

Responses to Survey sent via Piedmont Intergroup Mailing list 11 responses

Question: What brought you to your first in-person Overeater Anonymous meeting?

- Seeing a full length photo of myself.
- I was going to lose my job because of high blood pressure. I knew if I lost weight it would come down. I had moved and when unpacking some books there was an OA book. It was not mine. So I went to find another diet. I was at rock bottom and 70 pounds overweight.
- I thought going to an in-person meeting would be more effective than zoom and wanted to push myself outside of the comfort bubble that zoom provides.
- A therapist recommended OA
- I left FA and wanted a spiritual food program so that I could maintain my weight loss and continue trusting in something greater than myself.
- Searching for a way to lose weight since all other things I tried failed
- Wishing to lose weight
- I couldn't stop eating, and somebody I knew planted the seed years before.
- Weighed 275 and no diet worked for more than a few months
- I don't remember what first led me to a meeting, probably newspaper

Question: What kept you coming back to OA meetings as a newcomer?

- These "strangers" in the OA meetings were saying exactly how I felt about food. I had never heard anyone speak truthfully about their actions and thoughts with food, which were the same as mine.
The members were kind, welcoming and friendly to me, which made me feel comfortable.
- The speaker at the first meeting. She had a serenity about her I've always wanted. Someone came to me and said they'd be my sponsor and she said just do what I tell you and call me every day. It worked !
- I prefer zoom as the in-person meeting I attended was not the right fit. It was a hybrid meeting and very small. I would have liked a full in-person meeting and a larger group. The people I met were very nice but the format, struggle with technology and overall feeling was not what I was needing.
- I liked how people were sharing authentically and I wanted to be able to do that too. And the 12 steps were intriguing.
- The love and acceptance of the program.

- The experience, strength and hope I heard from others. Realizing that this may be my last chance. Connecting with others that shared in the same/similar experiences of being overweight and trying everything else but failed. Feeling welcome by others.
- The warmth of the fellowship
- At my first meeting I heard hope. We used to read Just for Today and I related to save myself from 2 pests-hurry and indecision. And, I heard if I believed in a HP I could get better. I had tried every diet so figured why not try believing God could help me.

I don't need to discuss this further but if you have ?s, you can call me.

- Got a sponsor, accepted in group, realized it was all emotional eating and I was not a failure-or hopeless
- A small enough group that it mattered and a sense of connection. I was ready, I had read literature outside of OA that made me think this was an answer.
- I was fat and out of control in my eating. I wanted to know my relationship with food.