

Fall 2018



Alabama  
Arkansas  
Florida  
Georgia  
Louisiana  
Mississippi  
North Carolina  
South Carolina  
Tennessee  
Puerto Rico  
South America  
Central America  
Caribbean Islands

### NEW PRODUCTS COMING TO CONVENTION

We have some exciting new products coming to our next recovery convention and business assembly that will be held in Little Rock, AR in October. We would like to be able to share them with all the Intergroups, so that they can trickle down into the groups and members. Very soon, we will send you an email "ad" to put in your newsletters.

All these items may be pre-ordered. This gives the Committee time to ensure they will have sufficient supply to meet all the orders. members, Groups or IGs may order directly from the Ways and Means Committee at SOAR 8, or you may ask you Region 8 Representative to consolidate one order and send it to the SOAR 8 W&M Committee. Either way, items must be paid for before pick-up and will be give to the representative at the business assembly. We are very excited about what is coming!

Also, we are here to help you with ideas for your own Ways and Means Committee. This is a great way to make income for your Intergroup. Please contact us through the OA website and we will be in touch (<https://www.oaregion8.org/contact/contact-ways-and-means>).

Georgette, New Freedom Intergroup  
Ways and Means Committee, SOAR8



SOAR 8 Recovery Convention  
and Business Assembly  
October 12-14, 2018

**SOAR8 Regional Assembly**

**October 12-14 Little Rock, AR**





## ATTENDANCE AT REGION8 BUSINESS ASSEMBLIES

**We need you!** Is your intergroup represented at the Region 8 business assemblies that are held twice a year (spring and fall)? Your attendance not only ensures your Intergroup is represented and has a voice in important decisions, but also you will be supporting the hosting Intergroup.

Does your IG have enough money to send at least one person to the business assemblies? If not, there are two options:

1. Funding is available from Region 8 to help you attend a future assembly. The Representative Funding Application is located [here](https://www.oaregion8.org/documents/Representative-Funding-Application.pdf) <https://www.oaregion8.org/documents/Representative-Funding-Application.pdf>. Save the form to your local computer, fill it out, save it again then send to the Intergroup Outreach Chair

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

2. You may attend VIRTUALLY! First, the IG needs to send in your credentials for voting privileges. Next, you register for the assembly and submit the additional virtual representative form found [here](http://www.oaregion8.org/assemblies/Virtual-Attendance-Application.pdf): [www.oaregion8.org/assemblies/Virtual-Attendance-Application.pdf](http://www.oaregion8.org/assemblies/Virtual-Attendance-Application.pdf). Finally, you get sit down alone or with a group of representatives together, open a computer (Skype), and attend the business assembly Friday night and Saturday. You can VOTE using email – quick and easy!

The spring business assembly will be in Fort Lauderdale, FL, April 3-5, 2019. Plan NOW to request funds to attend in person or register to attend virtually. We appreciate your service and need you!

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## HISTORIC EVENT – FIRST VIRTUAL VOTES CAST FOR OA

Region 8 made history at the business assembly held in Mobile, AL 20-22 April 2018. At 2:47 PM central standard time, the first virtual vote was cast. The motion under consideration was to allow reimbursement for rental car use on a case-by-case basis. The motion was adopted. Virtual voting will be a standard means of voting from now on.

# BALLOT

1.  YES

## This space for Committee Reports!

More space is available if needed!

Send your reports to  
[newsletter@oaregion8.org](mailto:newsletter@oaregion8.org)

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Wanted:

Your story of  
recovery!

Send your story to  
[newsletter@oaregion8.org](mailto:newsletter@oaregion8.org) and  
we will print it here! We can add  
space if this box is too small!

***“Always to extend the heart and hand to all who share my compulsion; for this I am responsible”***

-Responsibility Pledge of Overeaters Anonymous

When anyone anywhere reaches out I want the hand of OA to be there and for that I am responsible. I want to ask my Higher Power to please help me to not criticize or condemn the actions of others, rather to express my own feelings. I refer to the responsibility we have for opening the doors of meetings listed on oa.org or any other OA website.

Recently I was visiting in Western Pennsylvania. I found only one meeting listed that I would be able to attend. My husband and I headed for the little town where there were both OA and AA meetings listed. Having many years of experience we decided that I would drop him off at his meeting because in about 40 years we have yet to look for an AA meeting that was listed and did not open. The OA experience has not been the same. Countless times I have waited while he was attending a meeting when we have traveled. Many times I have been welcomed at the AA meeting, however I am not an alcoholic and I will not attend a closed meeting, so I travel with something to read.

My most recent experience referred to above was; I found the church which was listed as the facility used by the meeting. I went to the office and was welcomed by the secretary she said that I was in the right place and the meeting sometimes took place. Sounded ominous! Well this was one of the days it did not take place. The secretary checked on me and apologized for the fact that no member had come, certainly not her responsibility, but never the less she was willing to help me out. I reassured her that I was not a newcomer and was quite capable of dealing with the situation. What if I had been a *Newcomer*? Just for today, I attempt to be sure that the meetings I attend regularly are always open. Is it asking too much to request that of other members? Am I falling short by limiting my responsibility to those meetings I attend regularly?

*Aleta*

**This disease is cunning, baffling and powerful in all its forms as we live our recovery physically, spiritually and emotionally.**

We are confronted daily at home, out in the community with challenges to our abstinence and our recovery.

We often see and hear this pain in our meetings and our fellowship from new members and members in relapse. The 12th step within asks of me, of us all, to reach out so we can pass on our active support to those who still suffer in the rooms.

Offer your smile, your welcoming hugs if they are wanted and understanding shares with the hope that your outreach will offer assistance to those who seek recovery.

You will receive as much benefit as they will from your effort and understanding. Because of program and service in this committee, I can be present in the OA

Fellowship to the member seeking recovery from relapse.

When the still suffering member enters the room, remember the courage it takes to get there! Keep your eyes and heart open to their pain and confusion because we can relate to the challenges they face. We can listen and urge them to attend meetings, work the Steps with a sponsor, make the call or send the texts. We can return those calls and send those texts ourselves.

I can be active in my recovery, work the steps, cultivate and enhance my spiritual program and use the tools. My service supports and strengthens my recovery. Because of program, I can act on life instead of reacting to life's challenges

However you do it, relapse doesn't have to be a burden never shared. By sharing our journey of hope and our experiences we can make a difference!

Together we get better.

Marinda S

## Virtual Attendance

THE October REGIONAL ASSEMBLY BUSINESS MEETING

will be the second assembly allowing regional representatives to attend virtually (via the internet). If you wish to attend virtually there are basically the same requirements as if you are a physically at the assembly. Attending Region 8 Assemblies remotely using Skype: Preparing to attend Assembly using Skype: 1. Download and install Skype onto your device. <https://skype.com> 2. Create an account. 3. Make a "friend" request with SoutheastOARegion8 (Note that there are no spaces in the Region's Skype name). 4. Email [techwebchair@oaregion8.org](mailto:techwebchair@oaregion8.org) with your Skype name and your desire to attend via video feed. 5.

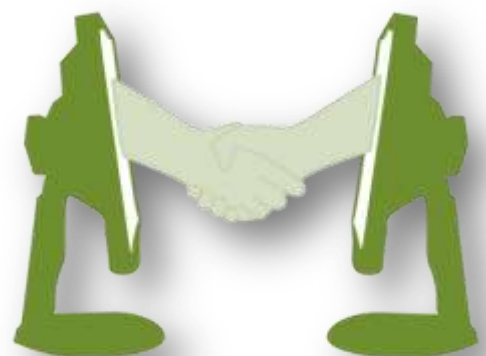
### HELP NEEDED AT ASSEMBLY

You must be registered no later than April 1 2018

**WE NEED TECH SAVVY HELP AT THE ASSEMBLY.**

IT TAKES A MINIMUM OF 3 REPRESENTATIVES' TO WORK THE

EQUIPMENT BOTH COMPUTERS AND AV (OVERHEAD PROJECTORS)





**Region 8  
Assembly  
Items for  
Sale**

**Portable  
Digital  
Scales  
\$30.00**

**Silver Love  
Knots  
\$6.00 – knot  
\$7.00 with  
cord in  
peach or  
blue**

**Recovery  
Charm  
Bracelets  
\$20 (limited  
quantity)**

**NEW: Long  
sleeve  
Got  
Serentiy?  
t-shirts -  
\$25 (state  
sizes in  
order)**

**Recovery  
Blankets -  
\$40**

## **Region 8 Fund Raising**

### **TO SUPPORT REGION 8 AND CARRYING THE MESSAGE OF RECOVERY**

The Ways and Means Committee for Region 8 is offering you and your groups to order recovery items in advance, so that your rep can bring them back to you. Order soon – deadline 10-1-18



**Andi:**

**[spiritmade351@gmail.com](mailto:spiritmade351@gmail.com)**

**Georgetta:**

**[ghabanero56@yahoo.com](mailto:ghabanero56@yahoo.com)**

You belong in Overeaters Anonymous! OA is for you!

Here is a list of common diversities. If you want to connect with an OA member who is abstaining from compulsive eating while sharing a common diversity, please:

**Go** to [www.oaregion8.org](http://www.oaregion8.org)

**Click** COMMITTEES on the dropdown menu

**Scroll** down to UNITY WITH DIVERSITY (UWD)

**Click** UNITY WITH DIVERSITY REQUEST

Follow directions there to be connected with an abstinent and recovering OA member who identifies as having your diversity and is willing to share experience, strength and hope.

We are here to help. You are not alone anymore.

OA Diversities:  
I stayed abstinent  
although I  
was/am/had/have

1

100 pounder
200+ lb loser
ABA
African American
Agnostic/Atheist
Agnostic/Atheist (former)
Al-Anon
American Sign Language
Autistic children
Bariatric Surgery
Bereaved/ Grief & loss
Bilingual
Bisexual
Binge eater
Bored
Bulimia
Camper full time
Cancer Patient/Survivor
Children (have them)
Chronic illness
Clergy
Cook for family
Crazy Cat Lady
Cuban immigrant
Dating
Deaf/hard of hearing
Differently Abled
Double hatter
Double hatter-AA

OA Diversities:  
I stayed abstinent  
although I  
was/am/had/have

2

Double hatter-Al-Anon
Double hatter-Nar anon
Entertainer
Exercise bulimia
Exercise too much
Food rehab experience
Food service/hear food
Gain weigh in abstinence
Gay
Healthy body weight
Hindu
Hospitalized
Ill/sick
Ill/sick - Crohn's disease
Ill/sick - Multiple sclerosis
Incarcerated
Jewish
Kosher
Late Night (up to 2 a.m.)
Latina
Latino
Laxative abuser
Lesbian
Live w/ parents as adult
Live alone
Live w/ "Foodie"
Lived w normal eater
Low income
Male

OA Diversities:  
I stayed abstinent  
although I  
was/am/had/have

3

Married
Meal plan w/snacks
Meals - small/many
Menopause
Mental Health illness
Mental Health - depression
Mental Health - Bi Polar
Moved/changed locations
Military
Military spouse
Native American
No sugar
Night eater
Night work
Non English speaker
Non-theistic/Buddhist
Orthoanorexia
Personality disorder
Pregnant
Professional
Restrictor
Runner
Senior citizen
Sexual assault
Single parent
Sleep walker
Social anxiety
Sponsorless

OA Diversities:  
I stayed abstinent  
although I  
was/am/had/have

4

Triple hatter
Traveler
Trans/Queer
Vegan/plant based
Vegetarian
Visual problems
Weight & measure
Widower
Young person



## **REGION 8 - TRUSTED SERVANTS**

### **Board Officers**

#### **CHAIR**

Katrina S. / Prairieville, LA  
[chair@oaregion8.org](mailto:chair@oaregion8.org)

#### **VICE CHAIR**

Barbara C. / Newberry, FL  
[vicechair@oaregion8.org](mailto:vicechair@oaregion8.org)

#### **SECRETARY**

Janet T. / Winter Park, FL  
[secretary@oaregion8.org](mailto:secretary@oaregion8.org)

#### **TREASURER**

Samantha A. / St Pete, FL  
[treasurer@oaregion8.org](mailto:treasurer@oaregion8.org)

#### **REGION 8 TRUSTEE**

Linda H. / Madeira Beach, FL  
[trustee@oaregion8.org](mailto:trustee@oaregion8.org)

### **Committee Chairs**

**BYLAWS CHAIR - Pam G. / Sarasota, FL**  
[bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)  
Newsletter : [newsletter@oaregion8.org](mailto:newsletter@oaregion8.org)

**IGOR CHAIR - Melissa H. / Nashville, TN**  
[igorchair@oaregion8.org](mailto:igorchair@oaregion8.org)

**PIPO CHAIR - Bonnie V. / Boynton Beach, FL**  
[pipochair@oaregion8.org](mailto:pipochair@oaregion8.org)

**TECH WEB CHAIR - Burt T. / Elkton, FL**  
[techwebchair@oaregion8.org](mailto:techwebchair@oaregion8.org)

**TSW CHAIR - JC D. / Clearwater, FL**  
[tswchair@oaregion8.org](mailto:tswchair@oaregion8.org)

**UNITY CHAIR- Donna D. / St. Petersburg, FL**  
[uwdchair@oaregion8.org](mailto:uwdchair@oaregion8.org)

**WAYS & MEANS CHAIR - Andy S. / Coral Springs, FL**  
[waysandmeanschair@oaregion8.org](mailto:waysandmeanschair@oaregion8.org)