



What's New

Carrying the message in California, Hawaii, Mexico
and Northern Nevada

Overeaters Anonymous

Region 2

Fall 2009 / Spring 2010

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Are you our next newsletter editor?

We are seeking a volunteer to format articles into the R2 newsletter starting with the Spring 2010 newsletter. Publishing software required. Two newsletters created annually, design only; printing handled at R2.

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Give As If Your Life Depends On It!

By Pamela W., Region 2 Chair

What a great theme for OA's 7th tradition. What an even better theme for Region 2 in 2009. Actually, what a great theme for life.

And it's more than the money - so much more. Oops, don't get me wrong. PLEASE think about the money and energy wasted on binges and give that back to OA - plus interest. Really, it is hard to get a gallon of gas for \$3 (or a salad at a fast food joint!). So keep putting extra money in the basket - your life depends on it. And sometimes if all you have is a five - forget the change and remember the joy of your recovery. OA keeps the change and you keep your serenity.

The universe has shown me so many times that whatever I give has returned to me ten-fold. So I'm asking each of you to start giving service to keep YOUR recovery going. Honestly, being Region 2 Chair has many challenges and demands a lot of time. Why do I do it? Because "My Life Depends on It".

I would not trade my abstinence, my serenity, my body, and my relationships for even a billion dollars. It is priceless. But how do I keep it? I just keep giving. Is it always easy? NO! Is it always fun? NO! Is it often a contrary action? YES!

But I have no choice. I have found a new way of living that is beyond my wildest dreams. And I can only keep it if I give it away. Yup, I "GIVE AS IF MY LIFE DEPENDS ON IT!" And I always emerge the winner. I am blessed. Please join me in this wonderful journey. See you at Region 2!



Build YOUR Bridge to Recovery at the 2010 Region 2 Convention, San Mateo, June 4-6, 2010

The Region 2 2010 Convention, *Bridge to Recovery*, will be held at the Marriott San Francisco CA Airport Hotel in San Mateo. The convention opens on Friday, June 4, and closes on June 6, 2010.

San Mateo and the San Francisco Bay Area offer many activities for attendees and their family members. There will be special-event speakers, workshops, marathon meetings and much more to energize your recovery. There's something for everyone at the boutique, silent auction, and OA's "Got Talent" Open Mic show.

No matter what bridge you cross to get here, you can join other OA Region 2 Convention attendees to build a **Bridge to Recovery** - be there to let your light shine!

JUST THE FACTS:

- What:** OA Region 2 Convention 2010
- When:** Friday, June 4 through Sunday, June 6, 2010
- Where:** Marriott San Mateo--San Francisco Airport Hotel
1770 South Amphlett Blvd. San Mateo, CA 94402
- Why:** Fun, Fellowship and Recovery at Our Region's Largest OA Event & Annual Fundraiser!



What's Happening at OA World Service? –By Meg H, R2 Trustee

World Service Business Conference May 4-9, 2009 - Albuquerque, NM:

Possibility of Virtual Attendance:

At the informal Board of Trustees (BOT) and Region Chairs meeting we were given a demonstration of the use of a web cam to have virtual delegates at the WSBC in the future. This is exciting because there are many Intergroups from all over the world who can't afford to travel to Albuquerque for the annual conference. Virtual delegates would be able to attend the Business meetings of the conference, ask questions and vote. They would not be able to attend the workshops, forum and committee meetings but at least they would have a voice in the business meetings.

Translations Fund:

At the end of the conference, the BOT passed a motion to establish a special fund for translations as directed by the conference. This fund will aid in the translations of communications from the World Service Office as well as of the literature. Members can send donations directly to this fund.

For the first time at the WSBC there were delegates from Iceland, Poland, Colombia and from a Virtual Service Board. The Serenity Prayer was spoken at the beginning of each of the 5 business meetings in a different language, including Icelandic, Polish, Spanish, Hebrew, German and American Sign Language. We truly are a world organization.

Definition of Abstinence refined:

One motion that passed that you all may be interested in is the new definition of Abstinence:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

(The dictionary definition of abstinence was deleted and "compulsive food behaviors" was added.)

Motions at the WSBC of note:

1. The Sponsorship pamphlet was revised and the Conference did not approve it, because many thought it was badly written and recommended AA literature more than OA. What to do next will be considered by the BOT at the August meeting.
2. The temporary publicity campaign, including the production of radio and TV spots, was very successful and a motion to make it a permanent part of the budget passed unanimously.
3. A motion for WSO to develop and provide optional generic website templates for any service body to use was passed, although a separate motion to hire a staff person to assist groups in doing so failed.
4. The motion submitted by the Region 2 Twelfth Step Within Committee to have December 12 (12/12) declared International Twelfth Step Within Day, passed. Way to go Region 2!
5. It was voted that Trustee nominees must now have worked all the steps (before they were only required to have worked through Step 5.)

6. It was voted that intergroups, regions and service boards only have to submit their bylaws to WSO if they are changed significantly (before, it was any change at all).

Financials:

2008 was the first year since 2001 that OA ran a deficit, largely because the value of investments plummeted. \$2-3 in the 7th tradition basket doesn't begin to cover OA expenses. Please "Give as if your life depends on it."

Most of World Service's income is from literature sales. But as sales of all published material is falling in the age of online free stuff, this may not be sustainable.

Lifeline Magazine has always operated at a small deficit, because it's considered a service rather than a product, but this year the deficit was \$62,000, which is not sustainable. A survey has gone out to see what the membership thinks should be done to remedy the problem, raise the rates, go only e-magazine, etc.

Website Update:

The updated OA website went online Feb 2009. Check it out! www.oa.org. There exists a webmasters group that shares ideas, which every webmaster could join. Check with our webmaster, John K. (webmaster@oar2.org) for details.

World Service Convention 2010:

Convention 2010, "Now Playing—50 years of Recovery" will be in Los Angeles to celebrate OA's 50th Anniversary, August 26-29, at the LAX Hilton Hotel. There will be the usual workshops and speakers as well as an International Lounge, workshops in Spanish and other languages. At this time 1200-1500 attendants are expected. The committee chairs are hard at work as are the BOT Convention 2010 committee and the WSO staff. Please plan to attend this international event, as well as the Region 2 Convention in San Mateo.

IMPORTANT: Meeting Secretaries Addresses:

It has been a continual problem to keep meeting secretary addresses current. WSO uses these addresses to send out info, surveys, questionnaires, etc. to meetings to communicate directly to the membership. Each quarter the Region 2 Trustee is given a list of R2 meetings with incorrect secretary's address. The April report included over 500 incorrect addresses, over 45% of all R2 meetings. Any suggestions of remedies are welcome. My Intergroup decided to use the Intergroup's P. O. Box address for all the meetings that didn't have a consistent member to be the designated address for a meeting. Please send your suggestions to trustee@oar2.org.

Board of Trustees (BOT) Meetings:

The BOT meets 4 times a year, in February, May, August and November. As a new member I was glad to find out that the prep work was more stressful than the actual meetings.

1. The Sponsorship pamphlet was revised and the Conference did not approve it, because many thought it was badly written and recommended AA literature more than OA. The BOT in August sent the pamphlet back for further revision.

All About Assemblies

Do members at your meetings and intergroup understand what Region 2 assemblies are? Every intergroup votes to have representatives attend assemblies to discuss and vote on OA activities and business in our region.

Each intergroup is eligible to send one representative for each 10 meeting groups (or fraction thereof). Full participation of all intergroups assures a strong, effective region, and regional assemblies assure the group conscience of each intergroup may be heard.

All members of Overeaters Anonymous are encouraged to attend regional assemblies. With consent of the assembly, visitors may participate in discussion, but may not make motions or vote.

Region 2 Carries WSO Message at R2 Spring Assembly 2009

Want to know what happens as an assembly? Read one rep's review of the spring assembly:

"I had the opportunity to do service by attending the Region 2 Spring Assembly 2009 in Ontario, CA as a San Diego Intergroup's Delegate/Region 2 Representative. I was impressed by the amount of WSO information that R2 distributed.

The Assembly started with an Ice Breaker on the topic of the WSO Budget which is primarily from literature sales, about 72%, and the remainder is from the 7th Tradition. Two Members discussed "How much is your recovery worth to you?" They reflected on what they had so freely received as a result of finding OA and being relieved of the compulsion to overeat. I decided to review my personal budget priorities. How long have I been making the same monetary contribution? It is time for me to increase my 7th Tradition. I don't have to make major

changes; it can be as easy as skipping or just getting a regular coffee.

WSO provides support and services to the OA Fellowship such as the production of more than 100 literature and recovery-related items. The OA 2009 Literature Catalog and the Seventh Tradition of OA pamphlet were distributed to R2 Reps at the Assembly. We also received an article on OA Guidelines for Addressing Disruptive Behavior at OA Meetings.

There was a wonderful interactive Workshop: "Build a Strong OA". This is part of OA's 2008-2013 Strategic Plan. Strong meetings mean strong recovery, they allow people to "stay for the miracle", and for OA to continue to grow. The "Strong Meeting Checklist" of 13 questions was distributed. We divided into groups to discuss 2 of the questions and how they pertain to our Intergroup's meetings. We reconvened and each group shared. It was interesting to discover the similarities and differences. WSO suggests using this Checklist to do an Inventory on your OA meeting. Thank you Region 2 for the opportunity to learn more about OA and World Service."

--By Ginger G., San Diego, CA

Intergroup Outreach Scholarship Funding Available for Assemblies

Special Funding to attend assemblies is available through our Intergroup Outreach Scholarship Fund, coordinated by the Region 2 Intergroup Outreach Committee. Financially struggling intergroups that have not been able to send a representative to the last two assemblies are eligible for the scholarship. Other intergroups with special circumstances may also be considered. (If your intergroup is interested, apply as early as you can, since applications may be considered in the order they are received.) The

scholarship provides a stipend to help with transportation and meal costs while at the assembly. Note that intergroups who receive the scholarship are not eligible for IFAP funding. For more information, see the application form online.

Intergroup Funding Assistance Program (IFAP) funding is also available for struggling intergroups. IFAP funds have been increased from 40 to 45 cents per mile (up to a maximum of \$450 per assembly for your 1st rep), and additional funding is available for your second rep, in the amount of 50% of the funding for the first rep.

Special Funding is also available to assist Representatives who are Chair of a committee.

For more information on any of these financial assistance options, contact the Region 2 treasurer at: treasurer@oar2.org.

Notes from A Recipient of Special Scholarship Funding for the Spring Assembly

"I am from the Monterey Intergroup which is a very small, and hadn't had a rep attend an assembly for several years. My group was so excited that I was going and that we would be represented. I was a little nervous and didn't know what to expect but when the Region 2 committee found out I was coming, I got the friendliest email welcoming me! I was so impressed with how well it was run and it was exciting to see reps from all areas. I could feel the energy of the program in whatever was being discussed. I left feeling energized! Thanks Region 2 for organizing such a wonderful assembly."

--Nancy, Monterey Intergroup

R2 Trusted Servants

Chairperson—Pamela W
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chair@oar2.org

Vice Chair—Shari G
(650) 591-5634
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Publications Coordinator—Mary M
(323) 255-0143
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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. R2 Newsletter Editor: Volunteer: Kim O

Recovery Corner

Relapse Recovery

I have been a relapse survivor since the age of 8 years old. After letting my self will run riot for over 47 years plus, I finally abandoned my life to GOD, Step Three.

I willingly got to go on a reach-out visit with a former sponsor/friend. We took OA on the road to a shut-in. She sat in her hospital bed, 650-plus pounds. She could not walk without her wheelchair. Her only lifeline was the phone. She had the TV and the four walls. The nurse had gone home for the day.

I was so happy to bring some hope into her life. We shared our experience, strength and hope. I know we planted a seed. We left OA literature and told her we would be back. Whenever anyone asks me to be part of their recovery or asks me to do service, I never refuse. Last time I did, I weighed 435 pounds. I am in recovery Spiritually, Mentally and the 288lbs I gave away Physically. Three weighed meals and some sort of exercise every day. Thank God for OA and the 12-Step-Within committees all over the country.

--Pamela T, San Diego, R2 Rep



Getting Through Hard Times

In August 2002 I was diagnosed with stage 3 colon cancer. I had been regularly attending OA/HOW meetings for 3 years. In 1999, I decided to give OA/HOW a try after 9 years of struggling in OA to recover by my will alone. In OA/HOW I found the structure and the food plan were what I needed to be abstinent and maintain a normal body weight. When I received the cancer diagno-

sis, I found that that structure and food plan allowed me to face my fears.

I want to say that I was happy, joyous and free during the subsequent surgery and chemotherapy. However, I went into a bit of a tailspin of self-pity and fear. Before coming to OA/HOW, I would wallow in these feelings, seeing no way out. I overate and nursed these feelings. Feeling bad was normal. Faced with this new fear, I had an arsenal of OA tools to fight back. A friend reminded me that I didn't want to reach the end of the chemotherapy treatment and have to deal with full-blown compulsive eating again. So right! That statement kept repeating whenever I ached to stuff my face until the fear went away.

I did what I was taught to do in OA/HOW ...Kept in daily contact with my sponsor and sponsees, wrote, went to meetings, prayed, meditated, reached out to others, followed my food plan. God also sent me an angel in my friend Bessie who was preparing to die from a cancer that had returned after several years. She went through her illness with grace, wanting to remain abstinent to the end. She was a light for me in my fears of death and dying.

My sponsor and program friends were a comfort too. Meetings got me out of myself when I didn't want to be me anymore (self pity!) My food plan was ingrained in my psyche after 3 years in OA/HOW so that when I gave in to 5 cookies at Christmas, I was able to get my abstinence back right away. Writing was like saying prayers. Prayers were where I told God how afraid I was. My feelings were there but God was there too.

Today, after 5 years without recurrence, I am considered cancer free. I don't know why I got cancer and lived while others didn't. I don't know if or when it will return. I do know that cancer is part of my life now and I'm used to it. The fear doesn't linger. Life is still one day at a time, as it always was. I understand that now.

I don't know what my life would like today without program and the people in it. I wriggle and squirm within the boundaries of food plans, meetings, sponsorship and service. But I feel safe there too. God has provided.

--Sue S., OA Member

Service Opportunity Alert: Sign Up to Be an R2 Speaker!

- Do you have 2 years of abstinence?
- Have you completed your 4th and 5th steps?
- If so, you qualify to speak at Region 2 events!
- To sign up, go to oar2.org.

Mark Your Calendars: Celebrate OA in 2010!

2010 is OA's 50th anniversary and it's going to be a HUGE year for OA recovery and fellowship, especially in Region 2, where we will have 3 spectacular recovery events:

OA Birthday Party

Presented by LA Intergroup
"Half a Century—One Day at a Time"
 January 15-17, 2010
 LAX Marriott
 5855 W. Century Blvd
Workshops, speakers, reunion and "oldtimers" events, speakers, entertainment.

Region 2 Convention "Bridge to Recovery"

San Mateo June 4-6, 2010
 Marriott San Mateo--San Francisco Airport Hotel
 1770 South Amphlett Blvd. San Mateo, CA
Fun, Fellowship and Recovery at Our Region's Largest OA Event & Annual Fund-raiser!

OA World Service Convention 2010 "Now Playing—50 years of OA Recovery"

August 26-29, 2010
 LAX Hilton Hotel
Workshops, speakers, an International Lounge, workshops in Spanish and other languages. 1200-plus attendees are expected to attend from around the world.

My Story: Young in OA

--From the R2 Young People's Committee

"I am absolutely a compulsive overeater. And yet my mind still allows in the thought sometimes that maybe my period of lack of control over food wasn't long enough to really know.

I came into OA 3 years ago at age 23—not that young, but for me at the time it was one more easy reason to feel apart from, to keep just that much distance and always be either greater than or less than everyone else. And being young in particular was an identity I gravitated toward, being the baby of my family and one of the youngest among relatives and friends.

Whatever odd relationship I may have had with food prior, it was in high school that I got sucked into the self-obsession about my body and began hab-

its I felt were simply to keep myself healthy and fit. I enjoyed eating healthily and maintaining my body, and felt a sense of pride in it. It was in college that I realized the degree to which my "health fanaticism" was consuming me and how much time I spent thinking about food. I had become terrified of eating any fat whatsoever and was living in constant awareness of my body—confidence or shame, depending on how "in control" I had been the previous day. I gained 10 pounds of the typical freshman 15, and still prided myself in my ability to control.

As time passed though, I became less and less able to control the quantities I ate of either the healthy foods or others I occasionally allowed, and by my senior year I first admitted to a counselor that I

had a problem with food. It was finally two years after I graduated that I couldn't take the incessant obsession and had begun losing control and bingeing nightly—even the night before my friend's wedding, as I stressed about looking good in the bridesmaid's dress. I was ready to do whatever I was told for help, so a therapist again mentioned OA to me I went without reservation and related right away.

I'm so incredibly glad I came into OA when I did, and for the layers and layers of depth it allows me to experience as I keep trudging the path, working the steps and utilizing the tools and structure of the program. Just as one example, it was through the experience of having the "adults" in the program treat me with dignity and acknowledge what I have to offer that I've begun to

believe those things for myself and to step into the "adult world" and the human race.

Today, I love my body, and am growing into the self-acceptance and nurturing, feeling further and further from the constant humiliation, self-disgust, and frustration in which I lived before. So maybe I never binged on cake. So what. The gifts I'm receiving here are real *living* and I want to hold onto this new freedom. By keeping close to the program and my Source of Power, I don't have to live in that old state of seeing how much I can get away with and instead fully embrace the gift of this process of becoming the woman I'm being freed to be."

Do You Need an S,T&C Workshop?

Region 2 has been providing more workshops than ever before for intergroups throughout the region. Santa Cruz, San Joaquin, Los Angeles, South Bay and Inland Empire all scheduled workshops this summer and fall.

Region 2 provides workshops to groups and intergroups that would like help promoting service or incorporating the traditions and concepts. For example, your area or intergroup might be having problems with unity or with understanding or communicating certain traditions to your groups and members. Some intergroups have had problems with filling service positions, or want to do a workshop on sponsorship. Or you may just want to inspire and energize members and groups in your area.

Comments from the San Joaquin workshop include:

"I have a new sponsee and a returning sponsee as a result of this workshop.

I took the idea from this workshop and I have created my own typed list of sponsoring suggestions of what works for me and what I ask my sponsees to do. I do feel empowered to continue being a sponsor and a sponsee."

"The Day in OA was an informative and positive experience. Two of my sponsees have received my guidelines for sponsoring now and have been receptive and happy with the guidance."

"I got lots of good info, motivation, a spiritual feeling of well-being and being a part-of something way bigger than myself and our home f2f meetings. Very inspiring....and I heard some ways to do service, that I hadn't really thought about."

"Very informative and useful information from the speakers,

particularly their open sharing of their own experiences. Particularly useful to hear that both members formed their own path to abstinence/sponsorship, taking whatever time they needed to get to a place that worked for them."

If your intergroup is interested in having Region 2 present a workshop in your area, contact vicechair@OAR2.org. Please allow six months notice before the date of your proposed workshop.

¿Habla Español?

--R2 Diversity Committee

The diversity committee of Region 2 is developing an outreach program directed to Spanish speakers who are looking for help with their compulsive overeating.

We developed a Spanish outreach card that can be given out at medical offices, schools, supermarkets, health fairs and other venues. (See Pg 6) The card was a hot item at the WSO and Region 2 conventions. Thousands of cards were scooped up by delegates who recognized the need to spread the word to our Spanish-speaking fellows.

The card directs people to a Spanish language OA website and also gives the phone number to the Mexico Intergroup office where there are volunteers who can speak directly with people who are seeking help. Information on Spanish online and phone meetings is available on the R2 website. If your meeting or intergroup would like some Spanish outreach cards, please contact Region 2 at: publications@oar2.org.

R2 Q&A

--Carole C, R2 Secretary

Why should we avoid using leaders' names when publishing information about OA functions?

"OA delegates to the 1990 World Service Business Conference noted to suggest that 'intergroups, regions, individuals groups or any other sponsoring service bodies refrain from publishing the names or titles of speaker/leaders at OA functions in all materials (flyers, newsletters, etc.)."

Overeaters Anonymous has no stars; we avoid putting anyone on a pedestal, remembering our Tradition of "principles before personalities." True, this is only a suggestion; no one is going to get thrown out of OA because there was a headliner act advertised at the upcoming retreat. Just like the Steps, Tools and Traditions are only suggestions. "Nobody is expelled from OA for not working the steps, not getting a sponsor, not respecting the traditions or not adopting the tools and practices many of us employ." (OA 12x12, page 130)

But if I've been around the rooms for any length of time, I know that the steps, tools and traditions are essential for physical, emotional and spiritual recovery, for long-term recovery. In program I've learn humility, to be teachable. I've learned that there is only one way off a pedestal - down. And usually that hurts, either the person up on that pedestal or the person looking up, or both. Stars are isolated; they are better than, we are less than. This is a disease of isolation; recovery for me is knowing that I am just one more compulsive overeater among many. To publish the speakers' names implies that this person is better than.

I go to an OA event to hear recovery, I go to enjoy fellowship with other recovering compulsive overeaters. I trust my Higher Power that I am going to hear what I need to hear.

What is an OA function?

Any event sponsored by an OA body - usually meetings, retreats, marathons, Days in OA, or conventions - are OA functions. Newsletters and flyers are not events, speaker lists are not events, nor are "We Care" lists.

View from an OAer -2009 Convention

For years I had been one of the grouches at a convention or a retreat who moaned and complained and even wrote evals about the inconsiderate people in the dorm depriving the Blessed Ones of their sleep. At the convention this year, on Friday and Saturday nights, I laughed and even sang songs with Robin, Maureen and Maureen's daughter until the wee hours of the morning. We were totally expecting the tap on the wall, or heaven forbid, the call from the front desk.

My sponsor, who happened to be at the convention, told me that when she knows she's not going to get much sleep, she prays to her Higher Power for the strength and energy she will need the next day, so I added that to my prayers. My prayer up until then was simply, "Please dear Higher Power, please let me remember to be of service." I had to pray for that constantly throughout the weekend because I was the entertainment chair and my ego kept telling me I was Steven Spielberg.

There were several glitches during the entertainment, starting on Friday when I left the box full of props, including the music for the play at home. Home was 45 miles east as the crow flies. It was a total gift from HP that a member of the Greek Chorus had two CD's in his car; one with music from the Fifties, including the Isley Brothers, and one with music of the Beatles. "Which version of *Twist and Shout* did you want?" he asked me. You had to have been there. Everyone in the room was on their feet at the end of the play doing the Twist.

The next night it was fun to have dinner with friends, listen to a speaker, see a show and then go to a dance, but still I

kept checking the timetable of events I had prepared so I wouldn't forget anything. There was elegant service, adorable table decorations, a speaker to break your heart, and a cabaret of performers that included a storyteller, a singer in a rock band, and a belly dancer. The speaker and the performers were so beautiful, I forgot for a while to look at the timetable.

It was round about midnight when our convention chair Cheryl left the dance floor. One last time she and some of the best dancers I've seen since American Bandstand did the Electric Slide together. I hope they all come back next year to San Mateo."

--Jill B., Inland Empire



R2 2010 Convention
San Mateo, CA

If you attended the Region 2 convention in Ontario at the end of June, you are probably looking forward to our next Region 2 convention at the Marriott Hotel in San Mateo. If you attended the 2002 Region 2 Convention held in the same location, you already know how beautiful the bay area there is. So plan now to take some time for your recovery and help support OA in our region—see you in San Mateo!



¿Es la comida un problema para ti?

- ¿Comes cuando no tienes hambre?
- ¿Continuas con atracones de comida?
- ¿Está el peso afectando tu vida?

Sin cuotas - Sin compromisos
Sin pesarte - Sin dietas
Somos una agrupación

Para recibir ayuda en español visite
www.comedorescompulsivos.mx.org

o www.oar2.org Tel: 01-55 52-73-24-97

Reaching Out to Intergroups

The Intergroup Outreach Committee was very busy last winter recruiting intergroups we hadn't seen at Region 2 for three or more assemblies - to inform them about the assembly and the IFAP funds and special scholarships available. There were 10 groups who fell into that category, and six of those 10 groups ended up attending the Spring Assembly! Early in the Spring Assembly, we made sure we recognized these groups that we haven't seen in awhile. Following the Spring 2009 Assembly, we have been making follow-up contact with these six Intergroups to encourage them to attend future assemblies and help make

that happen.

In preparation for the Fall Assembly 2009, the committee's focus was to, again, reach out to recruit those additional groups we haven't seen in attendance at recent assemblies. We developed a scholarship application, formalized the application process, and posted it on our new website. The new application process will help us identify those intergroups that have the greatest needs and we will do our best to assist them by listening and bringing their voices to Region 2.

--Jerry I., Rep., No. Nevada Sierra

See You In San Mateo!

If you attended the Region 2 convention in Ontario at the end of June, you are probably looking forward to our next Region 2 convention at the Marriott Hotel in San Mateo. If you attended the 2002 Region 2 Convention held in the same location, you already know how beautiful the bay area there is. So plan now to take some time for your recovery and help support OA in our region—see you in San Mateo!

Can Your Intergroup Do a Public Outreach Event? Use R2's New Display Board



Our primary purpose is to carry the message to compulsive overeaters. We know they're out there—what is your intergroup doing to reach them? Region 2 has made it easier than ever to participate in public and professional events with our new display board, available to intergroups to use as needed for special events. The board is a tabletop display that is approximately 5 feet wide by 6 feet high. It comes with lighting, in a large case that rolls.

The board was unveiled at the R2 Convention in Ontario, and was also on display for several weeks at the Orange County Fair.

"I've gotten a ton of positive comments about the display board," said a representative from the Orange County Intergroup that coordinated the OA booth at the fair. "Members of the intergroup felt that it presents a very professional look, and some told me they felt proud to be in the booth because of the beautiful display."

Reserving the new R2 board is easy. Guidelines are available on the R2 website at oar2.org or contact the Publications Coordinator as soon as possible to let us know when you would like to use the board.

Exhibit Provides OA Information to Health Professionals

This April, the Inland Empire Intergroup received funds and support from both Region 2 and Overeaters Anonymous World Service Office (WSO) to host a booth at the California Dietetic Association meeting of 7,000 professionals at the Riverside Convention Center. Several local OA members who hosted the booth talked with professionals and handed out OA literature, including the new folders of information specifically developed by WSO for health professionals. The WSO subsidizes OA regions and intergroups for booth representation at professional exhibits, conferences and

conventions, through its Professional Exhibits Fund. Region 2 paid for the booth fee; WSO covered the other expenses associated with the booth.

The Inland Empire Intergroup borrowed Foothill Intergroup's tabletop display (as R2's new display board wasn't available yet). It is interesting to note that the Inland Empire Intergroup's participation is right up there with the three booths hosted by WSO at conferences in 2008: The American Diabetes Association of 14,000 members, the National Medical Association drawing 5,000 people, the American Public Health Association with

13,000 attending. This event was coordinated by the Fifth Tradition Board Member of the Inland Empire Intergroup. The Fifth Tradition states: *Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.*

Stay tuned for more opportunities to carry the message. Next year's California Dietetic Association meeting will be held April 15-17 at the Oakland Marriott. WSO provides a policy manual for such events. To learn how you can get involved, contact Carole, R2 Secretary.

Member Review: Wow! Have You Seen the New R2 Website?

I recently logged on to our Region 2 website to register for our upcoming convention. As I did so, I was pleased to find many fantastic upgrades. The color and graphics are very pleasing to the eye. It's easy to navigate and has more information than before.

You will find the event calendar, newsletters, and you can go to any intergroup's website in our area with just a click of a button. There are also podcast feeds, information regarding Service and Tradition workshops, and links to other OA regions. And for the first time, portions of the website are translated into Spanish. If you have questions about Region 2, there is a very informative FAQs link. It is worth taking a look!" Jennifer P., Northern Nevada Sierra Intergroup

OVEREATERS ANONYMOUS



- **Workshops**
- **Marathon Meetings**
- **Great Fellowship**
- **Keynote Speakers
with Decades of Recovery**
- **Special Focus meetings**
- **Silent Auction**
- **Boutique**
- **Dance**
- **50/50 Drawing**
- **Special Drawing**
- **OA's Got Talent / Open Mike**
- **More!!!**

**Region 2 Convention
June 4—June 6, 2010
Marriott Hotel—San Mateo
San Francisco Airport**

*“A Weekend filled with
Recovery, Fellowship
and Entertainment”*

**Registration and Hotel
Information available at the
Region 2 Website
WWW.OAR2.ORG**