Case managers, Chiropractors, Dentists, Dietitians, Doctors, Eating disorder counselors, Family Counselors, Hospital Administrators, Medical Students, Nurses, Nurse Practitioners, Nursing Students, Pharmacists, Psychiatrists, Social Workers and Welfare Case Workers and so many other possible targets: Clergy, Educators, the Business Community, the Judiciary.

OA has meetings in more than 75 countries worldwide. There are no dues or fees. All that is required is a desire to stop eating compulsively and once in recovery to spread the message of physical, mental and spiritual recovery. Our outreach could save lives. Let us take up the torch and lead others to the miracle.

Sincerely,  
Avalon M  
Spacecoast Intergroup PIPO, Region 8



### **Spirituality and a fellow's own conception, a gift of the program.**

One of the differentiating aspects of the 12 step movement or fellowship, whatever we want to call it, is that folks are able to seek their spiritual being or connection. Based on my understanding and my experience, religion is more of a structured approach that is often intertwined with a person's heritage or culture. It's often something that you're born into as opposed to something that you seek. The fact that this is not a religious program is part of the reason why I stay. We simply refer to our spirituality as a relationship with a

higher power and there is no judgment or assignment of any particular being or concept. I also notice that in religion, it seems as though there is an entity or number of entities that need to be worshiped. As addicts, worship of anything seems dangerous.

Since I didn't come into Program with any preconceived notions of God, I didn't have as much of an issue with finding a faith that worked for me. I was brought up on books and was simply introduced to the Bible as it being another book that a lot of people had read. In some cases, it was considered a history book that was loosely based on people that we didn't necessarily have full names for. I took it with a grain of salt because most of it seemed a bit odd to me. Maybe it's because I wasn't part of a church or any specific practice.

Having faith in a higher power is a game changer. And the fact that it doesn't have to be Christ or Buddha or any other set of gods, works for me. I do not understand the Universe and I cannot fathom its entirety so it serves as my HP. I have the willingness to-have-faith that the universe will continue to exist well after I am gone from my physical vessel. Whether the instructions I receive during prayer are some form of internal compass or a relationship with the Universe, really isn't the issue. More importantly, I have faith in that: when I ask what the next right thing to do is, I get a reasonable and safe answer---one that I am willing to follow. Sometimes it's not always the answer that I want, especially when it tells me to wait. Man, I hate waiting! -Quinn

### **Facing a Challenging Situation with Recovery**

I recently had a challenging situation with my spouse. We are at a special event that I was looking forward to for a long time. Ten seconds before the event started my spouse opened up a topic which he knew would be very upsetting. And it was. I barely noticed the entertainment. I was so angry. I immediately turned my attention to praying. We got through the night but the next morning, I woke up quite angry. I began my day with a serious practice of journaling to get it all out, writing an inventory, doing a turnaround, seeing my defects of character, and asking God to remove these defects in formal prayer and meditation. What I could see in my writing is anger by itself, is a God given emotion letting me know my need for safety (related to the topic) is not being met. It also showed anger is not to be used as a tactic against another person. No blaming, name-calling, implying judgment, or using the cold shoulder.

What is really happening is, I'm in fear and I need to rely and God in this topic and how I treat my spouse. Honestly, the rest of the weekend, I simply felt sad. It wasn't until I got to speak to my sponsor two days later and I read the written inventory that I could see the success of program. That weekend, although sad, I stayed open and honest with my husband. I did not lash out or pull away. And that's progress from where I was 13+ ago when I was in the food. -JC



## 2024 Annual Appeal Letter from Your World Service Office

To: Groups, Service Bodies, and Members of Overeaters Anonymous:

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update and maintain the Find-a-Meeting tool on the website.

Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at [oa.org/contribute](https://oa.org/contribute) (remember to include your meeting or service body number)
- Cut out the form below and mail your check to the World Service Office
- Consider contributing automatically through the Automatic Recurring Contributions link at [oa.org/contribute](https://oa.org/contribute)

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,  
Board of Trustees Treasurer

Please forward the collective contribution, including your group number, to:

--- cut here ----- cut here -----

Overeaters Anonymous World Service Office/Appeal to Groups  
PO Box 44727

Rio Rancho NM, 87174-4727 USA      Group/Service Body # \_\_\_\_\_ Enclosing US\$ \_\_\_\_\_