



OA UTAH SOARING

Newcomer Packet

WELCOME TO OVEREATERS ANONYMOUS

* * *

WELCOME HOME

If you have any questions, please call or text
our Hotline at 801-997-0548

For a current meeting list, click on the meetings tabs
button of our website www.oautah.org

Our Invitation to You ®

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and, in many cases, leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.



OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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Here are the Steps as adapted for Overeaters Anonymous:

- Step One:** We admitted that we were powerless over food- that our lives had become unmanageable.
- Step Two:** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step Three:** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step Four:** Made a searching and fearless moral inventory of ourselves.
- Step Five:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step Six:** Were entirely ready to have God remove all these defects of character.
- Step Seven:** Humbly asked Him to remove our shortcomings.
- Step Eight:** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step Nine:** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step Ten:** Continued to take personal inventory and when we were wrong, promptly admitted it.
- Step Eleven:** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Step Twelve:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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Fifteen Questions

Now that you have found Overeaters Anonymous, you may want to make sure our program is right for you. Many of us have found it useful to answer the following questions to help determine if we have a problem with compulsive eating.

Are You a Compulsive Eater?	Yes	No
1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?		
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?		
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?		
4. Do I eat sensibly in front of others and then make up for it when I am alone?		
5. Is my eating affecting my health or the way I live my life?		
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?		
7. Do my eating behaviors make me or others unhappy?		
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?		
9. Do I fast or severely restrict my food intake to control my weight?		
10. Do I fantasize about how much better life would be if I were a different size or weight?		
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages?		
12. Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?		
13. Are there certain foods I can't stop eating after having the first bite?		
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?		
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?		

Have you answered "yes" to several of these questions? If so, it is possible that you have, or are well on your way to having, a compulsive eating or overeating problem. Your next step is to go to the OA website, www.oa.org, and find a meeting.

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The Tools of Recovery (abridged)

We use tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity, and service—to help us achieve and maintain abstinence and recover from our disease. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA-approved books, pamphlets, and *Lifeline* magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

See the full *Tools of Recovery* pamphlet for more information.

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Resources:

ATTENDING MEETINGS:

For meetings and instructions in Utah: <https://oautah.org/meetings.html>

For global online, telephone, or recorded meetings: <https://oa.org>

OA LITERATURE:

Literature can be bought from:

The OA Bookstore <https://bookstore.oa.org> . You can also find some pdf download choices at <https://oa.org/document-library/> .

- Amazon Kindle
- Apple Books
- Barnes & Noble Nook
- From the literature representative in a few local meetings

Suggested literature to start:

- “Where Do I start? Everything a Newcomer Needs to Know” on Amazon Kindle for only \$1.00. Besides lots of great info, this includes information to create your own plan of eating, and 6 sample plans of eating. *Only \$1.00
- *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition
- *AA Big Book*, 4th edition, Free Digital: https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions
- *AA Twelve Steps and Twelve Traditions* Free Digital: https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions
- *For Today* – OA’s first daily reader with quotes, stories and more.
- *Voices of Recovery* – Another OA daily reader for inspiration and guidance

OTHER OUTREACH OPTIONS

At most meetings there is an opportunity to share first names and phone numbers on a “we care” list. These people sharing their names and phones numbers are willing to receive phone calls from other OA members.



The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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THE SPIRITUAL PRINCIPLES OF THE OA PROGRAM

The Overeaters Anonymous Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have Principles related to them. They are listed here:

The Principles in the Twelve Steps (as listed in Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*)

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Self-discipline
- Step Nine: Love
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)

- Tradition One: Unity
- Tradition Two: Trust
- Tradition Three: Identity
- Tradition Four: Autonomy
- Tradition Five: Purpose
- Tradition Six: Solidarity
- Tradition Seven: Responsibility
- Tradition Eight: Fellowship
- Tradition Nine: Structure
- Tradition Ten: Neutrality
- Tradition Eleven: Anonymity
- Tradition Twelve: Spirituality

The Principles in the Twelve Concepts of OA Service (as listed in *The Twelve Concepts of OA Service* pamphlet)

Concept One: Unity

Concept Two: Conscience

Concept Three: Trust

Concept Four: Equality

Concept Five: Consideration

Concept Six: Responsibility

Concept Seven: Balance

Concept Eight: Delegation

Concept Nine: Ability

Concept Ten: Clarity

Concept Eleven: Humility

Concept Twelve: Guidelines

(a) Selflessness

(b) Realism

(c) Representation

(d) Dialogue

(e) Compassion

(f) Respect



OA Promise

I put my hand in yours, and together we can do
what we could never do alone.
No longer is there a sense of hopelessness,
no longer must we each depend
upon our own unsteady willpower.
We are all together now,
reaching out our hands for power and strength
greater than ours, and as we join hands, we find
love and understanding
beyond our wildest dreams.

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