



www.oaneworleans.org

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(504) 366-3230

Election of Officers at the November IG Meeting

It's COLA election time!

A Vice Chair and Secretary will be elected at the November 16, 2024, meeting. The position is a two-year term. Nominations will be taken from the floor at the meeting.

If you are interested in serving COLA in this capacity, please attend the meeting on November 16 at 9 AM. The qualifications for each position are detailed on page 2.

Monthly OA COLA IG Meeting:

SATURDAY 9:00 AM (on every 3rd Saturday) ONLINE MEETING

Zoom Meeting ID: 839 9871 5389

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

Zoom Meeting Password: no password needed

Save the Dates

Houma's 48th Birthday Party
September 13, 2025
Houma, LA

**SOAR 8 Recovery Convention
and Business Assembly**
March 14–16, 2025
Baton Rouge, LA

COLA-Sponsored Retreat
TBD: November, 2025
Our Lady of Hope Retreat Center
Chatawa, MS

World Service Convention
August 21–23, 2025
Orlando, FL

General Qualifications for COLA Intergroup Officers:

- Regular attendee of an active group and committed to OA's primary purpose of abstinence and service.
- Upon election ALL Intergroup Officers, Delegates, Reps and Alternates will commit to:
 - Adhere to the Twelve Steps and Twelve Traditions, guided by the Twelve Concepts of OA Service;
 - Regular attendance at COLA meeting; and,
 - Abstinence, defined as refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Each person is the judge of his or her own abstinence.

Specific Qualifications for Vice-Chair (two-year term):

- Assumes all responsibilities in absence of Chairperson and assists in any manner needed.
- Minimum requirement for Vice-Chair shall be one year of recovery in the O.A. program. Committed to adhering to the 12 steps, 12 traditions, guided by the 12 concepts of O.A. service and continual maintenance of throughout the entire term (s) of office. Each person shall be the judge of his or her own abstinence and maintenance.
- Vice-Chair is to maintain and update adequate meeting directory from World Service and maintain an accurate count of COLA groups and representatives.
- Assumes Chair's responsibilities should Chair's position become available during the term of office.
- Maintain accurate number of groups and representatives at all COLA. meetings.
- Acts as Web Liaison for groups and webmaster. As such, ensures that updates and new content are delivered timely to webmaster and monitors results.
- Coordinates with Secretary on Intergroup newsletter as appropriate.
- Responsible for orientation of new Vice-Chair in making for a smooth and knowledgeable transition.

Specific Qualifications for Secretary (two-year term):

- Shall see that minutes are kept of all Intergroup and Intergroup Board meetings and that a copy of the Intergroup minutes is emailed to each group secretary and all attendees at the month's Intergroup meeting. As a cooperative gesture, a copy of the minutes may be sent to the regional trustee.
- Shall maintain a file of all minutes of past meetings.
- Coordinate with Vice Chair to ensure that updates and new content are delivered timely to webmaster and monitor results Coordinate with Secretary.
- Shall perform all other duties as prescribed in the Intergroup policy.

**The Overeaters Anonymous Region 8
Twelfth Step Within Committee Presents:**

International Day Experiencing Abstinence (IDEA)

Emotional Sobriety Workshop



Sunday, November 17, 2024

3:00 p.m. to 5:00 p.m. ET (2:00 p.m. to 4:00 p.m. CT)

Three Guest Speakers Followed by "Ask it Basket" Q & A

ZOOM ID: 844 3994 7859 PASSCODE: 176481

Join Zoom Meeting:

<https://us02web.zoom.us/j/84439947859?pwd=WXE3Q0U3eUM0TDZZVDZFWDVRS3VNUT09>

**Please consider giving a Seventh Tradition Donation to Region 8 at
<https://oaregion8.org/region-8/contributions>**

For More Information, Contact:

**Tina S. at (941) 993-9717 or Anne C.D. at (813) 860-8171
or annegene@me.com**



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

And We Will Know Peace #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=WUlpSmIVYlcvSlhgT2RGZnN1RytCUT09

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 6:00 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