

Recovery Stories Wanted for Future Newsletter Issues

We want to hear your story! Sharing your journey of recovery can inspire, encourage, and connect with others who are walking the same path. Your experience matters!

Possible topics:

- finding freedom from compulsive eating
- overcoming challenges
- celebrating victories
- changing thinking
- doing whatever it takes
- connection to an excerpt of literature
- favorite tool
- working the steps
- a specific "aha moment"

Help us build hope and strength—send in your story to happyjoyous23@gmail.com today!

Increasing Contributions to World Service Office

At the January COLA IG meeting, members discussed OA's updated recommendation for distributing group contributions: 50% to intergroups or service bodies, 10% to regions, and 40% to the World Service Office (WSO). In 2024, COLA forwarded 30% of its contributions to the WSO, but in 2025, we'll align with the new 40% recommendation. COLA maintains a healthy budget with ample reserves to support this change.

The WSO provides vital support to the Fellowship, including maintaining meeting directories, hosting websites with recovery content, supporting public information efforts, and producing literature. As operational costs rise, increased donations are essential to continue this important work.

SOAR 8 Recovery Convention and Business Assembly

It's finally time!! Click [here](#) to register.

Traveling the River Road to Freedom

March 14th-16th, 2025

Holiday Inn Baton Rouge South
9990 Airline Hwy Baton Rouge, LA 70816

Hotel Booking Code: BRI

Hotel Booking Link: [Holiday Inn Baton Rouge South](#)

LUNCH BUFFET
Options: Gumbo, Rice, Baked Chicken, Tilapia, Veggie Red Beans, Red Potatoes, Green Beans, Fresh Fruit, Salad bar, Regular & Decaf Coffee, Iced Tea Service \$39

DINNER BUFFET
Prime Rib, Chicken Supreme, Veggie White Beans, Baked Potato, Rice Pilaf, Stuffed Squash & Zucchini, Fresh Fruit, Rolls, Regular & Decaf Coffee, Iced Tea Service \$56

FEES DUE:

<input type="checkbox"/> Registration: \$50 (Before 2/10/2025)	\$ _____
<input type="checkbox"/> Late Registration: \$65 (After 2/10/2025)	\$ _____
<input type="checkbox"/> Saturday Only Registration: \$45	\$ _____
<input type="checkbox"/> Virtual Assembly Registration: \$45	\$ _____
<input type="checkbox"/> Saturday Lunch: \$39	\$ _____
<input type="checkbox"/> Saturday Dinner Banquet: \$56	\$ _____
<input type="checkbox"/> Scholarship donation	\$ _____
TOTAL	\$ _____

I WILL PAY BY:

Check (Mail to BRIG - See HOW TO PAY))

VENMO (Use code - See HOW TO PAY))

I will write a separate check or VENMO for donations

Please consider ordering BOTH meals. This will allow the Intergroup to recoup the cost of the Assembly and continue carrying the message. THANKS!

RECOVERY CONVENTION INFO:

Track 1: The Steps lead to the Principles, that lead to the Freedoms, which create the state of mind in which we no longer want to eat compulsively!

Track 2: The Tradition's Spiritual Principles can be applied to all relationships, leading to the Road to Freedom from the bondage of self!

COMMITTEE CO-CHAIRS:

KATRINA S.
Kssoar8@gmail.com

JULIA S.
serenityseekerjcs@gmail.com

For more info contact
VICE CHAIR:
PAT F.
mimsy313@gmail.com

Cancellation Policy:
Refund requests must be received by 2/15/2025

Business Assembly Documents
Are available on Region 8's webpage 30 days prior.



by permission of Central Jersey Intergroup
"We are going to know a new freedom & a new happiness" AA Big Book p.83
centraljersey.org



OVEREATERS ANONYMOUS
CENTRAL OFFICE OF LOUISIANA
BATON ROUGE INTERGROUP

Traveling the River Road to Freedom:
from Compulsive Eating & the Bondage of self

SOAR 8 RECOVERY CONVENTION AND BUSINESS ASSEMBLY

March 14-16, 2025



<https://www.overeatersanonymous.org/centraloffice>

HOTEL LOCATION

Holiday Inn Baton Rouge South
9990 Airline Hwy.
Baton Rouge, LA 70816
225.924.7021

Check in 3 PM / Check out Noon

HOTEL RATES

For group rates use code: BRI

Standard Double Room \$134.95 per night
Sleeps 4, Includes hot breakfast for 2

Additional breakfast tickets available for \$10.95 each

Rooms have fridge, microwave and free in-room Internet

Free Parking

AIRPORT INFORMATION

Louis Armstrong New Orleans International Airport
MSY - 65 miles

Baton Rouge Metropolitan Airport
BTR - 10 miles

No airport shuttle is available

HOW TO REGISTER

TO REGISTER ELECTRONICALLY:
Use the link or QR code below for Google Forms in English, Spanish or Portuguese.

Utilice el enlace o código QR a continuación para español
Use o link ou código QR abaixo para português

<https://forms.gle/oa2NcmwFoaRP6Yok6>



OR, TO REGISTER BY MAIL:
Fill out form to the right (front and back).
Detach the filled-out form & send to:
BRIG
P.O. Box 14816
Baton Rouge, LA 70898

HOW TO PAY

TO PAY BY CHECK:
Pay to: **BATON ROUGE INTERGROUP**
For: **R8 2025 #1**
Mail to: **BRIG (address above)**

TO PAY WITH VENMO: @BRIGBIZ-OA
Use the QR Code below.
What is it for: **YOUR NAME & R8 2025#1**



ONSITE REGISTRATION OPENS AT 3PM FRIDAY

REGISTRATION FORM

Name _____

Name for badge _____

Intergroup _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

I WILL ATTEND THE:

Recovery Convention

Business Assembly

BUSINESS ASSEMBLY ATTENDEE:

Board Member

Funded Committee Chair

Trustee

Region 8 Rep (1st Time / Green Dot)

Region 8 Rep (Returning)

Region 8 Rep (Virtual)

Business Assembly Visitor (Virtual)

Business Assembly Visitor (On Site)

SPECIAL REQUESTS:

I need a roommate: male or female (circle one)

I need interpretation: Spanish or Portuguese (circle one)

I WILL GIVE SERVICE:

Speaker (90 days of abstinence)

Mentor a 1st Timer / Green Dot

Interpreter: Spanish or Portuguese (circle one)

Anywhere - as needed

Hospitality / Boutique

Hugger/Greeter

Page / Runner (in Business Assembly)

Registration / Literature Table

Sell Tickets for Drawing

Current Local Meeting Information

MONDAY 5:30 PM (Houma) PHONE MEETING

Fresh Start #33884

Contact the person below for information on where and how to join the meeting.

Contact: Janice janices684@aol.com or (985) 879-1341

MONDAY 7:00 PM (New Orleans) ONLINE MEETING

Big Book New Orleans #801422

Zoom meeting link: zoom.us/join

Zoom meeting ID: 865 737 16267

Zoom meeting password: THINK

Contact: COLAIG (504) 366-3230

TUESDAY 12 NOON (Metairie) ONLINE MEETING

Big Book Meeting #801423

Zoom meeting link: us02web.zoom.us/j/85464391173?pwd=WUlpSmIVYlIcwSlhgT2RGZTzN1RytCUT09

Zoom meeting ID: 854 6439 1173

Zoom meeting password: 12121212

Contact: Karen T. (203) 526-3590

TUESDAY 6:15 PM (Metairie) ONLINE MEETING

Terrific Tuesday #801135

Zoom meeting link: <https://us02web.zoom.us/j/88109387154?pwd=VTcyb0lncndDUG96UjVlSkFKakFxQT09>

Zoom meeting ID: 881 0938 7154

Zoom meeting password: 12121212

Contact: Patti (225) 614-5294

WEDNESDAY 12 NOON (Mandeville) IN-PERSON

A.B.C. Group #46263

Location: St. Timothy Church, 335 Asbury Drive, Rm 102

Contact: Nancy (985) 626-7194

THURSDAY 10:15 AM (Houma) PHONE MEETING

New Hope #04439

Contact the person below for information on where and how to join the meeting.

Contact: Janice janices684@aol.com or (985) 879-1341

THURSDAY 5:30 PM (Slidell) IN-PERSON

Serenity Seekers #51536

Location: The Richard Carroll Evangelization Center, St. Margaret Mary Church, 1050 Robert Blvd.

Location Note: Enter from Robert Blvd., proceed straight back to the end of the driveway. The Center is located to the left of the gym.

Contact: Julia S. (985) 788-3411

THURSDAY 6:00 PM (New Orleans) IN-PERSON

Welcome Home #57894

Location: 734 Nashville Avenue, Imagine Therapy & Community Center

Location Note: 734 Nashville Avenue just off Magazine St., 1 block from Whole Foods

Contact Information: Ellen (504) 258-3819

SATURDAY 9:00 AM (Mandeville) HYBRID MEETING

Saturday Survivors Meeting #33689

Location: St. Timothy's Church, 335 Asbury Dr., Room 102

Zoom meeting ID: 480 799 6960

Zoom meeting password: 101263

Meeting notes: Please call before attending meeting in-person.

Contact: Ann S. (985) 893-2423

SATURDAY 9:00 AM (Covington) FACE TO FACE

Friends of Rozanne #56956

Contact the person below for information on where and how to join the meeting.

Contact: Nancy (985) 626-7194

Location: First United Methodist Church, 203 N Jefferson Avenue - Fellowship Hall.

SATURDAY 12:00 PM (Metairie) FACE TO FACE

We Are the Message #57848

Contact the person below for information on where and how to join the meeting.

Contact: Steven (504) 377-7491

Location: 5122 W. Esplanade Ave., Metairie, LA