

SOARing to Recovery

Region 8 Spring 2026

OA Board Passes US \$1.8 Million Budget for 2026

The OA Board of Trustees has unanimously approved a US \$1,825,450 balanced budget for OA world services for the upcoming fiscal year from January 1 to December 31, 2026. The 2026 budget represents a 10.9 percent decrease in revenue and spending compared to the 2025 budget.

A Draw on Prudent Reserve

Notably, the board has approved using \$178,600 of OA's prudent reserve to help fund 2026 operations. After having cut \$259,000 in expenses earlier in the budgeting process, the board determined any further cuts would impact our primary purpose to carry the message to the compulsive eater who still suffers and decided instead to draw on the prudent reserve.

A Call to Strengthen Our Seventh Tradition

The 2026 budget reveals recent trends impacting our Seventh Tradition: decreased contributions to the World Service Office, decreased literature sales, and rising costs for print literature and other necessary expenses.

The board encourages the entire OA Fellowship to do their part to help reverse these trends in 2026, and the board treasurer has been working to improve financial reporting and transparency. OA members can now view the [2026 OA World Service Budget Overview](#), budget overviews for previous years, annual audit reports, and quarterly and annual contributions reports. Find them all in the [Document Library](#) under the category "Seventh Tradition."

About the World Service Budget

OA's annual budget supports our World Service Office in Rio Rancho, New Mexico USA, where a staff of thirteen full-time and one half-time special workers (Tradition Eight) maintain operations that serve the Fellowship as a whole, including:

- Publications
- Translations
- Warehouse and shipping
- Member services
- Find a Meeting database and websites
- Digital communications
- Accounting and administration
- Contracting other professional services

The budget also funds:

- [World Service Convention](#)
- [World Service Business Conference](#)
- OA Board of Trustees, including the trustees' work with their respective regions

For the past sixteen years, OA annual world service budget has fluctuated between \$1.75 and \$1.93 million. It is funded by Seventh Tradition contributions from OA members, groups, and service bodies; sales of OA literature; and event registration fees.

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Tale of Two Techies

by Claudia S. and Melissa H.

The following is the story of two people that have stepped up for the Region 8 Technology Committee.

Technology Committee, let's face it, our first thought is, we are not the fun part of recovery. It is not like 12 Step Within Committee, where you can really see the work that you do. Yet, let me describe my experience working on the Technology Committee and now being a Committee Chairperson.

My profession is in an office, so I work on a computer every day. I learned about Zoom during the pandemic, using it for meetings, and for a dance troupe that I was involved in. It all started when I volunteered for Regional Rep because my Intergroup was having a lull in participation. I knew that I would not have to travel at that time because of the pandemic. I completed a first term participating in 12 Step Within Committee.

My second term as a Region Rep; my Intergroup still did not have an abundance of volunteers, I joined the Technology Committee. During this term, I got to go to Tybee Island and participated in the first hybrid assembly. That was very fun because I was just a tech team member and I didn't have a lot of responsibility. That year, the tech committee helped with zoom workshops that were set up through the Region 8. I think 12 Step Within had one.

My job was to monitor the room and watch out for intruders or any distracting behavior. It was impressive to see so many in the Zoom room with the interpreters and the participants from different countries. To hear the literature and prayers read in different languages and to see the joy on the different participants faces because we were able to connect. When the workshop closed and one by one all the participants signed off with their farewell expressions in their different languages. I was so moved and full of joy that I was part of putting something so positive together. I went back to my home group and espoused the joys of region, encouraging my comrades to come participate in region.

Now I have acquired the committee chairperson position, and it is a humbling experience. It is humbling because I see my flaws clear as I am trying to lead the group. I am not the most knowledgeable about technology in the group, and I am probably not the best leader, but I get backed up by those who know more. They fill in those places when I get unorganized or unknowing. It is exciting to learn new skills, and I have to admit last assembly that was all virtual was only a slight bit easier. It was easier than hybrid, but it is all a challenge because I have stretched out of my comfort zone, and I am practicing at not being perfect.

This practice can be very spiritual. Are you ready for a challenge? Come be a part of a team that collaborates to make our business meetings possible. We need you, and you don't have to be a geek. I am certainly not.

Here is another view of our committee from Melissa H:

When I joined OA in 2021, I had no idea I would be giving service; I was so burned out by other organizations and work that I swore not to get involved. Yet, I had a yearning to give back, even from the beginning.

As the weight began to drop, and I was working the steps, my confidence grew, and I felt I could give back through service as a group rep. Traveling to the business conventions and meeting new people from a variety of backgrounds was invigorating.

My first committee didn't seem to fit my skill set, I just knew they needed help. Then, at the Baton Rouge convention, I decided that I could be of service in the tech committee. I had done many Zoom meetings throughout Covid and thought, maybe I could do this!

There is a lot involved and as they say, "many hands make light work." The committee members were friendly, and it didn't matter that I was not a tech whiz, but that I had the desire to serve. I encourage others to take a step out of their comfort zone and try something new. You never know when your service could help someone else in their recovery journey, or even your own.

Great WSO Resources

[Where Do I Start? Everything a Newcomer Needs to Know](#)

[Working the Program](#)

[Family & Friends](#)

[Podcasts](#)

[Event Calendar](#)

[A Step Ahead News](#)

[Lifeline Stories of Recovery](#)

[Sharing OA-Copyright Material Electronically](#)

[Young Adults](#)

[Why Service?](#)

The Power of Identification

by JC

I have a particular fondness for a certain line in our Alcoholics Anonymous Big Book. The last line of the Preface has always touched my heart: If you have a drinking problem, we hope that you may pause in reading one of the forty-two personal stories and think: "Yes, that happened to me; or, more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too."

The first tier is simply hearing to identify: Did I do the same thing? Can I relate to that in my life, because, yes, I did that too? More importantly, it directs us to listen with our feelings. Maybe I never got divorced. Do I stop there, or do I reach deeper with compassion and sense when I have been heartbroken?

Our fellows come from all walks of life. Our stories may be different, but the human feelings and needs are universal. The most important identification we are directed to is hope: "I believe this program can work for me too." We share our problems, needs, and concerns with each other. We are encouraged to share Experience, Strength, and Hope.

What am I willing to do about the situation? What have I learned about my part that I can change in the future? How am I working the steps in this area of my life? What tools help me practice those steps?

How am I acting with hope today?

Entire Abstinence

by Terri M

I started the new year with a new sponsor. That meant new assignments and going through the AA Big Book working the steps. So as a sort of step zero, I had to get abstinent. As a matter of fact, I have to be "entirely abstinent." So, what does that mean? I had to call three recovered compulsive overeaters to find out.

Call 1: pg XXVIII "Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to recreate their lives." She explained, it's not about trying to convince someone else. It's the assurance of someone who has been changed by HP, who can share how their whole life was changed. That's what touches another person.

Call 2: What was striking about the Doctor's Opinion was the allergy concept long before science had actually shown what was going on. The disease concept, that cycle of addiction, which had me in its grip and I didn't know how to explain it.

Call 3: pg XXVIII bottom: "They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks- drinks which they see others take with impunity... there is very little hope of his recovery. This can be someone who is not entirely abstinent. They are caught up in the cycle of addiction, over and over in an endless loop. The only way to stop is entire abstinence.

In conclusion, we come to OA's definition of abstinence. Abstinence is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight

SOAR8 Business Assembly & Recovery Convention

Theme:
RECOVERY SOARS

Dates:
March 13–15, 2026
Charlotte, NC

[Registration](#)

What is the difference between a Recovery Convention and a Business Assembly?

Click [here](#) to watch
SOAR8 Business
Assembly Videos.

There is also a video
with an Overview of
Parliamentary
Procedures.

Videos are also
available in Portuguese
& Spanish.



Ways You Can Make a Difference: An Invitation to You from the Board of Trustees

Dear OA Member,

At this time of year, many of us are reflecting on how we can make a positive difference—whether through kindness, service, or supporting causes we care about. In OA, giving can take many forms, and each one helps strengthen our Fellowship and welcomes those who are seeking recovery.

Throughout December, we invite you to reflect on the ways you might offer support and connection within the OA Fellowship. Here are just a few meaningful ways members can “give” within OA:

- ♥ Welcome a newcomer at a meeting or reach out to someone you don’t know yet.
- ♥ Share a message of hope with someone who is struggling.
- ♥ Offer service, such as reading, helping with technology, or staying after to clean up.
- ♥ [Share OA literature](#) by sending a book or pamphlet to someone who might find it helpful.
- ♥ [Make a contribution](#) to help OA carry the message worldwide.

If you feel moved to offer support through a financial contribution this month, know that your generosity will help OA provide essential resources around the globe. Contributions sustain tools like the Find a Meeting search, support the development and translation of OA literature, maintain worldwide service efforts, and ensure that newcomers everywhere can access the hope and recovery OA offers. Every gift strengthens OA’s ability to carry the message to those still suffering, no matter where they live.

Thank you for all the ways you give—through your presence, your service, your kindness, and your support. Together, we help keep OA strong, welcoming, and available to everyone who seeks recovery.

With gratitude,
Overeaters Anonymous Board of Trustees

‘To the Man’ Pamphlet Revised: Ten Added Stories and New Prices

OA’s pamphlet for men has been revised and expanded to include ten added stories, the Twelve Traditions, and the Spiritual Principles for each of the Twelve Steps and Twelve Traditions. The title has also been revised to account for the full range of the manifestations of our disease: *To the Man Who Wants to Stop Eating Compulsively, Welcome: You never have to take that first compulsive bite again . . .*

To maintain our Seventh Tradition, the Executive Committee of the OA Board of Trustees has approved the following new prices for this pamphlet:

- Print version
 - [#290 from bookstore.oa.org](#) US \$3.25
 -
- E-book versions
 - [Amazon Kindle](#) \$3.25
 - [Apple Books](#) \$2.99
 - [Barnes and Noble Nook](#) \$3.25

This new revision of *To the Man* is Conference-approved literature and was approved by World Service Business Conference delegates in May 2025.

World Service Business Conference

Theme:
The OA Solution is for Life

Dates:
April 20–25, 2026

In-Person Attendance
Only

Thanks to all who attended the 2025 World Service Convention. For information on purchasing audio recordings, please refer to the details below.



2025 World Service Convention Audio Recordings
Interested in audio recordings from the 2025 World Service Convention?
[Click here](#) to purchase MP3s or mail Alliance Audio Visual at oamedia@allianceav.com.

Multi-Page Pamphlet Prices to Increase to \$3.25 on February 1, 2026



About a dozen OA pamphlets will increase in price from US \$2.25 to \$3.25 starting February 1, 2026. This price increase was approved by the Executive Committee of the OA Board of Trustees and is necessary to offset OA's rising printing costs, which for pamphlets has increased an estimated 90 percent since August 2024 when the last price increase of \$.25 was put into effect. OA groups and service bodies are encouraged to place orders before February 1 to take advantage of the current price of \$2.25.

The following pamphlets will see the price increase:

- *OA Members Come in All Sizes: Welcome, Whatever Your Problem With Food* (#110)
- *In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery* (#135)
- *A New Plan of Eating: A Physical, Emotional, and Spiritual Journey* (#144)
- *A Lifetime of Abstinence: One Day at a Time* (#155)
- *The Tools of Recovery: Helping Us Live and Work the Twelve Steps* (#160)
- *Welcome Back: Suggestions for Members in Relapse and for Those Who Care* (#185)
- *To the Newcomer: You're not Alone Anymore . . .* (#270)
- *Black OA Members Share Their Experience, Strength, and Hope* (#285)
- *Twelve Concepts of OA Service* (#330)
- *Anonymity: The Meaning and Application of Traditions Eleven and Twelve* (#390)
- *Where Do I Start?: Everything a Newcomer Needs to Know* (#705)
- *When Should I Refer Someone to Overeaters Anonymous?: To Members of the Helping Professions* (#770)

Consistent with the OA Board's pricing policies, e-book versions of these pamphlets will see commensurate increases in prices.

The recently revised and expanded *To the Man Who Wants to Stop Eating Compulsively, Welcome* (#290) is already priced at \$3.25. [Learn more.](#)

We'd like to take this moment to reiterate the exceptional value that continues to be offered in OA pamphlets. They're full of real member experiences, practical guidance, and hope, and have long supported both newcomers and long-timers in living the OA program. Thanks to everyone who has helped develop this literature and to those of you who use it today to carry the message.

Contribute to the Find a Meeting Improvements Campaign — Phase 2 Is Starting!

Earlier this week, OA set the stage to improve our Find a Meeting tool by launching a completely new database, the first such update in more than twenty years. Phase 1 is done!

Now we can take advantage of our modern database and create a new Find a Meeting search tool for all OA members and newcomers. Phase 2 is starting!

Would you like to help? We invite you to make a designated contribution and spread the word! Go to [Contribute](#) and select "Find a Meeting Improvements" from the Designation drop-down menu.

Together we can make one of OA's most valuable assets, our Find a Meeting database with more than 5,800 registered OA meetings worldwide, more accessible and usable than ever for all compulsive eaters who still suffer.

Thank you for supporting Find a Meeting!

How Is OA Recovering? Read Our Survey of 3,400 OA Members!



The results of the recent Recovery: [What Works for You? Survey](#) conducted within our OA Fellowship have been released! Our Recovery Survey discusses how 3,428 real OA members reported using the Tools and tenets of the Twelve Steps of Overeaters Anonymous to pursue collective recovery. The survey can be printed out and folded in thirds to be conveniently distributed at your meetings.

For non-English-speaking registered groups and service bodies, please see [this memo](#) for translation suggestions. You may translate and distribute the survey results without requesting permission from OA.

Thank you to the many participants who took the time to take part on our survey and share their experiences and successes with us. Together we get better!