

OA Region 8 Newsletter

SOARing to Recovery

Fall 2025

TRUSTED SERVANTS

BOARD OFFICERS

CHAIR

Susan B. / Huntersville, NC

chair@oaregion8.org

VICE CHAIR

Lonna C. / Deerfield Beach, FL

vicechair@oaregion8.org

SECRETARY

JC D. / Palm Harbor, FL

secretary@oaregion8.org

TREASURER

Sherry S. / Deerfield Beach, FL

treasurer@oaregion8.org

REGION 8 TRUSTEE

Laurie O., Portsmouth, VA

trustee@oaregion8.org

PARLIAMENTARIAN

Ellen F. / Memphis, TN

parliamentarian@oaregion8.org

COMMITTEE CHAIRS

BYLAWS

Barbara C. / Newberry, FL

bylawschair@oaregion8.org

INTERGROUP OUTREACH

Dora P., Tabate Sao Paulo, Brazil

igorchair@oaregion8.org

PUBLIC INFO/PROF OUTREACH

Andrea K., Miami, FL

pipochair@oaregion8.org

OA Region 8 is a.k.a. SOAR8 ~ The region is comprised of the Caribbean Islands, Central America, South America, U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Southern Missouri, Tennessee, and The U.S. Virgin Islands. SOAR8 is one of 9 regions around the world (and one virtual region), formed to serve the regional needs of Overeaters Anonymous.



COMMITTEE CHAIRS CNT.

TECHNOLOGY

Claudia S., Spring Hill, FL

techwebchair@oaregion8.org

TWELFTH STEP WITHIN

Tina S. / Bradenton, FL

tswchair@oaregion8.org

WAYS & MEANS

Georgette P. / Gainesville, FL

waysandmeanschair@oaregion8.org

NEWSLETTER

KAT T./SAINT PETERSBURG,, FL

newsletter@oaregion8.org

What does OA do with your contributions?

Regions



- Hold assemblies and recovery events.
- Support community and media outreach.
- Maintain websites.
- Publish newsletters.
- Keep lists of speakers.
- Support officers' expenses.
- Maintain reference and media libraries.
- Offer support to intergroups/service boards and unaffiliated groups.



Groups

- Provide places to meet and share recovery.
- Purchase supplies to run meetings.
- Buy literature and media from the WSO.
- Support the intergroup/service board, region, and WSO.
- Intergroups and service boards
- Offer local outreach to professional communities, hospitals, schools, and libraries.
- Hold recovery events.
- Maintain websites.
- Keep updated meeting lists.
- Provide telephone information and answering services.
- Publish newsletters.
- Send representatives to region assemblies and delegates to the World Service Business Conference to vote on behalf of the Fellowship and contribute to the group conscience of OA as a whole concerning policies and services.
- Translate literature.

World Service Office

- Produces and distributes OA-approved literature, media, and specialty items.
- Maintains, monitors, and updates oa.org.
- Offers worldwide meeting information online and by phone, mail, fax, and email.
- Publishes Lifeline blog, A Step Ahead news letter, and WSO News Bulletin.
- Sends starter kits for new groups.
- Registers and updates groups, including service bodies.
- Handles OA's media and public relations requests.
- Reaches out to professionals.
- Holds annual World Service Business Conferences.
- Holds World Service Conventions.

"Doesn't intergroup pay for the Zoom room?"

It's true that virtual meetings mean fewer room rents, but OA still has essential expenses — many of which are invisible, yet vital. Without 7th Tradition contributions, the work of OA simply can't and won't get done.



Here's what your 7th Tradition supports:

- Zoom rooms (MetroWest Intergroup maintains three, for overlapping meetings).
- Websites that help newcomers find us — built, hosted, and maintained.
- Google Ads and real-time support for those seeking help.
- Public outreach campaigns to health professionals and the community.
- Delegates aid and scholarships for OA's business assemblies.
- Translation of OA literature into more than 2 dozen languages to reach non-English speakers who are the biggest factor in OA growth.
- Professional staff at the World Service Office who keep OA running.
- Region Assemblies and World Service conventions, where vital business gets done.

In face-to-face meetings, a full basket was visible. Now, with virtual meetings, it's easy to forget — and contributions have dropped.

We are self-supporting, and you are part of "we."

Without your support, OA cannot exist.

Susan B., NC, Region 8 Chair



Contribute to Region 8 on Paypal or Zelle

<https://oaregion8.org/region-8/contributions/>

“Every OA group ought to be fully self-supporting, declining outside contributions.”

PayPal™

Donate



GOT ZELLE ?



Mail Check to Treasurer

 **Zelle**

Login to your Zelle account and send a 7th Tradition donation to OA Region 8 by sending it to: treasurer@oaregion8.org

Thank you in advance for your contribution to OA Region 8.



Save The Date!

'Coming Together in Unity'

**OA REGION 8 VIRTUAL
SECOND ASSEMBLY**

OCTOBER 24-26, 2025

Shipment Details

Edit Shipment

Shipping Address



Kevin,
Kevin
6075 ZENITH CT NE
BLR
World Service Office

Contact Information

Kevin McGuire
klmcguire@gmail.com
505-205-2436

Billing Address

KEVIN MCGUIRE
6075 ZENITH CT NE
UMI

DESCRIPTION	QTY	ITEM PRICE	ITEM WEIGHT	TOTAL
 1000 Alcoholics Anonymous, Fourth Edition	5	\$13.50	0.718 lbs	\$67.50
 105 Recovery Checklist	120	\$0.75	0.00625 lbs	\$90.00

Order Summary

Items	\$157.50
Shipping	\$63.00
Taxes	\$0.00
Order Total	\$220.50
Shipping Weight	4.34 lbs

Shipping Weight: 4.34 lbs

These will be 3 decimal places (e.g. 4.343)

☒ International (Shipping Weight 4.255 pounds or more)

\$63.00

<https://oa.org/news/new-shipping-prices-for-non-us-bookstore-orders-start-august-1/> (link to article and image above)

Now non-US members can add and remove items from their cart and trigger the discounted price. In the bookstore, when you get to the Payment screen in checkout, if you see "International (Shipping Weight is 4.255 pounds or more)" as the shipping method, remove items until you see "International (Shipping Weight is less than 4.255 pounds)" along with the significantly reduced price. Members can also experiment with dividing a larger order into two smaller orders to save about 20 percent total on shipping.

Our new international shipping rates are not available for islands, territories, and overseas post offices (APO/FPO) that are designated as domestic addresses by the United States Postal Service.

The World Service Office will implement similar weight-based shipping calculations for US orders by January 2026, and OA members in the US can also anticipate saving on shipping costs. Stay tuned for a future announcement!

REMINDER!

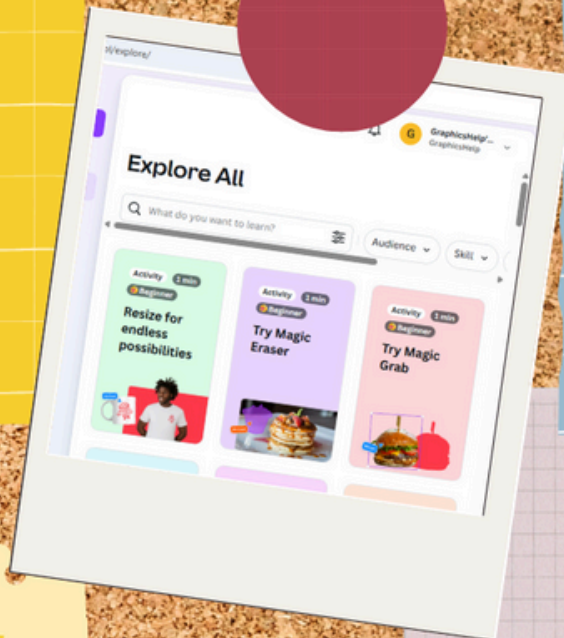
We have a new resource for meetings, intergroups, and committees to request assistance with creating graphics and media, such as flyers, presentations, or individual images for you to use.

Get started by emailing:
GraphicsHelp@oaregion8.org

GETTING STARTED WITH CANVA

WHAT IS CANVA?

Canva is a website/design tool to create visuals and media content, like this article, event fliers, meeting notices, social media posts, handouts, graphics, and more!

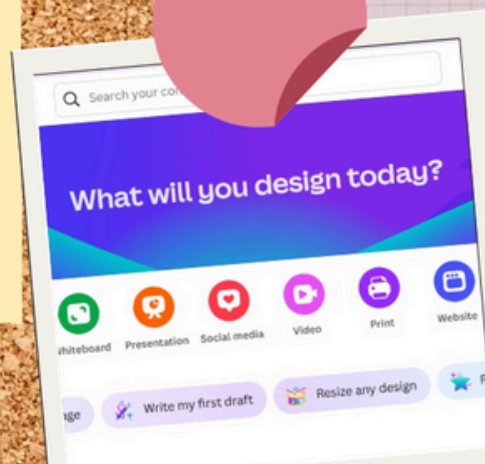


SERVICE BODIES/
COMMITTEES
CAN HAVE THEIR
OWN ACCOUNT
ATTACHED TO
OUR TEAM

CANVA DESIGN SCHOOL

www.canva.com/design-school

Built-in educational resource with tutorials, lessons, step-by-step instructions, and even full courses.



CREATING CONTENT

Once you select a starting design, the left hand menu (the content editor) contains options for adding and editing:

- Design - overall templates
- Elements - images
- Text
- Uploads - for adding your own resources
- Draw - pens, lines, shapes
- Projects - your other projects

At the top is the File menu with the standard options to save, print, share, and download your content.

If you need specific help with finding how to do something, troubleshooting how to access Canva, or if you have general questions about if an image is available for use, please email

GRAPHICSHelp@OAREGION8.ORG

The Bylaws / Electronic Documents Committee



Attention all perfectionists: Do you want to put your exacting, detail-oriented and obsessive-compulsive character traits to good use? Do you love paperwork? 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 we dot all the "i"s and cross every "T" in the Region 8 documents.

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

Two sub-goals of the committee are to: 1) move to a paperless organization, and 2) convert all documents to gender-neutral, inclusive language. Committee members are hard-working and enthusiastic about carrying the message of recovery throughout Region 8! The Bylaws Committee meets by zoom on the third Tuesday of the month at 7:00 PM eastern. If you are interested, contact me for the zoom information.

Breaking News – New Freedom Intergroup’s (NFI) Newest Public Information Campaign

Over a period of weeks, I spent much time and effort reviewing options of how our NFI PIPO Committee can best serve our beloved OA fellowship to *help carry the message of hope and recovery from compulsive overeating ‘outside’ of the OA rooms*. This is a fundamental mission of a PIPO committee. I considered going the familiar route to place an OA ad on a public bulletin board; putting a PSA on radio; an ad on shopping carts in grocery stores; even considered bus wrap advertising. All these have been done before by PIPO committees across the globe.

However, in this modern world of technology and social media, I prayed long and hard to find something more ‘state of the art’. Finally, I came across an advertising company called, “Over the Top (OTT) Marketing”, which offers promotion through popular ‘**streaming applications** and **devices**’. Fortunately, our Intergroup had budgeted nicely for a 2025 campaign.

Truthfully, in order for me to grasp an understanding of terms used in today’s society in relation to technology I didn’t grow up with, I relied heavily on ‘AI’ to educate myself. I wanted to comprehend the dynamics of what I was getting involved with. So for the benefit of others who may also be unfamiliar, I’ve included some explanations that were of significant help to me.

Streaming is whatever *content* we provide gets streamed out to viewers in real time, to watch or listen to, without them having to fully download the file first. For example, they automatically get our PSA video (Public Service Announcement) while they’re on their device.

Device-examples are computers, smart TV, mobile phone and tablets.

Applications are the programs or services—they are app’s that provide access to the streaming content *where our ad was delivered*. (For example, our ad could appear on Hulu, Disney, Netflix, Paramount, Peacock etc. - on a device such as a computer, smart TV, mobile phone and tablet)

My interest grew as I gathered information on-line. I read about the broad and yet very specific targeted outreach we could achieve; and the ability this type of technology has to actually ‘*track*’ viewers in ways we’ve not had before!! Members have been promoting OA for decades, but to the best of my knowledge, had no firm data regarding the size of audience reached. So I went ahead and met with a rep. I was over the moon excited, but the thought crossed my mind, OMG, what if this company is a scam? In this day and age, just because there’s a website, it doesn’t always mean they’re legit. So after they cleared my background check, I met with my PIPO committee and this is what we agreed to do:

The campaign ran from 6/18/25-7/16/25, 28 days. We used the WSO 30 second length PSA for the video ad. Additionally, a member of the committee helped to modify the WSO ‘STOP’ poster which we included as a ‘still shot’. They call that a “Pause Ad” commercial. It holds on the screen for 15 – 30 seconds. Also included on the Pause Ad is NFI’s QR code. If the viewer clicks on it, it brings them directly to our NFI website (oanfig.org) where the viewer can find information about OA; get meeting lists; find out about NFI events; additional OA events; material concerning OA Resources; and much more.

As far as ‘who’ sees our ad and ‘when’ our ad ran - people are targeted based on the geographic location we supplied (in this case: parts of Jacksonville and St Johns County); interests we described to them (such as: people searching for weight loss schemes, diets, exercises, cooking networks, diet pills/shots, nutritionists, treatment centers, etc.); age groups we specified. The commercial runs *when targeted people are on their device or watching TV*.

Tracking Results on the Video Commercial:

- **Impressions Delivered** – **41,133**. This means the total number of times our ad was successfully served to viewers on the OTT platform. **Full transparency**: this is regardless of whether they watched it fully or interacted with it.
- **Completed Video View** – **35,394**. This means the number of times our video ad was watched *all the way to the end* by a viewer. It’s a strong signal of viewer engagement and message delivery.
- **Video Completion Rate (VCR)** – **86%**. VCR is a performance metric that measures the percentage of video ads that are watched to completion compared to the number of times they were started. This percentage

helps us assess viewer engagement with video ads. A high VCR suggests the content is compelling or targeted effectively. Low VCR could indicate ad fatigue, poor targeting, or content that's not engaging.

- **Households Reached** – **21,549**. This is based on the IP address which is the unique identifier assigned to each device, another words, the home address.
- **Average Frequency** – **1.9**. The 'average' number of times a unique viewer saw our ad during the campaign. Another words, how often our message was repeated to the same person.
- **Clicks on the Commercial** – Total of **45**. The "clicks" metric typically refers to the number of times viewers clicked on a clickable element in or after viewing our ad.

Tracking Results on the Pause Ad Commercial:

- **The 'Pause Ad'** - ran **4,718** times.
- **Completed View** – **3,964**
- **Video Completion Rate (VCR)** - **84%**
- **Households Reached** - **2,668**
- **Average Frequency** – **1.8**
- **QR Code Hits from our 'Pause Ad'**– Total of **45** scans of the QR code which led the viewer directly to our NFI website.

Next month I will discuss this topic and it's results at our Region 8 PIPO Committee. My goal is to secure funds for broader advertising. Perhaps it will also resonate with other Regions for a more global outreach? God's will be done....

I'll end by saying, it's because of the generous donations that members of our beloved fellowship contribute that help make this kind of outreach even possible!!

In loving service,

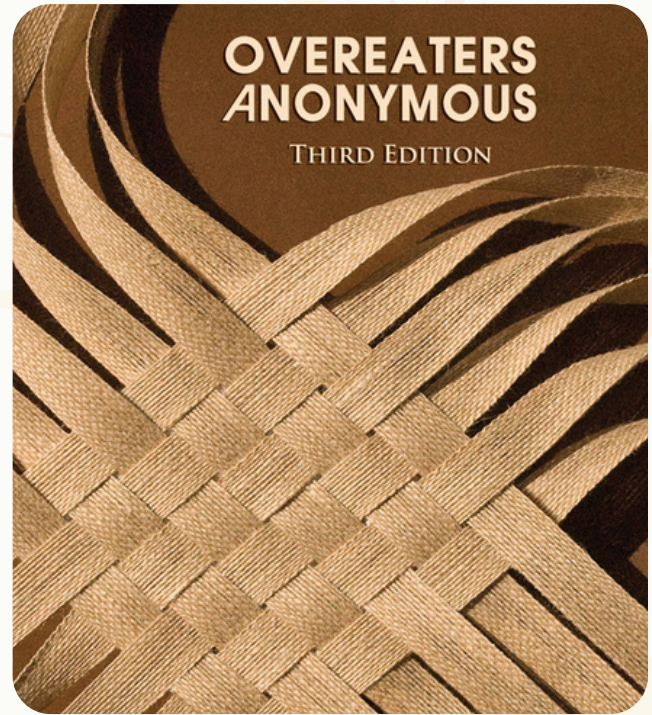
Nancy K, New Freedom Intergroup (NFI) PIPO Chair

npklei@gmail.com 516-286-1888

Do you have a copy of *Overeaters Anonymous*, Third Edition? Not the OA 12 and 12, which most of us are familiar with. But the “Brown Book” with the personal stories’ compulsive eaters recovering?

Truthfully, it’s been a few years since I opened this book. I had the great pleasure of reading it as part of an OA book club. We started as a Big Book Study group and have since read and discussed several books together. In it are several letters from health professionals, their experience treating compulsive eaters, and what they have seen in OA members.

“This document hopes to place a focus on the rich information contained in the Forewords and Appendices found in the third edition of *Overeaters Anonymous*... Please take the time to read and absorb these powerful statements in support of our program of recovery.”



The Foreword to the Third Edition of *Overeaters Anonymous* is a letter from a clinical psychologist, who specialized in the treatment of eating disorders, Dr Marty Lerner. Dr Lerner describes his experience in referring many patients to *Overeaters Anonymous* and how he has come to view compulsive eating as the same as alcoholism and other addictions. He describes active participation in a 12 Step program, such as OA, as being “indispensable.” I am grateful for the reminder. Am I an active participant in my program? This includes aspects of all three areas: physical, emotional, and spiritual.

Appendix A is “The Role of a Plan of Eating in Recovery from Compulsive Eating.” This is written by a dietician who has worked with many compulsive eaters who are members of OA. Appendix B is “A Disease of the Mind” written by a psychiatrist working in the field of addiction. Who sees compulsive eating as clearly a disease. He speaks of the great hope of the recovery he has seen in many patients. Appendix C is “A Disease of the Body,” speaks of the medical impact of obesity and much of what this doctor has seen in OA. He describes a “deep shift in the individuals’ emotional tone.” Appendix D is “A Disease of the Spirit.” This section looks at the effects on a person’s soul and the person’s recovery.

Pick up a copy of *Overeaters Anonymous* Third Edition or search to find its appendices on OA.org.

✦ What Would You Tell Your Newcomer Self? ✦

She asked me, *"What would you tell yourself when you were a newcomer?"*

The question floated above my head and transported me back in time...

Back to the Beginning

Three and a half years ago, I was sitting in a doctor's office when someone who worked there asked me if I had ever heard of OA.

I hadn't. I'd heard of AA, but OA? No.

He directed me to a website, which directed me to a questionnaire, which showed me a local meeting, and a contact who told me where and when I could show up...and show up I did.

At the time, I was pretty successful and stable—except when it came to food.

Since childhood, I had been obsessed with sugar and sweets. Everyone in my family loved food, and society itself seemed to normalize overeating and even being overweight, as the decades progressed. That was validating in some ways, but I had a secret...I was obsessed with food.

☞ Food was my best friend.

☞ Food was my comfort.

☞ Food was my companion in loneliness, celebration, and despair.

But food was also my tormentor. I binged in secret, hid the evidence, and lived with deep shame. I was terrified someone would knock on my door and discover the truth.

Walking Into My First Meeting

So when I walked into that first OA meeting, I was hesitant, skeptical, guarded. I had learned the hard way in life that trusting people usually ended in disappointment.

But in that room, something shifted.

When asked, "What would you tell yourself as a newcomer?" this is the answer that came—not just from me, but also as though my connection to the Universe was speaking with me:

A Letter to My Newcomer Self

It's OK that you are hesitant. Of course you are.

It's OK that you are skeptical. Because of course you are. Life experience has taught you to be cautious...not to trust.

But listen: this is what you've been praying for.

This is the room that holds the answers.

This is the secret you've been longing to know—
how to be free of food obsession.

These people will show you the way.

Be gentle with yourself. Be gentle with others.

Come as you are. You are accepted here as you are.

Do not worry about being perfect.

A "good enough" program is enough.

Yes, you'll hear suggestions and even "requirements."

Take only what works for you, and worry not about the rest, or the paths of others.

Let meditation guide you.

Your path is your own.

We love you very much.

– Love, The Universe 🌌

Why I Share This

When I think back to that scared, skeptical version of myself, I am filled with gratitude. The newcomer I was back then could never have imagined the freedom and connection I feel today.

If you are new, I hope these words remind you:

💜 You belong here.

💜 You don't have to be perfect.

💜 You can do this, one gentle step at a time.

Blessings, Jeannie B, FL



THE TOOL DIE

Want to earn some money for your intergroup with minimal effort? You can purchase a bag of twelve Tool Die for from Region 8 for \$6.25 each (\$75 for a bag of 12), take them back to your IG, and sell them for \$10 each. Your IG keeps the \$3.75 profit for each of these 12 (a total of \$45) just for selling them to your members. Region 8 has done the work for you! (And yes, Region 8 is also making a profit from these dice.)

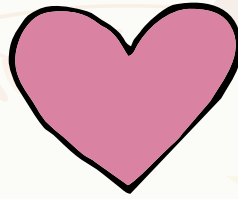
We are selling only bags of 12 at a time for resale. If you are interested in obtaining one or more bags of the Tool Die, please contact Georgette Peters, Chair of the Ways and Means Committee for Region 8:

ghabanero56@yahoo.com

waysandmeans@ooregion8.org

You may make payment by cash, check, paypal or Venmo.

Daily Prayer for Healthy Eating



Spirit/Big Love,

Here are some things I know: I know I am beautiful in your sight. I know that you love me as if I were the only person in the world. I know that I do not need to lose weight to be given your love; and I know that I do not need to lose weight to be proud of myself or to make someone else proud of me or to gain anyone's love.

I also know that you have given me a body that is a temple to be taken care of. Forgive me for moving farther away from You by seeking to heal myself with food instead of with You. You understand that I have a disease and I'm not responsible for having it, but I recognize that I am responsible for relying on Your help to recover from it.

So, those are some things I know. What I do NOT know is how to control my eating; what I do not have on my own is the strength to eat in a healthy way--no matter how many times I lose weight and no matter how many diets I go on. Just when I think I have it all solved, I overeat again--even though I don't want to. My middle name of Defiance raises up and I refuse to let go of extra food. I shovel in the food with one hand and wipe away my tears with the other. I'm so tired of this fight, God; I'm beat. God, I give up. I can't do this by myself. I will leap and trust that You are there; no matter how impossible such a thing seems when I have no definition of it. But I have no other options. I've tried everything else. Help me.

I do know that You will help me, if I just let You. If I just trust in what I cannot see or touch. So, God, I humbly make a decision today to turn all this over to You.

Grant me the strength--this day---to eat in a healthy way so that I can move toward a weight that's healthy for my body. Just for today. Just for today, with Your help, I can do what I could never do alone and what I could never do if I thought I had to spend my whole life doing it. I will go to any length, finally, to abide by Your will. When I hear Your voice urging me to make a healthy choice, I will now rely on Your strength to do it, and in trembling and tears I commit to doing that; just for today.

Just for today--when I am hurting, I seek to find my comfort in You, not in food.
Just for today--when I am angry, I allow myself to experience it and then I turn that over to You.

Just for today--when I am lonely, I seek to know You as my friend, not food.
Just for today--when I am worried, I ask You to give me the serenity to accept what I cannot change and the courage to change what I can and the wisdom to know the difference

Just for today--when I feel wounded, I seek healing in You, not in food.
Just for today--when I want more...more food, more happiness, more love, more attention, more peace, more things...I ask You to be my More.

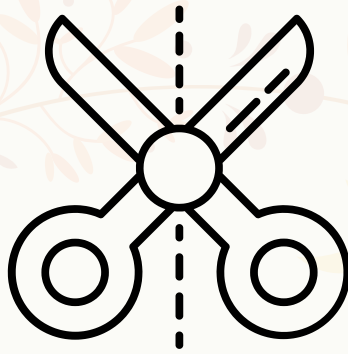
Just for today---when I feel guilty, I confess to You what is weighing on me, make amends by Your light, and I accept forgiveness with open heart.
Just for today--I will list for You all the things I am grateful for at this moment:

Just for today--I will seek to be a blessing to someone else, as You will.
In all of this, I ask that I may fulfill Your purpose for me this day.
I affirm that You keep Your promises, Spirit. You continue to carry me all the days of my life. I trust You will indeed, then, help me this day.

Thank you, God!

Amen

Mimi D, Auburn/Sacramento, CA. mimid410@gmail.com. 916.495.5104



Region 8 is looking for a newsletter editor for the upcoming year! There two newsletters a year, in fall and spring. Great opportunity to use your creavity get involved in Region 8 and see what it's all about. Please contact newsletter@oaregion8.org if you are interested

