

WHAT'S NEW?

OVEREATERS ANONYMOUS - REGION II

APRIL 2018 | BIENNIAL NEWSLETTER

GROWING RECOVERY: BUILDING A FIRM FOUNDATION



A NOTE FROM THE EDITOR

Welcome to the Region 2 Spring Newsletter for 2018.

R2 has 6 Committees that meet twice a year to develop specific Action Plans and then work towards implementing them. These plans are outlined in this newsletter. The function of each R2 Committee is to serve and support our local Inter-group Committees.

My goal as the Publications Coordinator is to keep you informed of the Activities of the R2 Committees and give every R2 Inter-group access to the various R2 Committee Chairs, if you need assistance.

If your local Inter-group Committee Chair has any questions or suggestions on how R2 can better serve you local needs, please email me and I will forward your question on the appropriate R2 Committee.

You can reach me, Rick Z at: publications@oar2.org

MISSION STATEMENT

Region 2 exists to support individuals in need of recovery from compulsive eating (e.g. overeating, bulimia, anorexia) through empowering all groups within the region.

WWW.OAR2.ORG

We have made several changes to the R2 Website. To help keep our membership informed, you can now sign up for an Automatic Email that we will send out 6 times year. It is called "What's New at R2". This email will have direct links to the latest R2 Events, Conventions and breaking news on new Literature etc. The Region 2 Convention speaker audio files are now available through a dedicated podcasting service. This means you can listen to speakers on your phone (iPhone and Android) anytime, anywhere. <http://www.oar2.org/convention/speakers>



SAVE THE DATE

June 29 - July 1, 2018
Convention at the Crowne Plaza,
Northeast Sacramento, CA

November 2-4, 2018 Fall
Assembly at the Sheraton
Fairplex Hotel, Pomona, CA

March 29 & 30, 2019 Spring
Assembly at the Sheraton
Fairplex Hotel, Pomona, CA

June 28-30, 2019 Convention
at the Sheraton Fairplex Hotel,
Pomona, CA

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A BY ANNE O., R2 CHAIR

A Service, Traditions and Concepts (STC) workshop was held in Sonora for Valley Sierra OA-HOW Intergroup. Meg H, former R2 Trustee, joined me in leading the workshop. It was well attended - 18 people who came for the full workshop.

I sent WSO meeting lists to each of the Intergroups for data verification. The WSO data is incorrect for many meetings and I hope that all of the Region 2 data is now correct.

I've been working with the Region Chairs Committee on two projects. One is preparing for the first recordings of the moderators from the 2017 WSBC Forum. These recordings will then be offered as podcasts on the WSO website. The other project is the 2018 WSBC Forum and each of the Region Chairs is identifying volunteers for that Forum.

I am spending two months in Kenya doing some work for a non-profit there. I will also visit friends in Kenya and Uganda from previous work in those two countries. I am excited to go back as I truly love East Africa. I leave January 21 st and return March 21 st so I will definitely be back for Assembly. Carolina, R2 Vice-Chair, will be managing my duties while I am gone.





YOUNG PERSONS COMMITTEE

If you are youthful and interested in helping the upcoming generation of OA folks then this is the committee for you! The Young Persons Committee (YPC) is dedicated to carrying the message of OA to the young person. According to the World Service Office, a young person is anyone who joined OA by or at 30 years of age. However, you do not need to be a young person to bring the message to them!! We are interested in increasing the number of hear the OA message and have an opportunity towards recovery. In just the last year, we have held a workshop and panel at Convention, translated YP materials to outreach to Spanish speakers, and have started a Region 2 Young Persons speakers list. Our goals for the future include doing more outreach within the different Intergroups, as young people who could benefit from OA exist in every Intergroup. We want to make sure the message is carried to young people and that they are always remembered when we share our stories of recovery. You are more than welcome to join our efforts; whether you are a young person yourself, or just want to help them, we have a place for you!

INTERGROUP OUTREACH COMMITTEE

At the Fall 2017 Region 2 Assembly, our committee decided to continue contacting unaffiliated meetings and help them with registering with an intergroup, which included both emails and phone calls to meeting contacts. This time we had some success with getting a response from meetings and learned that many were unaware of intergroups and how they can support their meetings and offer resources.

At the current time, new meetings can register online through World Service Organization (WSO), which makes joining an intergroup optional. Without knowledge about intergroups and how they work, meetings can continue missing out on the opportunities that come with being a part of an intergroup and the Region.

Projects Underway:

- As a committee we've suggested via the Region 2 Trustee that WSO assign new meetings to an intergroup in their area during the registration process, with an option to opt out if they wish.
- We have plans to translate the steps to register with an intergroup into Spanish.
- Carolina, the Region 2 Vice Chair will assist our committee with contacting the Spanish speaking meetings in Mexico.

TWELVE STEP WITHIN COMMITTEE

The purpose of R2's Twelve Step Within Committee is threefold:

- to carry OA's message of recovery to those who still suffer within the OA Fellowship
- to deal with relapse and issues of membership retention, offering the message of hope
- to encourage OA members to maintain recovery and prevent relapse

Last Spring, the Committee decided to help the Intergroups by updating both the Twelve Step Within Speakers list and the R2 speakers list so that groups can focus speaker meetings or Days in OA on Relapse and Recovery. We will also ask Intergroups to call for new speakers, providing service and their experiences to those still suffering.

The TSW Committee had created packets for OA Members in Relapse and distributed them at the R2 Convention in Costa Mesa last June. However, WSO now has a new "Welcome Back, We Care!" packet available, and we will look at these. Also, we will be looking at the TSW Handbook suggestions and tools for groups, service bodies, sponsors, workshops, Recovery-from-Relapse meetings, and writing tools for members suffering relapse. As a long term member who once stepped out of the program (I thought I knew enough to do it on my own), I know how difficult it was to admit I had relapsed and to come back. For many of us it is our experience. If you would like to help your Intergroup and OA fellows with TSW work we welcome you to join our committee. Many Paths, One Solution.

PUBLIC INFORMATION COMMITTEE

The Public Information Committee submitted monthly electronic articles for use by Region 2 Intergroups, suggesting actions groups or individuals can take to carry the message into our communities to those who are still suffering.

The December column offered specific opportunities to carry the message during the 'trifecta' of winter holidays consumed by families and food. For January, the committee addressed outreach by our local meetings and our intergroups to our Spanish-speaking communities. The upcoming message for February will include general suggestions for carrying the message into our communities.

The PI group will meet assess our contribution so far and make a new goal for the next time period.



UNITY WITH DIVERSITY COMMITTEE

The Unity with Diversity committee is working on making OA diversity resources more visible and accessible to our fellows. We aim to highlight Tradition Three, which states “The only requirement for OA membership is a desire to stop eating compulsively,” by extending support to intergroups to ensure no fellow is excluded or made to feel unwelcome in meeting rooms or any other part of our recovery program.

We are in the process of creating a database for OA diversity resources and hope to publish this on the Region 2 website, along with a flyer that we will pass out at the next Region 2 assembly for representatives to take home to their intergroups. This will provide information and instructions on how to access a number of OA diversity resources, such as the Unity with Diversity Policy. We hope that compiling these resources in a single place will encourage fellows to explore the OA stance on diversity and to assess how this is working within their respective intergroups.

We also wish to reach out to our fellows in Region 2 to encourage feedback and ideas regarding Unity with Diversity and how to make our program more inclusive.

We are additionally working on creating a few short activities for intergroups to use in addressing issues of diversity at the meeting level and beyond, so that we can promote discussions about inclusion, acceptance and respect in our program as an integral part of mental, physical and spiritual recovery.



TSW COMMITTEE REPORT

Last fall we committed to contacting chairs from the 9 regions or the TSW committee chairs to explore what other TSW committees in other regions what activities they have developed and what works well for them and to share our ideas with them.

Other goals we have:

- Finalize plans for TSW table at the R2 2018 Convention.
- Redo the display board for the R2 convention in Sacramento, June 1018.
- Have available sample “Welcome Back, We Care” packets and order forms as well as ideas from the TSW handbook.
- Have updated TSW speakers list print outs or reference R2 website for speakers list.
- Order TSW handbooks for committee to study pick ideas for Committee action.
- Compile ideas from other Regions to consider for R2 TSW committee work.
- Report on finding on redesign of “Welcome Back, We Care” envelope.

TSW NEEDS NEW MEMBERS

We are looking for new members for the committee. It is a great opportunity to do service for OA as a whole, for your Intergroup and home meetings.

I have been in OA three times and left twice, once due to a move and the second time due to feeling like a failure. They tell us to not leave before the miracle, but I had lost hope. I was grateful and relieved to return to OA and feel welcomed, received and supported.

The message of hope and recovery is what we intend to offer to those still suffering within the fellowship as well as encourage and support all OA members to maintain recovery and prevent relapse.

My own personal experience has been to create a firm foundation on a daily basis through practicing and working on the Steps and the spiritual principles. Step 12 has given me the opportunity to take my recovery beyond “me” to my meetings, my Intergroup and now my Region 2.

TSW committee work helps me keep my heart and mind open and aware of those who come and drop out or stay but continue to suffer from our common ailment - compulsive overeating offering acceptance, encouragement and support.

If any of this speaks to you, please consider joining the TSW committee at the next Assembly.

UNITY WITH DIVERSITY

The Unity with Diversity committee turns to the OA Steps and Traditions when thinking about the foundations of recovery. We must build our program through working the steps so we can carry the message and be of service. In Step One we admitted that WE were powerless over food and that OUR lives had become unmanageable, which tells us that this is a program of fellowship which must be worked together. If there is anything that excludes fellows or causes them to feel unwelcome, we have lost sight of our common goal of recovery. Unity with diversity is therefore crucial in establishing a space where all can feel welcome and included in our fellowship. It is the traditions, then, that give us our guiding principles to ensure we are working towards our goal of recovery through supporting our common welfare, as stated in Tradition One. We cannot grow individually without the unity of the group, and Tradition Three reminds us that the only requirement for membership is a desire to stop eating compulsively. All who want to recover from our disease should feel welcome so that one day they might carry the message, which Tradition Five states is our primary purpose. If we stray from these principles, we lose the ability to do what keeps us abstinent. Together we must strive to carry the physical, emotional and spiritual message of the program. By doing this we can continue to grow together through sharing in our journeys or recovery.

This is Region 2's major annual fundraiser.

Funds generated from the Convention are used throughout the coming year to carry the message. One of the most common misconceptions is that Conventions are meetings. They are special events.

Hotel Information/Reservations

Crowne Plaza Sacramento Northeast

5321 Date Avenue
Sacramento, CA 95841

Reservations: (877) 504-0054

Please specify OAR2 for special rate below when making hotel accommodations.

Convention room rate per night:

\$129

Rate good for 2 nights pre-convention and 2 nights post-convention.

Above rates good only until June 11, 2018

Check-in: 3:00 pm

Check-out: 12 noon

Complimentary self-parking available.

ADA guest rooms available upon request.

Registration Questions?

Contact Nancy K
nkemp@pkemp.com
(916) 768-4871

REGISTRATION

ONE REGISTRATION FORM PER PERSON

To pay by credit card, register online at www.oar2.org/convention/upcoming

REGISTRATION

- Registration postmarked or submitted online on or before April 15, 2018\$45 \$ _____
- Registration postmarked or submitted online on or before June 10, 2018\$55 \$ _____
- Onsite registration.....\$65 \$ _____

All meal functions are open to paid participants only.

The hotel restaurant and alternative events are offered for those not attending the meal functions.

SATURDAY DINNER WITH SPEAKER (select one option below).....\$55 \$ _____

- King Salmon (tomato, basil, olive oil, pepper)
- Chicken Pancetta (tomato, pearl onions, bacon, capers)
- Vegetable Quinoa (roasted vegetables)

(All of these come with roasted fresh seasonal vegetables, brown rice pilaf, wheat rolls, sliced fruit dessert, coffee/tea)

SUNDAY BREAKFAST WITH SPEAKER.....\$30 \$ _____

Buffet with oatmeal, scrambled eggs, bacon, sausage, fruit juice, wheat bread, coffee/tea

T-SHIRTS and TOTES (all navy) are priced at \$15 until June 10 (the last online registration/early bird date) \$20 at the convention. (See website for pictures of T-Shirts and Tote Bags)

MEN'S T M L XL 2X 3X 4X 5X 6X

WOMEN'S V-neck XS S M L XL 2X 3X

TOTES.....(# _____) \$ _____

DONATION TO REGION 2.....\$ _____

TOTAL.....\$ _____

Make checks payable to REGION 2 CONVENTION

Mail to: Overeaters Anonymous

PO Box 161593

Sacramento, CA 95816

Enclose a self-addressed, stamped envelope to receive confirmation by postal mail. All other confirmations will be sent via email.

R2 Refund Policy: A written request, less \$10 processing fee, will be honored, if received or postmarked by May 29, 2018.

Print full name (Last, First) _____

Address _____

City, State, Zip _____

Phone _____

Email (PRINT CLEARLY) _____

Name on badge: _____

Staying at hotel? Yes No

The success of the convention relies on service. Please volunteer* to help during the convention.

Where Needed Registration

Boutique Hospitality

Greeter Drawings

Silent Auction T-shirts/Totes

Decorations Literature

Security

*All Volunteers must register for the convention.

Date and time of arrival: _____

I would like to do service at convention meetings.

Timer Moderator Speaker

Speaker's preferred emphasis:

Requirement for speakers: 2 years of current abstinence and completion of steps 4&5

First time at an OA Convention: Yes No

Young Person? (under 30 y/o) Yes No

2018 R2 CONVENTION IS COMING SOON!

“Together WE CAN”

Region 2 Convention

Crowne Plaza Sacramento Northeast, June 29-July 1, 2018

If you have never been to a Region 2 convention, you may be wondering:

What is a Convention Anyway? It is a special event OA meeting on steroids and a great way to boost your program! The Convention committee has been busy for a year making sure this will be an event you will not want to miss! There will be special events with keynote speakers from throughout the region, workshops on a wide variety of topics, and marathon meetings on the hour. There will be drawings for a gorgeous quilt and other items, a boutique, and a silent auction. There will be fun entertainment, including a spectacular OA musical, “The Sound of Recovery,” featuring talented fellows. And there will be many opportunities for fellowship with old and new friends from all over the country.

Where Do I Sign Up? It is easiest to register at www.OAR2.org/convention/upcoming. “Early Bird Special” is \$45 with a deadline of April 15th. Registration between April 16 to June 10th is \$55. Any registrations after that will be the “At The Door” price of \$65. As you pay the registration fee, you can also purchase tickets to abstinent meals featuring super fab keynote speakers; pre-order gorgeous Convention T-shirts and totes; and volunteer for on-site convention service. The website also includes a link to take advantage of discounted Crowne Plaza reservations at a nightly rate of \$129. Note that you can mail in your registration, if preferred.

Can I Be of Service Before the Convention? Absolutely! Consider donating Silent Auction items, clothing and/or accessories for the Boutique. Contact r2conventiondonations2018@gmail.com for more information.

No matter what, JOIN US IN SACRAMENTO!



Together
WE CAN