



June2022

Lead Article

My Favorite Tradition

My favorite Tradition is three. The only requirement for OA membership is a desire to stop eating compulsively! Because it takes the shame, guilt, and pressure off my imperfections. During my recovery in OA I have relapsed so many times but my desire is to stop compulsive eating. It is always on my mind and in my heart.

Tradition three keeps me coming back and keeps me trying to work the Steps one day at a time.

Pamela (Independence, KS group)



Big Book Reading List

MAY	26. 512	29. 398
	27. 382	30. 531
25. XI-XXIV	28. 458	31. 338

JUNE

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|------------|------------------|--------------------|
| 1. 136-145 | 10. 113-121 | 21. 309 |
| 2. 145-150 | 11. 494 | 22. 10 |
| 3. 268 | 12. 151 | 23. 501 |
| 4. 182 | 13. Dr's Opinion | 24. 369 |
| 5. 295 | 14. 470 | 25. 30-37 |
| 6. 375 | 15. 281 | 26. 37-43 |
| 7. 522 | 16. 446 | 27. 258 |
| 8. 348 | 17. 388 | 28. Gratitude List |
| 9. 104-113 | 18. 486 | 29. 44-49 |
| | 19. 58-63 | 30. 50-57 |
| | 20. 63-71 | |

Anna Nimity

Dear Anna,

Is a plan of eating the same thing as abstinence?

Uncertain

Dear Uncertain,

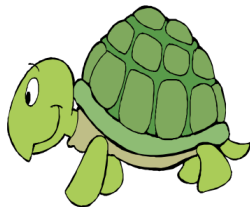
A plan of eating is a guide to follow that helps us choose the best way to nourish the body without eating compulsively. Abstinence is the action of refraining from compulsive overeating. It is a gift from our Higher Power contingent on working the 12 steps, using the tools, and maintaining a fit spiritual condition, one day at a time. A useful program slogan is "Nothing tastes as good as abstinence feels."

Yours in humble service, Anna

J. L. 03-71

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MYRTLE THE
TURTLE:
Don't believe
everything you think!



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Upcoming Events

Wichita Sponsored

- **Fellowship Opportunity**
 - *"Attraction Not Promotion Video "*
 - **Committee Meeting**
 - 3 PM, Saturday, June 4th
 - St. Stephen's Episcopal Church
 - 7404 E Killarney Pl
 - Use the FreeConferenceCall Number for virtual attendance
 - For Information Call Lee Ann at 734-5401
 - Agenda
 - Define Purpose and target audience
 - Set up subcommittees and action items
 - Set next committee meeting time & place

Region4

- R4 Community Conversations
 - Find out about what is going on with our Intergroups and Region 4!
 - 3rd Sunday of each month at 5pm via Zoom.
 - Meeting ID: 918 9633 5029 Passcode: 182172
- Region 4 2022 Convention
 - July 15-17, 2022
 - Omaha, NE
 - [Click here to see the brochure](#)
- See other R4 Events by checking out the [R4 Events Page!](#)

Other OA Organizations

- A member from our Minneapolis group started a Virtual Meeting in 2021. [Click here](#) for details!

World Service

- World Service Convention
 - The next WSO Convention will be in 2025**
 - [WSO Convention Website](#)
 - Email conventioninfo@oa.org
- 2022 World Business Conference
 - “We Can Do Together What We Could Never Do Alone”
 - April 25-30, 2022.
 - Albuquerque, NM
 - [Click here to register](#)

Info on [OA holidays](#)

Announcements

New Life for Lifeline!

Members recently participated in a workshop brainstorming creative ways to bring Lifeline back in a new format in ways that will reach many.

Lifeline will relaunch as website on March 20, 2022!

Let's share the miracles of our individual recoveries through this Twelve Step program! Let's make the new *Lifeline* blog a great resource for the Fellowship and for those who are just discovering OA online. Thank you for your service!

Go to <https://oa.org/lifeline/> to find out how you can contribute!

Service Opportunity!

Interested in jump-starting your program with Service? Join our bustling Public Outreach Committee!

- Look at all of the amazing things that were accomplished in 2021!
 - Established committee
 - Designed & printed bookmarks & stickers
 - Purchased literature and supplies for health fairs

- Distributed literature, bookmarks, & stickers to our membership to distribute &/or post in the community
- Manned booth at Live Well with Diabetes Health Fair
- Established contact with Guadalupe Clinic and KU Medical School
- Procured literature in Spanish from Region 3 (at no cost to us!)
- Have a gander at our exciting plans for 2022!
 - Research events held at Guadalupe clinic to see if we can man a booth at their events (such as diabetes night and women’s health night)
 - Reach out to Hispanic community
 - Attend health fairs (depending on availability, cost, & covid situation)
 - Procure a table cloth for our health fair booth “kit”
 - Design & order pens with our name and web address
 - Grow list of volunteers to help with PO events
 - Research social media (targeted advertising; online groups) to reach out to young people
- Reach out to Ginny F, our Public Outreach chair, and she will let you know how you can contribute!

New Treasurer!

- Thank you to Melissa O for her service!
- The [7th Tradition page](#) has been updated with the latest info on how to contribute if you are not able to do so in person.

Connect!

- We can now connect on Instagram! – When on Instagram, look up [overeatersanonymous_official](#)
- Here’s a link to info about our [Virtual Meeting](#)

We Love Our Literature!

- Contact our literature chair if you need books and pamphlets:
 - Stephanie N. 316-393-0996.
- There are two new pamphlets available for purchase:
 - *In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery*
 - *A Lifetime of Abstinence: One Day at a Time*