

*Finding recovery together in and near the Charlotte, NC area*

## Upcoming Events

[2/7/2026 8:00- 9:30 AM Intergroup Meeting Online](#)

[2/28/2026 7:00 – 8:30 AM Unity Day Workshop Click to Join Workshop](#)

[3/13-3/15/2026 SOAR 8 Business Assembly and Recovery Convention](#)



**OA Piedmont Intergroup**

**Recovery SOARS!**

*OA Region 8 First Business Assembly  
and Recovery Convention  
March 13-15, 2026 Charlotte,  
North Carolina*

**Holiday Inn, Charlotte Airport**  
2707 Little Rock Road, Charlotte, NC 28214

**REGISTER NOW**



[Event Calendar – Overeaters Anonymous \(oa.org\)](#)

[Southeast OA Region 8 Events Calendar](#)

[Better Together Virtual OA Intergroup Events Page Link](#)

## **My Experience At World Service Convention from Susan W**

This was my first time at a World Service Convention although I had been at Region Assemblies on both the recovery and business sides and World Service Business Conferences. This was an outstanding experience for me! I don't know which I liked better- the fellowship or the recovery workshops as both were amazing.

This was held in Orlando, Florida and being that I started OA in Miami in 1984 I was hoping to see many of my Florida friends. I was not disappointed! I was able to have lunch with people from my home group including one friend who was at my very first meeting. I also had time with my North Carolina fellows both from the Charlotte area who I rode down with, plus those from Greensboro, Raleigh-Durham and Winston Salem. For the first time I got to meet people I've been in meetings with only on zoom that I'd only seen in boxes - what a thrill! I was introduced to new people as well. I can't express how happy I was.

Now the workshops. There were so many wonderful choices, and I got to attend fabulous ones. Some of my favorites were Unity with Diversity; Anorexia, Bulimia, Compulsive Food Behaviors; Spiritual, Not Religious; Aging in OA, and 100-Pound Winners. I had the privilege of speaking on Self-Acceptance with a gentleman who had amazing recovery!

Since this was my first time, I didn't realize that it was a much smaller convention than normal. There were 563 attendees (with the people that came for the day 610) and only about 20 people from out of the country. I learned that there are approximately 54,000 members worldwide, 6200 meetings, OA is in 82 countries and there are 27 men meetings.

There are two new books coming out. One will be on tips to remain abstinent (e.g. How to stay abstinent on a first date; when you go to a movie; and when you're traveling). The other is a daily reader for people who do not believe in a Higher Power.

I learned that if we want to bequest money to OA once we die, we need to put it in our wills. I cannot ask for donations in my memory in my obituary as that would be a break of traditions (we cannot accept outside donations).

ARC was emphasized as well (automatic recurring contributions). This is a way to set up a recurring amount as our 7<sup>th</sup> Tradition.

I came away from the 4 days at the convention filled with love! I am so grateful for this experience as it was "beyond my wildest dreams".

## Posts shared from Ginny

“...a loving witness, someone who can keep our confidences and listen without judging us or seeking to fix us.”

Such a wonderful gift. To be able to trust someone with my confidences and listen without judging or seeking to fix me. Wow, I have always had that in my sponsors over the years.

Prior to OA, whatever I shared would be judged and become fodder for gossip. It would always come back to me without prejudice.

Anonymity is such an important part of this program, and I've been gifted with both sides, having my confidences kept, or with keeping another's confidences. What is shared with me stays with me. It is truly a great privilege to be trusted.

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“Genuine humility brings an end to the feelings of inadequacy, the self-absorption and the status seeking. Humility, as we encounter it in our OA Fellowship...places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God.”

Before program I was either better than or worse than others. At the top of the ladder or on the bottom rung. It would often lead me to the food. Accepting myself as I am, and others as they are took time, and lots of 10th Steps!

I no longer feel inadequate or self-seeking pride (or rarely). If I do, I promptly take a 10th Step, and set right my mistakes, ask God to remove my defects, discuss it with another person, make amends if we harmed someone and then resolutely turn our thoughts to someone we can help. I continue to live in acceptance, knowing that my HP knows what is best for me.

Being on an even level with others allows me to live in harmony with the spiritual principles of the program and allows me to live in acceptance of my HP's will.

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“Our commitment to abstinence from compulsive eating is vital to our lives.”

Abstinence wasn't achieved easily, but it is a simple program. I worked on putting down my alkies by using all the tools. That helped by giving me new eating behaviors to replace the negative ones. Then I began to use the Steps with my sponsor. I couldn't achieve what I have today without being abstinent. My head is clear, and I found a true solution in the Steps.

This isn't a diet program; it is a way of living. I've learned to abstain from compulsive eating, and by following the directions in the Steps, Traditions and Concepts my life has changed.

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"Often we caused ourselves problems because we didn't realize that there were some foods and eating behaviors we could handle comfortably and some we couldn't."

Discovering and be honest about foods and behaviors that were causing trouble for me. was very important. I found right at the beginning that using the tools were what I needed daily to replace those old food behaviors with ones that directed me to recovery.

For me, having any kind of a diet mentality is dangerous. I have "alkie" foods that are just not foods I eat, and replacing the food behaviors with the tools, which are positive program behaviors, took me away from the food, and into spiritual fitness. The Steps, Traditions and Concepts, with their spiritual principles is where I live today, to the best of my ability.

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## **Eighth step writing by Cindi H**

*Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.*

August being the 8<sup>th</sup> month, I decided to write about Step Eight. When I first came into recovery, my sponsor took me through the steps dealing with my most damaging resentment with my father. Long story short, my father remarried a woman only 10 years older than my age, 13 at the time. My parents' divorce was a nasty one and, being the oldest child, I somehow was brought into the middle of communication between my mother and my father because my stepmother didn't allow my father to speak to my mother.

Anyway, in dealing with my resentment with my father for abandonment and other issues, my sponsor helped me to see that I wasn't really at fault for the dysfunctional behavior of the adults in my life. My part in that resentment was only holding onto it for the many years that I held onto it. I was able to realize that holding onto my resentment was only hurting me, especially since my father passed away in 1981.

In Step 8, I listed my father and dealt with that resentment. Since I couldn't go to him face-to-face, I went to his grave and read a letter I wrote to him. I released him from my resentment there that day. I can't say that I didn't pick it back up from time to time

because I did. But working the steps helped me to quickly deal with the emotions that arose over the years. Letting go was a process.

Now, fast forward to today. I've been working the 12 Steps in one fellowship or another since 1999. I am grateful to OA because I'm really digging deep to find the root of my emotional and compulsive eating behaviors. Step 8 requires that I deal with my resentment to myself as well and OA is helping me to learn the survival mechanisms I used to deal with life and to ask my HP to help me to be willing to let my HP take those things that hurt me out of my life. It's a slow process, but I've learned the key to this process is humility (Step 7). Step 8's spiritual principle is Self-Discipline. And that's something I didn't possess before coming to the program.

I've gained healing from people pleasing and codependence in another fellowship, but I still must be aware that I'm not slipping back into that old pattern. OA is teaching me that I have a self-will that has run riot. Yes, I know that comes from the Big Book of AA. So, focusing on Step 8, I must be "willing" to be "willing" to do something whatever that is. Guidance from my HP comes from praying for that willingness to come to fruition. Believe it or not, it works! HP does for me that I cannot do for myself. How that works, I don't know. But it works.

My abstinence came after I started praying a simple prayer to be willing to be willing. I really didn't know if my HP would even care to help me in this way. After all, HP has so many others to be concerned about. But I recently heard someone in a meeting say, "My HP is crazy about me and loves me regardless of my failings." Wow, I've been a person of faith for many years and have felt the love of people of faith around me, but this feels different. HP loves me and I now believe that.

I love that we keep working the steps and that we never graduate from this program. It's a progressive journey of life. I recently have been reminded (by my HP) that I have another resentment from way back to look at. That is the resentment I've held for my stepmother.

Yes, she hurt me and hated me. She made no bones about it when my father wasn't around. But I was just as rude and hateful to her. In thinking about that situation, HP has brought about some realizations that helped me to understand some things about her that have helped me release her from my resentment. I don't know if I will contact her yet, but if HP guides me into doing Step 9 with her, I'm willing!

I learned in Step 7 about humility and "humbly" asked HP to remove that resentment. And to quote the OA 12 & 12, 2<sup>nd</sup> Edition, "In OA, we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be."  
Merriam-Webster defines humility as "Freedom from pride and arrogance."

## Rock Hill, SC in-person meeting

### Thoughts on Step 12

*Step 12 - 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.*

I've been pleased and frankly, a bit surprised with my OA experience. I've lost some weight, which was my goal. That's been great. But more importantly, I have started a relationship with my HP. I feel more confident and enjoy being around people more. My overall outlook is better. I look forward to continuing my journey with OA, and growing closer to my HP.

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So many times I have been touched by the spirit but have failed to maintain my spiritual commitment. I am tired of repeating this pattern. There are patterns in my life I have changed for the better. I will make this change and create a time daily for prayer and reflection. A time to be grateful for all that I have. A time to find guidance for the questions and difficulties that I face. The meditation I learned at the retreat was powerful. I will figure out my personal space – the remodel will be over soon – and we will have our house back. I do know that I have learned patience and humility over the past year. I do know that I am better than I was in September 2024. For that I am grateful. I try practicing this in all my affairs.

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I feel I have had a spiritual awakening by working the previous 11 steps. My Awakening was of the gradual educational variety as mentioned in the Big Book of Alcoholics Anonymous. I tried to carry this message to other compulsive overeaters by sharing in meetings, sponsorship, and occasional phone calls. I need to do better about reaching out on the phone. I try to practice these principles in all my affairs by being honest and humble in all my dealings with people in and out of the program. It is a process that will be ongoing for the rest of my life.

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I remember the first time I heard a fellow point out that the 12th step says **the** result, not a result. So the spiritual awakening occurs once these steps are taken. Yahoo!

The word "tried" helps me feel that I may not do this perfectly. This goes contrary to the phrase "half measures avail us not." By trying, I am putting out an effort to do what it says but it may not be at whole measures. I give my best at that moment.

Carrying the message to another compulsive overeater means that I must be of service. I must share what has been so freely given to me. It is in carrying this message that I am of service.

I must practice these 12-step principles, the 12 steps, 12 traditions and 12 concepts. The spiritual principles are golden nuggets in living each day in recovery from the disease of compulsive eating.

“In all my affairs” means in my everyday life, with everyone, everywhere.



Acceptance is the answer....

Today, this January 31, 2026, I look outside my window at lots of snow, at least 7 inches of the white fluffy stuff. Oh - the fun plans that I had for the weekend.... Not happening. Years ago when my dad was in an anesthesia fog after an unexpected major surgery I told him, “I love you dad” and his response “What are you going to do?” Since then, that line has been used in my family for all so many things – especially the occasions when acceptance is the only answer. And so, this morning my husband and I looked at each other and said, “What are you going to do?”

I moved to acceptance. After all, there is absolutely nothing I can do about the weather. Much like acceptance of my dis-ease of compulsive overeating and sugar addiction. So, what can I do – well, finally sit down and finish putting this winter journal together seems appropriate. And, although I grew up in snow country and moved south to get away from it, my husband loves it – so I can be happy for him. Another great saying in my family, “I’m glad you like that.” Of course, the underlying statement is – “I do not like that but if you do I guess I will support you and be happy for you.” Ahh – yes, I can also work on the steps that I am going through with my sponsor. There are so many healthy choices that I turn to when life is not going according to my plans – which is often.

And as I close out my thoughts here – I have come to accept that my world and my commitments are full. It has been challenging finding the time to put this together. And I went basic this time. No pictures or caricatures. I have enjoyed pulling this newsletter together, yet it is time to pass this service commitment on. So, if you are interested, please reach out to me.

Debi T 828-777-4326