

COLA IG Needs You: Serve Others and Recover

There are many ways to serve and give back to the OA Program that has saved our lives. Service can be as simple as you want it to be and play to your strengths. OA is not meant to be worked in isolation—we need each other to recover. We need conventions, meet and greets, fellowship dinners, retreats, step studies, and so many other ways to connect. The possibilities are endless if we all work together.

Go to <https://heyzine.com/flip-book/95df03fa8e.html#page/1> and check out OA's book, *The Joy of Service*. Then, join us at the next COLA IG meeting on Saturday, April 19, 2025, at 9 AM and let us know how you can help!

Zoom Meeting ID: 839 9871 5389 (no password needed)

Zoom Meeting Link: us02web.zoom.us/j/83998715389

Highlights from Region 8 Business Assembly in Baton Rouge

- The motion to “Approve applications for new face-to-face meetings and provide up to 100\$ funding” was approved with a budget of \$2,000.
- There is a new PIPO video that offers help in talking with health care professionals about OA.
- Listening the Serenity Prayer in English, Spanish, and Portuguese is an incredible reminder of unity.
- Region 8 now uses a free non-profit professional Canva account and encourages IG to do the same to create materials.
- Save the Dates:
 - 2025 World Service Convention: August 21–23, 2025, in Orlando
 - OA Region 8 Virtual Second Business Assembly 2025: October 24–26, 2025
 - SOAR 8 Recovery Convention and First Business Assembly 2026: March 13–15, 2026, in Charlotte, North Carolina
 - SOAR 8 Recovery Convention and Second Business Assembly 2026: September 25–27, 2026, in Little Rock, Arkansas

Save the Dates

2025 World Service Convention

Theme: "Walking in the Sunlight Together"

Dates: August 21–23, 2025

Location: Renaissance Orlando at SeaWorld®

Hotel reservations and registration will open in April 2025.

OA Region 8 Virtual Second Business Assembly 2025

Theme: "Coming Together in Unity"

Dates: October 24–26, 2025

Location: Virtual

SOAR 8 Recovery Convention and First Business Assembly 2026

Theme: "Recovery SOARs"

Dates: March 13–15, 2026

Location: Holiday Inn Charlotte Airport, Charlotte, NC

Sponsored by Piedmont Intergroup

SOAR 8 Recovery Convention and Second Business Assembly 2026

Theme: "Keep it Simple: A Path to Recovery"

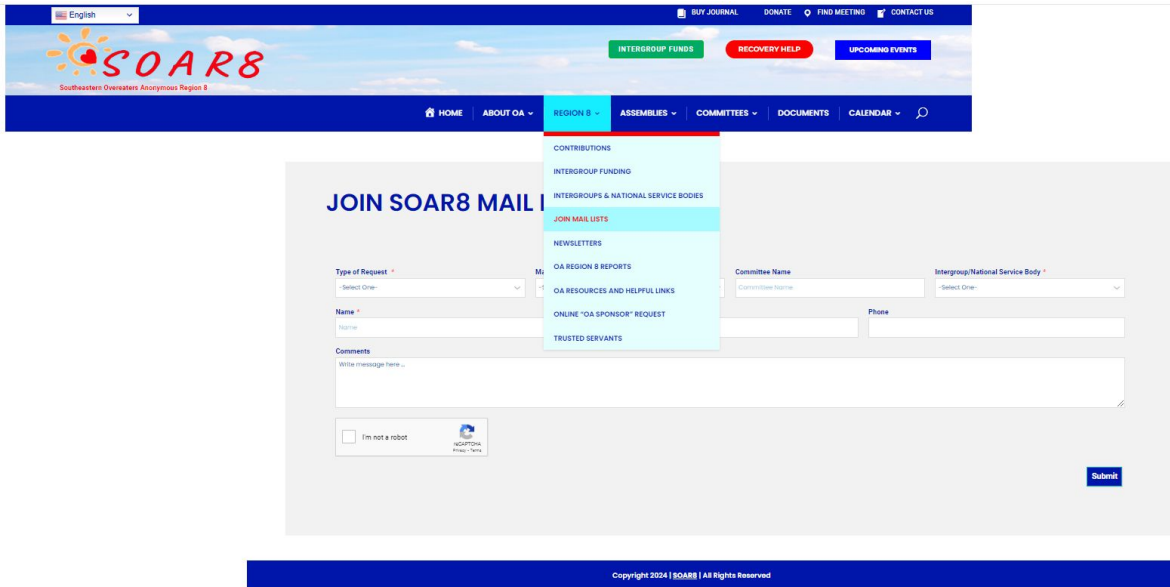
Dates: September 25–27, 2026

Location: Little Rock, Arkansas

Sponsored by Central Arkansas Intergroup

Sign up for the “ALLSOAR8” Email System

ALLSOAR8 emails share news about Region 8 OA, workshops, updates, information about assemblies. Each person may sign up on this webpage. Yahoo emails may or may not work. Some people have needed to create a new email in a system other than Yahoo. Visit <https://oaregion8.org/r8-loops/> and under mail list name, choose ALLSOAR8 under the dropdown menu.



The screenshot shows the SOAR8 website interface. At the top, there is a navigation bar with links for 'BUY JOURNAL', 'DONATE', 'FIND MEETING', and 'CONTACT US'. Below this is a header with the SOAR8 logo and a sub-header with 'Southeastern Overeaters Anonymous Region 8'. A main navigation menu includes 'HOME', 'ABOUT OA', 'REGION 8', 'ASSEMBLIES', 'COMMITTEES', 'DOCUMENTS', and 'CALENDAR'. A dropdown menu is open under 'REGION 8', listing various options including 'CONTRIBUTIONS', 'INTERGROUP FUNDING', 'INTERGROUPS & NATIONAL SERVICE BODIES', 'JOIN MAIL LISTS', 'NEWSLETTERS', 'OA REGION 8 REPORTS', 'OA RESOURCES AND HELPFUL LINKS', 'ONLINE "OA SPONSOR" REQUEST', and 'TRUSTED SERVANTS'. The 'JOIN MAIL LISTS' option is highlighted. Below the dropdown is a form titled 'JOIN SOAR8 MAIL'. The form has a 'Type of Request' dropdown menu, a 'Name' field, an 'Email' field, a 'Phone' field, and a 'Comments' text area. There is also a 'Submit' button at the bottom right of the form. At the bottom of the page, there is a footer with the text 'Copyright 2024 | SOAR8 | All Rights Reserved'.

Non-Delegates May Attend BOT Meetings at Conference

Below is a letter from Sandy Zimmerman at WSO with instructions about how to attend the Board of Trustees meetings at this year's conference.

Delegates and visitors who would like to attend the Board Meetings should email Sandy Zimmerman at szimmerman@oa.org by Friday, April 18. Please indicate your name, status (delegate or visitor), email address, and which board meetings you wish to attend.

Consensus Meeting, April 29 from 12:00 p.m. to 2 p.m. mountain daylight time (this meeting allows the board to review which motions they would like to debate in the formal board meetings on April 30 and May 10; all other motions are placed on the Consent Agenda)

- Board Meeting, April 30 from 12:00 p.m. to 2 p.m. mountain daylight time
- Board Meeting, May 10 from 2:15 p.m. to 4:00 p.m. mountain daylight time

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