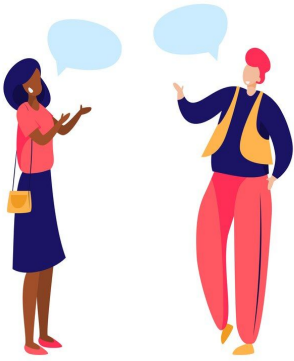


Volunteers Needed!



COLA is joining with OA BRIG, the Baton Rouge Intergroup, to host the Region 8 Recovery Convention and Business Assembly, March 13–15, 2025! We are looking for volunteers to help plan and staff the event. This is a great way to boost your recovery! If you are interested in volunteering, please email us at oaneworleans@gmail.com or call (504) 366-3230 and leave a message.

Subcommittees that need volunteers: Boutique; Entertainment; Literature; Decorations; Fundraising; Registration: Hospitality; and, Publicity/Public information.

Save the Date for Houma!

We will be celebrating 47 years of OA in Houma, Louisiana—since 1977!

Join *in person* or via Zoom on **September 14, 2024**.

Doors open: 9 AM CST
Program begins: at about 9:30 AM
Lunch: 11:30 AM–1:00 PM
Program ends: 4 PM



To join online:

<https://us02web.zoom.us/j/82383026495?pwd=L0FkcVo3WLVlc2YzYzFIMjZPQlNwZz09>

Zoom Meeting ID: 823 8302 6495

Zoom Meeting Passcode: 080287

In person: Terrebonne Parish Main Library, 151 Library Dr., Houma LA 70360

For more information, contact Janice at (985) 879-1341.

Monthly PIPO Meetings

The PIPO Subcommittee meets monthly via Zoom and in person after the Saturday Noon Meeting. Join us on the 1st Saturday of each month at approximately 1:15 PM. We welcome anyone who is interested!

Join Zoom Meeting: <https://us02web.zoom.us/j/85817070631?pwd=NExyakxaTVJ2VVdleXZoV2xKRHNxdz09>

Meeting ID: 858 1707 0631

Passcode: PIPO

Contact Steven H. at 504-377-7491 or shernandez2674@gmail.com with questions!

Monthly Ways & Means Subcommittee Meetings

First Meeting: Saturday, April 20 at 1:30 PM

The Ways & Means Subcommittee meets monthly via Zoom on the 3rd Saturday of each month at 1:30 PM. Everyone is welcome!

Zoom Meeting ID: 846 8052 9150

Zoom Password: WAYS

Contact Kaycee at 504-638-3670 or k_gorrondona@yahoo.com with questions!

PIPO Initiatives

Central Office of Louisiana Intergroup PIPO committee is fired up! We need help with our first two initiatives.

(1) Mailout campaign: We are mailing information to local bariatric surgeons, weight loss doctors, and weight loss clinics. Do you know of any that we should add to our mailing list?

We anticipate sending out 100 mailings. Each business-sized envelope will include the following: a letter encouraging the recipient to direct their patients to our organization and offering a panel presentation for interested staff; the *When Should I Refer Someone to Overeater Anonymous?* pamphlet; and, a current meeting list they can copy and give to patients.

For follow-up materials, we will send Professional Presentation Folders, business cards, and two additional pamphlets.

(2) Health Fairs: COLA PIPO has been to health fairs in the past. It is a great way to get the word out about Overeaters Anonymous. Do you know of health fairs where OA could have a table? Would you volunteer to help?

Contact Steven H. at 504-377-7491 or shernandez2674@gmail.com with questions, doctor/health fair information, and to volunteer.

Join us at the first-ever OA Homecoming Banquet.

Homecoming Banquet

**COLA cordially invites you
to come celebrate with
music, food, fellowship,
the crowning of OAs
Homecoming King and Queen
& a Guest Speaker**

**Saturday, May 11, 2024
4pm-7pm**

**Good Shepherd Church
5122 W. Esplanade Avenue
Metairie, LA 70006**

**Welcome to Overeaters Anonymous,
Welcome Home!**



**OVEREATERS
ANONYMOUS®**

Central Office of Louisiana Intergroup - Region 8

Menu

Starter

Spring Salad

Spring mix greens, cherry tomatoes, cucumbers

Main Course

Lemon Rosemary Chicken

Oven roasted chicken breast with fresh rosemary, lemons, garlic and seasonings

Mediterranean Brown Rice

Basmati brown rice cooked in rich vegetable broth with onions, garlic and mediterranean spices

Roasted Vegetable Medley

Roasted broccoli, zucchini, carrots, tomatoes, red onions, red peppers and spices

Dessert

Fruit Salad

Mixed seasonal fruit tossed in freshly squeezed lime juice

Using Social Media for Outreach

Virtual Workshop

April 20th / 1:00-2:30 pm EDT

<http://tinyurl.com/socialmediaoa>

Questions? pipochair@oaregion8.org



Building a Firm Foundation- Steps 1-3

Sunday, June 9, 2024

3:00- 5:00p.m. (EST)/ 2:00- 4:00 p.m. (CST)



Join us for a virtual interactive workshop:

A Guest speaker for each Step 1-3

Followed by open Sharing

Interactive activity: Mind Mapping!

ZOOM ID: 833 3622 1986 PASSCODE: 434673

Join Zoom Meeting:

<https://us02web.zoom.us/j/83336221986?pwd=eDhqdGNkQjNaUVdtU1pyc1dPOVZRZz09>

Please consider giving a 7th Tradition donation to Region 8 at

[\(https://oaregion8.org/region-8/contributions/\)](https://oaregion8.org/region-8/contributions/)

For more information, please contact:

Susan F. smfitzmaur@gmail.com or Sandi JC at (912) 464-4231.



SAVE THE DATE

SOAR 8 BUSINESS ASSEMBLY
& RECOVERY CONVENTION

September 20-22, 2024

DoubleTree by Hilton

Deerfield Beach/Boca Raton, FL 33441



*"Be Protected,
Stay Connected"*

Hosted By



OVEREATERS
ANONYMOUS.

GOLD COAST INTERGROUP

PALM BEACH COUNTY INTERGROUP

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

Mid City Monday #51244

Zoom meeting link: zoom.us/join

Zoom meeting ID: 865 737 16267

Zoom meeting password: THINK

Contact: Terri D. dentree@verizon.net or (302) 545-8147

TUESDAY 12 NOON (Metairie) ONLINE MEETING

Big Book Meeting #54523

Zoom meeting link: us02web.zoom.us/j/85464391173?pwd=WUlpSmIVYlcwSlhqT2RGTzN1RytCUT09

Zoom meeting ID: 854 6439 1173

Zoom meeting password: 12121212

Dial in by phone: (312) 626-6799 and use ID/password above or find your local number:

<https://us02web.zoom.us/j/85464391173?pwd=WUlpSmIVYlcwSlhqT2RGTzN1RytCUT09>

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=VTcyb0lncndDUG96UUVlSkFKakFxQT09>

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: Rosalie (985) 264-5569

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

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

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