

SOAR 8

Southeast Overeaters Anonymous Region 8



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

Not Every Spiritual Experience Involves a Burning Bush!

"Ideas, emotions and attitudes which were once the guiding force of the lives of these men were suddenly cast to one side and a completely new set of conceptions and motives begin to dominate them." [There is a Solution”, AA Big Book page 27.]

What an inspiring Chapter of the Big Book! I love the way page 26 begins, describing Roland Hazard's visit to the psychiatrist, Dr. Carl Jung. Roland thinks he is so full of self knowledge and so thoroughly understands himself that he will never relapse again! And im-

mediately following that is that short sweet sentence: **“Nevertheless, he was drunk in a short time.”** That is so understated and funny, but of course it isn't funny, it's tragic.

I too thought some kind of self knowledge was the answer. I just needed to understand or figure out that terrible event in my early childhood that made me the way I was; then I would be cured. Sadly I never did discover anything and self knowledge or book knowledge was not the answer; nor were college or advanced degrees!

But, a vital spiritual experience, not knowledge or religious conviction, would be the answer!

I remember how I kept waiting for some great lightning bolt change, some burning bush to appear in my life after I joined OA. After six months of abstinence I began to despair of getting it, of having that vital spiritual experience essential to recovery. My sponsor wisely suggested I read Appendix II in the BB and the clouds were lifted from my brain! I realized that I had indeed had a spiritual experience because I was now living and thinking in an entirely different way by an entirely different set of rules.

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A Note From Our Region 8 Trustee

Hi Everyone,

Now that the holidays are over and we are settling into the new year, I'd like to inform you about things that have been going on at WSO.

Did you know that WSO has a Strategic Plan?

2014—Increase focus on actions required for abstinence

2015—Increase focus on the importance of working All Twelve Steps

2016—Increase focus on the individual's responsibility to carry the message

Last year, the overall task was to create an "Abstinence Made Simple" program. To that end, the following resources were completed in 2014 and are now available on oa.org:

- The Abstinence PowerPoint Presentation
- The Strong Abstinence Checklist
- The Abstinence Literature Resource Guide
- A workshop format on The Difference Between Abstinence and A Plan of Eating Workshop (including leader's guide, hand-outs, and PowerPoint PDF presentation)

Members and service bodies have already provided positive feedback on these documents. Use these valuable resources in your group or service body, and let the WSO know the results.

We also are presenting a 12 Step Virtual Workshop series beginning January 4. The workshops will broadcast the second Sunday of every month from 3 to 4 p.m. EST, and the recordings will be posted on the podcast page on oa.org. See the ad in the current issue of A Step Ahead, visit Datebook, or listen to the trailer there for more information.

The new Step Ahead issue is ready for your downloading pleasure, please be of service and bring a copy (or copies) to your meeting.

The Courier is also available: this is a once a year newsletter to all health care professionals.

Please download that., print out a copy and bring it to all your healthcare providers. You would be surprised how many don't know about our fellowship.

Free Abstinence Downloads

OA released four new resources last year to support members in becoming abstinent and living a life free from compulsive eating and compulsive food behaviors. Available to the Fellowship for free, the materials can be used by members, groups, service bodies, sponsors and sponsees, and OA workshop presenters to increase the focus on our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Find all four free downloads on the "Group Support" page of oa.org.

- Strong Abstinence Checklist
- Abstinence Literature Resource Guide
- Abstinence PowerPoint Presentation

Just released! The Difference Between Abstinence and A Plan of Eating Workshop, including leader's guide, handouts, and a PowerPoint PDF presentation

What's New From WSO

NEW! Step One PI Poster

Download and use OA's free Step One Poster to attract newcomers and anyone who's "Had Enough" to your OA meeting. The four-color, 8.5 x 11 inch poster features Step One, an interactive space to enter your local group's meeting place and contact information, and tear-off tabs for oaquiz.org, which links to the Fifteen Questions online. The new year is a great time to let people know about OA. Use the Step One poster now—or anytime—to spread the message

Check the oa.org website periodically for new information, this is just a sampler of what WSO has been up to!

Hope to see you at the next Region 8 business assembly...Come by and say hi!!

Love in Service,
Linda H.
Region 8 Trustee

Recurring Contributions: Letting It Begin With Me

In December 2014, I celebrated eight years of Abstinence and recovery. In early recovery, I was home for about 5 weeks recuperating from surgery. I attended 2-3 telephone meetings daily. Over the years, the number of telephone meetings I attend has decreased. I now attend one meeting - the 6:45 a.m. sunrise meeting - daily. However what remained consistent over time was that I would ignore the request to give a Seventh Tradition contribution at my next face to face meeting. It was not until about two years ago, during a workshop on the Seventh Tradition, that I finally understood that I was not acting self-supporting. I set up a recurring monthly contribution to WSO for my daily telephone meeting, which is a bit more than the amount I would give if attending a meeting in person daily.

Recently I was appointed as treasurer for our region. On our first board teleconference, the issue of recurring contributions to region 8 came up. According to the WSO Seventh Tradition guidelines, our region receives only 10% of group donations - from those groups that choose to give. Our region has the unique privilege of serving a diverse population of recovering people, from North Carolina (where I live) through Central and South America. In reality, it costs more to

carry the message in our region.

Working the Twelve Steps has transformed every area of my life, including my finances. Contributing my share to the Fellowship is one small way to demonstrate my gratitude for this life-saving program. So, I set up a second recurring contribution to region 8 (without diminishing the contribution to WSO). I encourage you to practice "Let It Begin With Me" and set up your own recurring contribution to region 8. We made it very easy for you; the simple directions are found on our website: <http://www.oaregion8.org/r8/contributions.html>.

I became free from fear of economic insecurity by learning how to become financially self-supporting through Tradition Seven. Every dollar I give to OA is an investment in myself. Today because of working the Twelve Steps I know that I am worth it - and so are each of you!

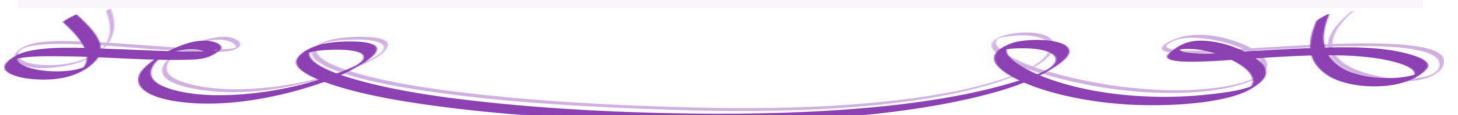
Thank you for allowing me to share. Abundant blessings to all!

Atiya M.
SOAR 8 Treasurer

Upcoming Events

- *Mar. 13-15, 2015—SOAR8 Recovery Convention & Business Assembly, Nashville, TN*
- *Apr. 24-26, 2015—North Carolina Spring 2015 OA Retreat, Durham, NC*
- *Apr. 27—May 2, 2015—World Service Business Conference, Albuquerque, NM*
- *May 16, 2015—"Beyond Our Wildest Dreams" 2015 Convention, Decatur, GA*
- *Jul. 12-15, 2015—SOAR8 Recovery Convention & Business Assembly, New Orleans, LA*
- *Sept. 12, 2015—Celebrating 38 Years Recovery Event, Houma, LA*

See oa.org's Datebook Calendar page, and oaregion8.org's Upcoming Events page for more info



Service, Service, Service

What wonderful blessings come from giving service in Overeaters Anonymous. I am so very fortunate to have been given the opportunity to be a trusted servant. Over the years I have worked in every capacity in OA and I do wish that more people would be inspired to step up. Rotation of Service is crucial.

I was saddened to hear someone at my local Intergroup meeting comment that six months of abstinence is so hard to come by. I know that it is very difficult to not overeat one day at a time. It is simple but not easy.

Back to the perks of working at all levels of service. This past November I was fortunate enough to attend the Region 8 Assembly in Bogota, Colombia. I was met at the airport, taken to the home of the Mother of one of my fellows. The red carpet was rolled out. The warmth and hospitality was overwhelming. The very best part of visiting another country, to me, is getting to know the people who live there and their customs. I love sight-seeing but nothing compares to the interaction of people to people. What we share in Overeaters Anonymous is more than family. It is truly a blessing to have people who should be strangers embrace us as "family".

My only regret was that I had to attend business sessions and therefore missed most of the recovery convention. Perhaps we can do something about that scheduling.

Since I was able to arrive early and leave late and had home hospitality, I was able to attend some local meetings. What an opportunity for growth! Learning the blessings and challenges

of other areas is an experience that I would not want to miss.

Thanks to all of you, as well as my Higher Power for enabling me to have this experience.

-Aleta P.

OA NASHVILLE

MIDDLE TENNESSEE INTERGROUP
is hosting the March 2015 SOAR 8
Recovery Convention and Business Assembly

CARRY THE MESSAGE

BE THE MESSAGE

WHEN: March 13 - 15, 2015 @ Nashville, TN
WHERE: Holiday Inn Opryland/Briley Parkway
2200 Elm Hill Pike, Nashville, TN 37214
(615) - 883 - 9770

OVEREATERS ANONYMOUS

REGISTER ONLINE AT

www.soar8mar2015.eventbrite.com

Not Every Spiritual Experience Involves a Burning Bush!

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The first amazing thing I noticed was that I now loved getting up in the morning! I could hardly wait to start my wonderful day. And wonder of wonders I was hungry in the morning!! The second big thing I noticed was that I had friends whom I loved and valued and did things with! All I cared about doing was doing my part to keep up that friendship. I didn't have to hide anymore.

Speaking of my part, I no longer blamed anything and anyone I could find for my problems. I first looked for my part; I had begun to take personal responsibility for my actions. It was a kind of paradox that once I admitted I was helpless I was able to take action! I had always cared about doing a good job at work, but it always came from a place of fear. Now I cared because I wanted to do my part, to pull my then considerable weight! I wanted to really be

part of the team, instead of trying to slide in, under the radar.

I was beginning to live my life by spiritual principles, no longer obsessed and driven solely by food. Somehow, some way, without realizing it I had found the God of my understanding. I found that yes, I too "must have this thing" and I was on my way to a beautiful start! And here I still am, 15 plus years later, thank you God, my sponsor, 12 steps and 1000 of my closest friends or however many people I have met or attended OA events with! Keep coming back and trust God, Clean House, Help Others. Thanks for letting me share!

-Gloria L



Region 8 Trusted Servants

Voting Board Members

Chair—Gloria L.
 Vice Chair—Aleta P.
 Secretary—Janet T.
 Treasurer—Atiya M.

Non-Voting Board Members

Trustee—Linda H.
 Parliamentarian—???

Committee Chairs

Bylaws/Electronic Documents—Marilyn T.
 Intergroup Outreach (IGOR) - Andi S.
 Public Information/Public Outreach (PI/PO) -
 Lonna C.
 Technology/Website—Lynn P.
 Twelfth Step Within—Donna D.
 Unity with Diversity—Viviana G.
 Ways and Means—Sam A.

Hello Friends!



Your Region 8 Ways and Means committee will have Serenity knots available for sale in Nashville. The cost is \$5.00 each. That's 4 for only \$20!! The knots can be worn on a chain, or carried in a pocket or purse. They make great gifts for almost anyone, even non-recovery friends and loved ones.

Please let us know if you want to purchase an OA Sweatshirt. We'll need to know what size you want as well. Those of you who have attended previous assemblies might remember how cold the assembly rooms can be.



you'll be toasty warm in a SOAR 8 sweatshirt!

I am looking forward to seeing all of you in Nashville! Thank you all for your continued support of our projects.

Your trusted servant,
Sam A.
W&M committee chair