



The Courage to Change, a message from Pamela W, Region 2 Chair:

Welcome to the R2 Convention in San Diego! I approach this article and my term as your chair of Region 2 with enthusiasm and gratitude: gratitude to be able to personally “give back” to this wonderful program, and gratitude to all of you for your twelfth step commitment. My heartfelt thanks to each and every one of you who has had the privilege of giving back through service above the Intergroup level. Hopefully you find the experience rewarding for your Intergroup and meetings as well as supportive and inspiring for your personal recovery. I sure do.

Since change is my personal nemesis, I decided it would be a good goal for Region 2 in 2007. The board began the year with a whole day visioning the upcoming year for the region and embracing the courage to change. We listened to your suggestions and tried to think outside the box (it only hurt a little). Subsequently several ideas were presented at the spring assembly. There was a small workshop on committee work and the results were encouraging. Three committees brought amendments to the assembly and

you will be hearing about some of their work from the committee chairs. Most exciting was the enthusiasm to continue the committee work between assemblies!

We also gave more time for Intergroup Concerns and the Ask It Basket. The sharing of experience, strength and hope of the board and Intergroups provided almost two hours of lively discussion. It resulted in many different approaches to those things we find challenging at the meeting and Intergroup level. And it was FUN (my personal motto for all my service is, bottom line, it has to be “fun”). Laughing as we grow and learn makes this service rewarding for me – plus I get to serve the members and Intergroups of Region 2.

Personally as chair I emphasized the steps, starting with BIG change, the Eleventh sandwich, to open and close our sessions (is that a perfect image for an OA'er or what??). We started each session with the Serenity Prayer to set a calm and serene atmosphere for our business, added a little meditation to get inspiration and direction from HP, and fi-

nally closed with the Third Step Prayer to reinforce the primary purpose of the group conscience.

If you are looking for a way to supercharge your abstinence while hanging out with some really cool people, think about joining the board or taking on a committee chairmanship. The lessons you learn and friends you make will stay with you throughout your life. Interacting with kindred spirits is always uplifting for me. I feel so blessed to be serving as your chair and look forward to working with each and every one of you as we “trudge the path.”

In Loving Service,
Pamela
Region 2 Chair



2008 Region 2 Convention – San Jose, CA — Hanna S. R2 Events Coordinator



You have all heard by now that our next convention will be in San Jose from June 27th to June 29th, 2008 at the Doubletree Hotel.

I am excited about the convention, but then I get excited over every Region 2 event I have ever attended. At most of them I was a member looking for recovery and I found more than I expected. The power of our program, the excitement of the members attending and the spiritual ambiance gets to me every time. I

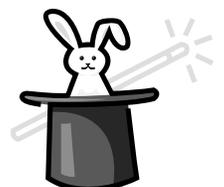
leave every convention feeling more connected to our Program, making new friends and getting re-acquainted with old friends I may have met many times before or maybe only once.

Region 2 has put convention information on our region web for the last few years. That gives us a chance to look at the wonderful items we can win. Winners will be announced at the Sunday morning Closing Meeting. The ticket sellers will be working hard to sell their tickets and – who knows – yours may be the lucky one and you may take home a beautiful quilt or afghan.

Time goes by fast and before we know it it's time to make reservations to attend. We may even get to see 2008 San Jose flyers before the San Diego convention is over and I am sure T-shirts will be available at the Fall Assembly. It's going to be fabulous and the convention committee is already hard at work.

Several years ago I was privileged to chair a convention in Palm Springs. The year was 2003. I had never even thought of it, but the Region 2 chair at the time, I had known since he was a teenager, twisted my arm and I had the job. To this day I blame jet-lag; I had just flown back from Europe. It turned out to be the greatest experience one can imagine. I was wondering how I would do this important task but great volunteers stepped up and before I knew it, the convention was in full swing.

I came to OA over 29 years ago and have found that service keeps me coming back. Attending a convention is the best service we can do for ourselves.



Intergroup Outreach Committee, Wanda W. Chair

The recent R2 Spring Assembly was particularly exciting for me since this was the first opportunity for our committee to host the two Intergroup Scholarship recipients. At the 2006 Fall Assembly a motion was passed to fund a scholarship to enable a maximum of two Intergroups that had not attended the previous three assemblies to be represented at this assembly. The purpose of the Scholarship is to aid the smaller Intergroups that otherwise could not afford to send a representative to the Assembly. R2 offers IFAP (Intergroup Fund-

ing Assistance Program) which is quite generous at 40 cents a mile from the Intergroup office to the hotel. For this Assembly, we contacted three Intergroups regarding this Scholarship. All three were enthusiastic, however, we were only able to grant two scholarships. I am pleased that the third Intergroup sent a representative without benefit of scholarship. Just the offer seemed to have spurred interest in Region 2 from all three Intergroups.

The goal of the Intergroup

Outreach Committee is to make all of the Intergroups in Region 2 aware of the importance of being represented at Assemblies so their Intergroup has a "voice" in what is going on in the region and this "regional voice" is then taken to the World Service Business Conference through our delegates and Trustee. The committee plans to contact each of the 35 Intergroups in Region 2 before the Fall Assembly to thank the ones that were represented this time and to encourage participation by those who weren't. Each Intergroup in Re-

gion 2 should expect some sort of communication from one of the members of the Intergroup Outreach Committee. We will be reaching out.

The 2007 Fall Assembly is being held in San Jose October 12-14. Board elections are held at the Fall Assembly and several positions are open for election. Please join us and help give Region 2 carry the message that together we can do what we could never do alone.

Lost & Hasn't Been Found

Is your Treasurer fuming because a check sent to Region 2 hasn't cleared?

Wonderful!!! Why, you ask, are we happy to know a check hasn't cleared? Well, it's because the mail forwarded to our Treasurer on March 2nd is LOST and hasn't been found!

You can help us, by letting you

meeting Treasurers know that they should replace checks that have not cleared their bank, IF they were sent before that date. It was a small batch of mail, but every donation is important.

Have them contact Joyce, the R2 Treasurer at: treasurer@oar2.org for assistance and information.



Region 2 Fall Assembly 2007

The Fall Assembly will be at the Doubletree Hotel in San Jose from October 12 to October 14, 2007.

The assembly is 1-1/2 days, all day Saturday and until noon on Sunday.

The sleeping room rates are \$99.00, parking \$6.00 overnight and \$4.00 for day parking.

Airport shuttle is available from the San Jose airport to the Doubletree Hotel.

The hotel is located at 2050 Gateway Place, San Jose, CA 95110. Telephone number 408-453-4000.

Rooms should be reserved by September 21, 2007 to get the

special \$99 room rate.

Please mention Region 2 of Overeaters Anonymous to get the special rate.

2008 Region 2 Convention - What does San Jose have to offer you?

The 2008 R2 convention, located in the heart of the Silicone Valley, invites you to revitalize your commitment to OA.

Located at the Doubletree Hotel, the 2008 R2 Convention is conveniently situated near the airport and downtown San Jose. San Jose's light rail system provides convenient transportation options. Theaters, galleries, museums, and varied forms of entertainment provide an abundance of cultural delights for visitors with varied tastes. Nearby attrac-

tions include: The Discovery Museum, Technology Museum, Museum of Modern Art, and Paramount's Great America amusement park; Japan town, HP Pavilion; American Musical Theater, San Jose Museum of Art, a Friday's Farmers Market, San Jose Opera House, Children's Discovery Museum, McEnery Children's Park, and the Martin Luther King Library. While family members experience a potpourri of exciting, fun-filled possibilities in San Jose, convention attendees will be ener-

gized with inspiring recovery messages from speakers, workshops, marathon meetings, informal small group discussions, and one-on-one connections with program friends.

Region 2 Financial Report Period Ending 12/31/06

INCOME:

Donations:	\$23,312.98
Convention:	\$46,323.48
Other Income	<u>\$ 1,543.16</u>
Total Income	\$71,179.62

EXPENSES:

Board Exp	
General:	\$ 3,861.84
Assembly :	\$14,381.52
Convention :	\$21,145.33
Donations WSO:	\$ 4,957.00
Other Expenses:	<u>\$10,466.17</u>
Total Expenses:	\$54,811.86



12th Step Within Committee Report, by Donna W.

The 2006 Fall Assembly brought to fruition our motion of sending the motion to WSBC to create an International **12th Step Within Day** to be held each year on **December 12th**. The focus is on reaching out to people in relapse or to those who are struggling in their recovery to keep coming back. The fall assembly committee meeting encouraged us to step up our service level in our individual Intergroups. Once a year the Sacramento Intergroup sponsors a **12th Step Within Day**. You can access more information about that at their web site address: sacvalleyoa.org. Since the fall

A Call to Service

Is your abstinence feeling a little slippery? Overwhelmed by too much going on? Is there a shadow looming over your program? Are friends not sensitive to your food plan? Feeling a bit isolated and alone? Need a general boost to your program?

There is a sure fire cure for all these maladies – service on the Region 2 Board of Directors. Spend 3 weekends a year with 6 other like-minded fellows at the 2 assemblies and the convention. Add to that a couple more 1 or 2 day meetings during the year to handle the business of region and you will discover treasures beyond your wildest dreams! Be surrounded 24/7 at these events by members who share your

assembly the San Diego Intergroup has formed and begun regular meetings of their 12th Step Within Committee. This began in November 2006 in order to reach out to struggling members of OA. San Diego held a 12th Step Within Day on December 12th, 2006, with several meetings participating with a focus on Relapse and Recovery. In the New Year they have held a Workshop in January with the focus on Signals of Relapse, a Workshop in March with the focus on Tools of Recovery and one is planned for May 5th with a focus on the 4th Step Inventory Process. These Workshops have

hopes and fears (as well as food issues!) As you give of your time and services, discover how HP gives back ten fold.

Elections are October 13, 2007 and only 4 people will be blessed with this special gift of service:

1. **Vice Chair** who coordinates Assembly Workshops, does the green dot orientation and provides the name badges.
2. **Secretary** who takes minutes of all meetings and is the caretaker of ballots, ask it basket, motion forms, and signage.
3. **Publications coordinator** who coordinates the assembly packet, the current list of region reps and Intergroup names and addresses, and the bi annual

newsletter. (1 year term only).
4. **Events coordinator** who is the liaison between the conventions and the board and who facilitates the hotels and logistics for all events

The committee is currently working on a motion for a phone list to be made available where people with recovery from relapse willing to take calls or emails would sign up to provide a wider spectrum of support to the membership. We hope to have that avenue of support available after the Fall Region II Assembly 2007.

newsletter. (1 year term only).

4. **Events coordinator** who is the liaison between the conventions and the board and who facilitates the hotels and logistics for all events

If you feel called to do any of this service, contact any board member for further information on the joys and responsibilities of service. An application form will be included in the assembly packet sent to your Intergroup and R2 rep. If not – email publications@oar2.org for the form. Positions require 3 years of OA membership with 2 years of abstinence, 2 years of service above the meeting level, completion of steps 4 and 5, and attendance at 2 Region 2 assemblies.

Reflections on the R2 Assembly in San Diego

Our Intergroup was honored to participate in the wonderful March, 2007 Region 2 meeting held in San Diego, thanks to the scholarship offered by the planning committee. We never even imagined that we could participate in our program at this level. Our Intergroup is very small, consisting of a group of daily meetings held in a small office space in Redondo Beach, which range from 2 to 10 OA members in each. Our membership is spotty, with a small core group, and we all struggle with our

recovery, but try our best to work our program and love one another. Some of us attend other meetings in our nearby South Bay Intergroup, but as a whole we are fairly isolated. We recently held a garage sale fundraiser, and are blessed with OA members who recycle bottles and cans to help us pay our rent. A few months ago, our rent was raised, and we held several emergency business meetings to determine if we needed to shut down our office. At this same time, our webmaster was sent a note from R2 inform-

ing us of this scholarship. It was truly an unforeseen miracle. It was as if the World Service angels were telling us “You are not alone! We see you over there in Redondo!” We were delighted to join, and both our Intergroup chair and R2 rep were able to attend, thanks to some creative lodging arrangements. It was a real pleasure to get to know the other Intergroups and do committee work, and to plan for the future of our Fellowship.

An interesting spiritual shift occurred at the time this scholar-

R2 Trusted Servants

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chair@oar2.org

Vice Chair
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Secretary
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secretary@oar2.org

Trustee
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Events Coordinator
Hanna S
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Treasurer
Joyce F
(714) 521-8972
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Publications Coordinator
Jennifer P
(530) 257-5628
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To get information on doing service at the regional level or to run for a position on the R2 Board, service descriptions and position applications are available on the R2 website at www.oar2.org

ship was offered. Suddenly, more members started asking for sponsors, attending the business meeting, and taking on service. We also got asked by a local high school to start some projects and speaking engagements for young people, and are beginning a young persons' anorexia-bulimia focus meeting and a Spanish speaking meeting. New members are stepping up to bat and old members are returning to help out with this service. We want to express our deepest gratitude for energizing our Intergroup!



World Service Convention! Aug.30-Sep.2, 2007 Philadelphia

Ring in Recovery: Declare Your Freedom from Compulsive Eating

Loews Philadelphia Hotel Philadelphia, Pennsylvania USA

La Verna and her cousin Vondalyn will have their traditional family reunion in Philadelphia, PA this year. They eagerly look forward to seeing each other and catching up on things since their last meeting. What is unique about the cousins gathering is its combination with **Overeaters Anonymous World Service (WS) Convention**. La Verna and Vondalyn have been routinely attending Conventions of the fellowship of Overeaters Anonymous since Dallas, TX, 2000 convention.

These avid OA members reunited in New Orleans for Convention in August 2003 and celebrated with over 700 other recovering members long before Katrina had devastated this tourist destination sometimes called the

Crescent City. A week before the convention, the local New Orleans paper announced OA's presence as rather paradoxical, how could an organization devoted to over-coming temptation select a city known for its temptations?

To the contrary, members stayed committed to recovery even in the midst of such distractions. Since attending convention in 2003, La Verna has released over a hundred pounds her cousin Vondalyn lost 60 pounds. Both continue to maintain their weight by practicing the 12 steps of OA.

Every three years OA celebrates a worldwide convention in various locations throughout the nation. Unlike the annual conference held each year in Albuquerque, NM, in which delegates conduct important business matters, OA's World Service Conventions are open to all who would attend. Workshops, marathon meetings, and entertainment all based in a healthy dose of recovery compose these tri-annual conventions. Members throughout the globe accompanied by family and friends are seen in attendance, all with stories of how OA influenced their lives.

Conventions sprung from the early leaders' desire to open a portion of OA annual business meetings to family and friends, to demonstrate the success of their efforts, "Let's ask our friends and families to come, too, as well as our AA supporters. It's a great time to let them hear what we've been doing since we came to OA" **Since 1962 and until 1977**, OA Conventions were held directly following each year's business conference. Currently OA's 1984b policy, amended in 1993 and 2001 dictates that the Board of Trustee determine the place and time of future conventions.

The Loews Hotel in Philadelphia PA is this year's Convention site, August 30–September 2, 2007. There are a couple of ways to register; download the registration form or register directly online at this link: <http://www.oa.org/>

In OA Service

Angela, Region 2 Trustee

Region 2 Master Calendar

DATE	LOCATION	TOPIC & SITE	CONTACT	PHONE
Jun 30,2007	Canoga Park,CA	Becoming a Sponsor: When and How to Do It Yucca Recreation Center	Caroline	310-205-2652
Jun 30, 2007	Irvine, CA	OCI Talent Show University High School	Eric G	(714) 348-1140
Jul 28, 2007	West LA	OA Talent Night Canoga Park Presbyterian Church	www.oalaig.org	
Aug 4, 2007	Canoga Park, CA	Sponsor - Sponsee Relationship: Working Together Yucca Recreation Center	Caroline	31-205-2652
Aug 17-19, 2007	Santa Cruz, CA	SACO Summer Retreat Villa Maria Del Mar	Pam	(510) 888-9456
Aug 17-19, 2007	Lake Tahoe	SVIOA Retreat	Judy	(916) 987-6127
Aug 30 –Sep 2, 2007	Philadelphia, PA	World Service Convention Loews Philadelphia Hotel	www.oa.org	
Sep 15, 2007	Van Nuys, CA	Bingo Night Christ the King Lutheran Church		
Oct 12-14	Napa, CA	Marin County Intergroup Retreat Enchanted Hills, Napa Valley (Fri dinner-Sun lunch)	Ellen	(415) 927-2442
Oct 20, 2007	Canoga Park,CA	OA Dance Canoga Park Presbyterian Church	www.oalaig.org	
Oct 26-28,2007	Santa Cruz,CA	SF Bay Area OA and HOW IGS 5th Annual Men in Recovery Retreat	Dave A David	(510) 638-3163 (510) 864-8042
Oct 27,2007	Sacramento, CA	Abstinence through the Holidays Sutter Cancer Center	Alison	(916) 363-2102
Nov 2, 2007	Encino, CA	New Freedom Retreat Holy Spirit Retreat Center	Vickie M	(310) 831-3119
Nov 10, 2007	Hayward,CA	A Day in HOW OA St Rose Hospital Conference Ctr	Lori Bev	(510) 760-5755 (510) 783-2680
Dec 8, 2007	Sacramento, CA	Attitude of Gratitude Sutter Cancer Center	Alison	(916) 363-2102
Jun 27-29,2008	San Jose, CA	2008 R2 Convention "Together We Can" Doubletree Hotel	www.oar2.org	