

SOARing to Recovery

Region 8 2nd Assembly 2026

SOAR8 Business Assembly & Recovery Convention

Dates:

September 25–27, 2026
Little Rock, Arkansas

Make sure you [register](#) by August 25



Enhance your recovery by attending a convention!!

S — Surrender
I — Identify
M — Meet
P — Practice
L — Let Go
E — Evolve

TRUSTED SERVANTS BOARD OFFICERS

CHAIR
Julia S. / Slidell, LA
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

WS REGIONAL TRUSTEE LIAISON
Gary D. / Boynton Beach, FL
trustee@oaregion8.org

PARLIAMENTARIAN
Ellen F. / Germantown, TN
parliamentarian@oaregion8.org

COMMITTEE CHAIRS

BYLAWS CHAIR
Debby H. / New Smyrna Beach, FL
bylawschair@oaregion8.org

IGOR CHAIR
Dora P. / Taubate-Sao Paul, Brazil
igorchair@oaregion8.org

INTERNATIONAL CHAIR
Stuart S. / Baton Rouge/LA
icr8chair@oaregion8.org

PIPO CHAIR
Andrea K. / Miami, FL
pipochair@oaregion8.org

TECH CHAIR
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techwebchair@oaregion8.org

TSW CHAIR
Tina S. / Bradenton, FL
tswchair@oaregion8.org

WAYS & MEANS CHAIR
Georgette P. / Gainesville, FL
waysandmeanschair@oaregion8.org

Cozy Virtual Welcome Room to Educate Newcomers

OA's newest interactive PDF can help service bodies welcome newcomers into a relaxed and inviting virtual setting and acquaint them with aspects of the OA program. The [Virtual Welcome Room](#) interactive PDF and its supporting document, [Virtual Welcome Room Procedure](#), are now available in the Document Library. Together, they can help us give memorable guided tours of the OA resources most relevant to the newcomer, including:

- the Twelve Steps
- the Twelve Traditions
- the Twelve Concepts of OA Service
- OA literature
- the OA Quiz
- Find a Meeting
- the OA Promise and Responsibility Pledge
- OA regions

The Virtual Welcome Room was developed over a number of years by three successive Public Information and Professional Outreach (PIPO) Committees of World Service Business Conference (WSBC). Committee members spent many hours creating this design and persevered in spite of significant technical challenges and setbacks.

As the project progressed, "keeping it simple" emerged as a great lesson of the endeavor and resulted in a Document Library asset that all service bodies can now use with ease. Thank you to the many WSBC delegates who contributed for your service!

To create a translated version of the *Virtual Welcome Room* in your language, please [contact the World Service Office](#).

Coming in 2027....

OA Region 8 Virtual

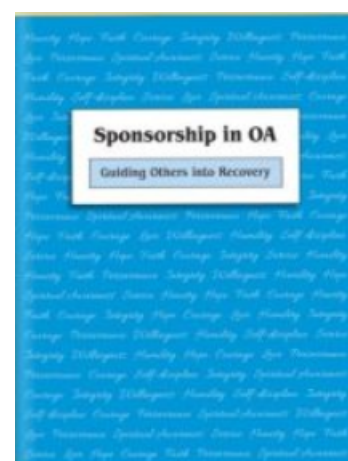
First Assembly

March 12-14, 2027

"OA is the Solution for Life"

Registration will be at: oaregion8.org
Look for an announcement when ready!

New Booklet: Sponsorship in OA



Deciding to become a sponsor is a significant step in every recovery journey, and nothing strengthens our Fellowship like the decision of one OA member to become a sponsor to one or more sponsees. Sponsorship is important service!

To provide the best guidance possible to all OA sponsors, a new booklet, *Sponsorship in OA* (#215), is now available to expand our understanding of sponsorship. This 32-page booklet covers numerous topics and brings them to life through real testimonials from OA sponsors. Appendices include thirty questions to ask the newcomer and a complete guide to sponsoring through each of the Twelve Steps of OA.

[Find *Sponsorship in OA* on sale for US\\$12.00 at \[bookstore.oa.org\]\(https://bookstore.oa.org\)](#) and in e-book formats.

Sponsorship in OA is Conference-approved literature adopted by World Service Business Conference 2025, and it combines and replaces both *A Guide for Sponsors* (#200) and *Sponsoring Through the Twelve Steps* (#220). Thank you to all OA members who contributed to the development of this valuable resource.

Wanted: Newsletter Editor

If this issue looks a bit sparse or unpolished...if you think you could do a whole lot better...please step up and volunteer!!!

WE NEED YOU!!!

Contact:
bylawschair@oaregion8.org

Action Plan Sponsor

One of the greatest gifts recovery has given me is the ability to follow through on my commitments. I learned this principle early on in recovery; however, it was a few years into abstinence that I could see I was not able to follow through based on good intentions alone.

I asked a lovely woman in my OA home group to be my action plan sponsor. She said she was “willing, but what is it?” Honestly, I had just made up the idea. I said, every day I have good intentions of getting things done, but then I fail either in avoidance or by being too busy doing other things. (which turns out to be another strategy for avoidance)

I called her every day and described what was on my written action plan for the day. In the beginning, I would list 20 items. It only took her a few days to learn she needed to cut me off after 3-4 items. My ego said, “You don’t understand everything I need to do!” And her practical response was. “If you get those three things done, call me back and add more.”

Well, it turns out having three main goals in a day is more manageable. Because I have learned accountability in OA, I would also tell her what I did and did not accomplish from yesterday’s action plan. What I learned is that every action item put off more than 2 days had a fear attached to it or was I was trying to tackle something too big. I needed help to address my fears and break down large projects into manageable steps.

I took my fear of things I was avoiding and worked a thorough tenth step with my step sponsor. This helped me see my part and ask for help from HP. Then I could bring this item back to my action plan sponsor, knowing God and I would work together on what I can do, and God would take care of the results.

I still write a written action plan each day, and I have learned to use a calendar and reminders to help me break down big tasks such as preparing as secretary for a Region 8 assembly. I often try to get too much done in a day. That lovely woman who was my action plan sponsor has since passed away. I will forever be grateful for her patience, love, and tolerance as she helped me learn how to live in recovery. I think of her from time to time and feel a real warmth in my heart as I plan another abstinent day.

JC

New ‘Inside OA’ Podcast Explores Giving Service to OA Websites

Click [here](#) to watch.

Are you interested in helping to maintain your service body’s website? Are you curious about what goes into building an OA website? Join host Meg M. and trustee Cyndy in this episode of Inside OA where they discuss the questions, concerns, and details involved—you will even learn some history of what it was like to carry the message in the “good old days” of the world wide web. “Back in the 90s,” says Cyndy, “I had no comprehension of what a website would entail. Today it is a very important part of OA’s working presence to bring people to our doors and get to a meeting and find out what Overeaters Anonymous is about.”

PIPO Region8 Member Survey

The Region 8 PIPO (Public Information Professional Outreach)Committee recently sent out a survey to AllSoar8. In order to make the most effective use of our public outreach efforts, we asked “How did you find your way to OA?” Here are the Survey results.

SOAR-8 Member Survey Results – Major Insights

Sample taken on July 6, 2026

Overview

Based on the spreadsheet, there are 122 survey responses. Although the survey only asked three substantive questions, several clear patterns emerge.

1. Most members discovered OA through personal relationships

The strongest finding is that word-of-mouth referrals are the dominant source of new members. Approximately 45–50 responses (about 40%) referenced friends, family members, relatives, or other OA members personally introducing them to the fellowship. The recurring theme is one person talking directly to another.

Medical / Professional Referrals

Approximately 22 responses (18%) mentioned referrals from physicians, therapists, dietitians, or eating disorder treatment centers, making this the second-largest source of new members.

Internet Searches

Approximately 17 responses (14%) found OA through online searches, indicating that people actively looking for help are able to discover OA through the internet.

12-Step Crossover

Approximately 14 responses (11–12%) came through AA, Al-Anon, or other recovery fellowships.

Traditional Media

Older members frequently cited Dear Abby, Ann Landers, newspaper advertisements, advice columns, and library displays, illustrating how outreach channels have evolved over time.

2. Nearly every respondent is still active. Responses indicate 116 regular attendees, 3 occasional attendees, 2 former attendees, and 1 daily phone meeting participant. Approximately 95% attend regularly and about 98% still participate in OA in some fashion.

3. Most members entered OA during adulthood

Approximate distribution: Under 20 (5), Ages 21–30 (25), Ages 31–40 (41), Ages 41–50 (22), Ages 51–60 (12), Ages 61–70 (13), Ages 71+ (4). The largest group entered OA between ages 31 and 40. Roughly 72% first entered OA between ages 21 and 50.

4. Recovery often begins after many years of struggle

The age distribution suggests many respondents lived with compulsive eating for years before discovering OA, indicating opportunities to strengthen outreach to younger adults.

5. Personal invitation consistently outperforms mass communication

Whether through friends, family, physicians, therapists, or AA members, trusted personal recommendations consistently outperform impersonal outreach.

6. Historical changes are visible

Older respondents often referenced newspapers and advice columns, while newer members cited Google and online resources. Although outreach methods have changed, trusted recommendations remain central.

Overall Conclusions

1. Personal recommendation is OA's most effective outreach tool.
2. Healthcare professionals are an important secondary referral source.
3. Online discoverability remains important.
4. Most members first arrive between ages 21 and 50, especially ages 31–40.
5. The survey primarily reflects the experiences of active, engaged OA members.

Overall, the survey suggests that OA grows primarily through trusted human connections, supported by professional referrals and a visible online presence.

In conclusion, it is for us as OA members to carry the message of recovery to others. “We can help when no one else can” (Alcohol Anonymous p.89)