



# What's New

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

Overeaters Anonymous

Region 2

Fall/Winter 2010-2011

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### New OA Tool: Action Plan!

One of the motions that passed at WSBC 2010 was a new tool: ACTION PLAN. The Conference Literature Committee will come up with a pamphlet hopefully for approval at WSBC 2011, but in the meantime, we can all brainstorm about what this tool is and can be. For example, a plan of how to prepare meals for the next day, shop for food containers to take to work, an exercise plan, making time for step work, clearing a space to prepare food, anything that will help us be and stay abstinent.

—Region 2 Trustee

## FROM THE CHAIR: How Does SERVICE Serve Us?

By Pamela W., Region 2 Chair

And how does it serve YOU? As I end my fourth year as the Region 2 chair, the topic of service inspires me. "How Does Service Serve Us?" was the 2010 WSBC Forum title, and it got me thinking. The harder I work (*Argh!!!*), the more I receive. Because—bottom line—I am not focused on ME.

A touching incident comes to mind. I was Vice Chair of the 2010 WSC Convention, and my control issues were still hanging around (surprise?). Worried that we needed more help, I made a plea at a local meeting. I asked folks to just come and do service, if that was all they could do. I promised them they would get recovery even just sitting outside the workshops helping with on-site tasks.

Two newcomers agreed to help on both Thursday and Saturday. And they did. But here is the best part. As they were leaving Saturday they saw me and came up to thank me for including them in the event.

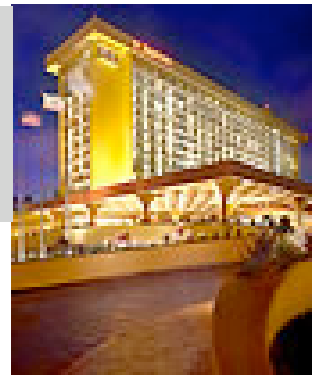
(Continued on page 4)



## REGION 2 COMES TO LOS ANGELES!

*Come Celebrate...*

**Recovery: Blueprint for Life**  
**July 8-10, 2011**



While the program teaches us to take one day at a time there are some things worth planning for. This is definitely one of them. Region 2 will be having their yearly convention at the Marriott Hotel, Los Angeles on July 8, 9 & 10, 2011. This hotel is right by LAX with convenient shuttle service. We've negotiated a rate of \$99/night for those who want to stay at the hotel. A real bargain for LAX-area hotels!

The Convention will include workshops and marathon meetings, an opening night show, Saturday night dinner, a dance, Sunday breakfast with a speaker, a boutique with all sorts of bargains and the ever popular Café OA featuring talented OA members. There will be OA members from around the Region (California, Nevada, Hawaii and Mexico) and around the world. The hotel has a pool and Jacuzzi for relaxing and fellowship.

The basic rate for attendance if you preregister will be only \$35. A small price for an event that could energize or even jump-start your recovery. This will be an event not to be missed so start saving your dollars, pesos or sheckels!



## FROM THE TRUSTEE: What's Happening at World? News from World Service

Did you know that OA has a Strategic Operations Plan? Following are the 4 sections of the plan with some of the results or suggestions from the plan.

### Public/Professional Awareness:

We now have new Radio and TV PSA's which have been widely distributed. A&E Family of Cable Channels will be airing the TV PSA in rotation indefinitely!

### Strong Meetings:

Intergroups are encouraged to hold sponsorship workshops and have Step and Tradition study meetings. When you share at a meeting, it is suggested that you include your experiences with the Steps, Traditions and Sponsorship. If you are a sponsor, encourage your sponsee to sponsor.

### Committed Service Bodies:

Fund a Friend: Does your Intergroup have funds to send a Region Representative (RR) to the R2 Assemblies and/or a delegate to WSBC, but you have no one willing able and qualified to go? Consider helping a neighboring Intergroup, with the opposite problem, to send their RR or Delegate to the meetings.

FYI: Region 2 also has a WSBC Delegate Assistance Fund, an Intergroup Funding Assistance Program, and an Intergroup Assembly Scholarship Fund. We want you to send reps and delegates!

### Financial Health.

Has your Intergroup been able to cut costs? Please share your successes in this newsletter and at assemblies. My Intergroup was able to cut costs by finding a cheaper and better web server, by using a simpler telephone service and by printing fewer newsletters because members were receiving it by email.

--By Meg H., Region 2 Trustee



### Important Deadline Dates for WSBC 2011

*Note: All forms and instructions are available on oa.org.*

**November 1:** Delegate Support Fund Applications due at WSO

**December 10:** Postmark date for New Business Motions

**December 27:** Delegate Registration due at WSO

**January 25, 2011:** General Service Trustee Nominee Application due to WSO

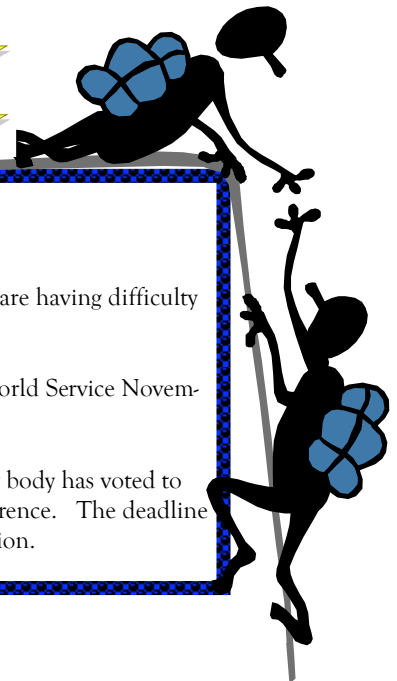
### Intergroups:

#### Need Help Sending Someone to World Service?

It's really important that your intergroup send delegates to World Service Business Conference! If you are having difficulty financing expenses, you have several options:

**First:** Apply to World Service for assistance. Applications for the Delegate Support Fund are due at World Service November 1<sup>st</sup> and are available at oa.org.

**Second:** Another option is the new Region 2WSBC Delegate Assistance Fund. The Region 2 assembly body has voted to provide funds to help up to 3 intergroups per year send delegates to the World Service business Conference. The deadline for applications is January 1<sup>st</sup>, 2011. Please see oar2.org or contact a board member for more information.





## From An Attendee at the World Service Convention

My name is Anita and I am a compulsive overeater and sugar addict, and this weekend I was blessed to be able to attend the Overeaters Anonymous World Service Convention in LA, celebrating OA 50 years! I was fortunate enough to be part of the committee, helping on coordinating Volunteers. This meant that in 4 short days I personally met compulsive overeaters from Columbia, Denmark, Sweden, England, Germany, Canada, Republic of Ghana, France, New Zealand, and of course all over the US - and even a buddy from my old home group in Norway!

I heard experience, strength and hope. I met love, unconditional love, and I met people who I immediately could connect with. For those of you who have never attended a convention like this, I would like to try to explain. I have an old friend that, although I see her only once every two years, it is so nice whenever I do - it's like no time passed. Do you have a friend like that? No hard feelings for not staying in touch, just a lot of understanding, honesty and fun whenever you do meet. Well, going to an OA conference is just like that; except, I have never met these people before. It just feels like I have known them forever.

I have laughed and cried with fellows that I have never before talked to. I have received big, warm, heartfelt hugs from people I still do not know the name of. I have shaken my booty on the dance floor with hundreds of people all sharing my disease. I have received - and been able to give - so many honest compliments for outfits, styles, smiles, shares - or simply for showing up and being there.

I am overwhelmed and grateful, and feel more connected to my worldwide fellowship than I ever have been. I am truly blessed. And you know the best part? It's not that I am in any way special. Everyone is invited. All it takes is having a desire to stop eating compulsively. So to all you fellows out there who might be reading this: Go ahead and sign up for Region 2's next convention - and for the next World Service Convention 2013 in Cleveland! See you there!

--Anita, San Francisco

(Continued from page 1) **How Does SERVICE Serve Us?**

They were tearing up and said they felt the recovery even from outside the meeting rooms as they did their service. But more importantly, they felt part of an event that included OAers from all over the world.

THATS how service serves US - it ramps up our program on all levels.

A testimonial from me: how has being Region 2 chair served me?

I am emotionally more even-keeled. The character defects still exist, but they are acted upon less. It seems more people are smiling at me, not frowning. Maybe it's because I'm smiling more.

I am less afraid—and if I am—I just act as if.

I feel more in touch with compassion and love, surely a sign I am letting HP run the show.

I have lost those last few pounds and have become willing to exercise. Now I LIKE my body!

I have LOTS of wonderful new friends: EVERYONE I do service with. The WSO Convention gave me so many special relationships, and deepened existing ones.

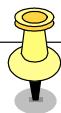
I am loved and appreciated if I just show up! (Thanks to the Region Chairs for their love and generosity: I love you all!)

I have a family of like-minded people - sponsor - sponsees - coworkers. It just keeps growing.

Here's another example of service serving ME!! A few days after the 2010 WSC Convention, I got a call from one of my committee chairs. "No, it's not about a convention issue!" she assured me. "I am making an outreach call as I drive past fast food places on my way home." I was so touched. I have another true friend in OA. What a gift of the program. All through SERVICE.

I encourage each of you—no matter how large or small—to do service on a regular basis - from the World Service level to being a greeter at your meeting. Because you too will discover the many ways "Service can Serve US".

Please join me as we trudge the road of Happy Destiny. I love and thank you all.



### **Mark Your Calendars for Region 2 Events!**

April 15-16, 2011 – Spring Assembly, Los Angeles Marriott

July 8-10, 2011 – Annual Region 2 Convention, Los Angeles Marriott.

October 21-23, 2011 – Fall Assembly, Sacramento Hilton Arden

April, 2012 – location to be determined in Northern California

July 27-29, 2012 - Region 2 Convention, Sacramento Hilton Arden



## Does Your Intergroup Need Help to Attend Assemblies?

If funding is a problem for your intergroup, you have a variety of options:

**Intergroup Funding Assistance Program:** If your intergroup is more than approximately 150 miles away from the assembly location, you will receive the most benefit from the Intergroup Funding Assistance Program (IFAP), which provides 45 cents a mile for the one-way distance between the intergroup's street or post office address and the assembly location. In addition, half of that amount is provided for a second voting delegate. Intergroups can now apply for the funding in advance of the assembly, so that the amount they will receive can be confirmed in advance. Watch the R2 website for deadline.

### **Intergroup Assembly Scholarship**

**Fund:** If your intergroup is within approximately 150 miles of the assembly location, you will receive maximum benefit from the Intergroup Assembly Scholarship coordinated by the Region 2 Intergroup Outreach Committee. All financially struggling intergroups are eligible for the scholarship, with preference given to intergroups that have not been able to send a representative to recent assemblies. If your intergroup is interested, apply as early as you can, since applications may be considered in the order they are received. This scholarship provides room nights at the hotel (one for the spring assembly, two for the fall assembly) plus \$30 to apply toward transportation

and \$50 to apply toward meal costs. Three scholarships are available per assembly.

**Special Chair Funding:** If a Representative serves as Chair of a Region 2 Committee, but cannot attend on the funding of the intergroup, special funding of up to \$200 may be available to help. *For the region to offer these funds to benefit those who need it most, it is important that intergroups do all they can to raise their own funds to participate.*

For more information and applications for these financial assistance options, contact the Region 2 treasurer at: [treasurer@oar2.org](mailto:treasurer@oar2.org).

## A Look Back at the 2010 Region 2 Convention in San Mateo



I would first like to give thanks to my Higher Power for making 2010 Convention in San Mateo the success that it was and for keeping me abstinent. I would secondly like to give a grateful rave and thanks to my wonderful committee. All of their hard tireless work made this all happen. I would like to give a grateful big thanks to Events Coordinator Randi and the R2 board who gave us all support and were right there to give service and whatever it took to support my committee. I say thank you, John K (our Region 2 webmaster), for our new redesigned website which made it so much easier to register to track attendees.

The convention was held June 4-6, 2010. We sold out the hotel and all the meals.

The raffle was very successful and the prizewinners were just astonished at the gifts they received. I am still getting emails and compliments about how everyone that attended the convention had so much fun. People also enjoyed the food selection. And the table settings designs for the meals were a big hit. Our chairperson had a "Keep it Green" theme and the participants were delighted to take home flower seeds to plant after the dinner.

Our Friday night entertainment opened the convention with operatic singing and everyone thought that was just such a wonderful treat. I heard about that the whole weekend. We had some very good, thought-provoking speakers. And they all were from out of town and "fresh". They were from Arizona, Ohio, Palm Springs and Los Angeles. I believe a lot of orders were made from our speaker CD sales. By the way, you can still order CDs or MP3 downloads by going to [www.allstartapes.com](http://www.allstartapes.com).

The DJ got a lot of rave reviews; people said they have not danced like that in a very long time. The dance floor filled up, the DJ spun CD after CD, and we danced out of our shoes to all types of music. There was a lot of line dancing going on. Everyone so enjoyed the music. Our Karaoke was a big hit to all who were able to display their hidden talents.

Everyone loved our T-shirt theme which was hand-designed by one of my San Rafael home meeting attendees who is a distinguished artist. Our Boutique and Silent Auction had some very nice items that our participants took a high interest in.

As a side thought, if you are asked to volunteer at group level or Inter-group level or get selected to sit on a committee of any sort, please step forward and do the service, because without the service-givers, OA would not be the success that it is today and service is lacking so much in a lot of circles I attend. Service is slimming, it really is. And it keeps us evolving, alive and well.

In closing, I could sense the recovery that everyone experienced at our convention. People who had never attended a convention vowed they would continue to support the conventions because they had so much fun and found recovery.

The party is just beginning—I am personally looking forward to the 2011 Region 2 Convention in Los Angeles and I hope to see you all there!

*By La Verna Griffin, 2010 Convention Chair*

### R2 TRUSTED SERVANTS

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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](http://WWW.OAR2.ORG)**

**R2 NEWSLETTER EDITOR**  
VOLUNTEER: ROBIN S

### Region 2 Young People's Committee Starts a Blog

Hi, my name is Whitney, and I'm a compulsive over-eater and the chair of the R2 Young People's Committee. We have a few exciting things coming along—and there will be more after our assembly in October.

First of all, we have a blog geared towards carrying the message to young people. You can visit this blog now at [www.oablog.org](http://www.oablog.org). It is still a work in progress, and we welcome any ideas as well as blog posts. If you would like to post, please send the finished post to our blogmaster at [oablog.org@gmail.com](mailto:oablog.org@gmail.com). Our blogmaster will do all the postings to ensure that anonymity is preserved and that posts are consistent with OA's twelve traditions. They will not edit your post in any way. The only requirement to post is 6 months of abstinence.

We are also working on creating a Young People's phone meeting, and we still need someone to chair it.

We realize that the use of electronic media raises anonymity concerns. Our committee is working with the Region 2 Board and World Service to ensure that your anonymity is preserved and the blog and phone meetings will be a safe place for all.

We would love to hear from you about ways that we can best reach out to young people. If you have any questions, suggestions, or just want to say hi, please e-mail us at [OAR2YoungPeopleCommittee@yahoogroups.com](mailto:OAR2YoungPeopleCommittee@yahoogroups.com).  
-Whitney, R2 Young People's Committee Chair

### Need PI Ideas for Your Intergroup?

*What can YOUR intergroup do for PI projects to spark public interest and bring in new members? To get you inspired, here are some example ideas from Orange County:*

For over 20 years, Orange County Intergroup (OCI) has maintained a valuable PI outreach via a booth at the OC Fair. During that time, we've easily reached over 1,000 people with the message of recovery, all delivered by volunteers from our intergroup. We have won five ribbons for best booth design, including this year, all created by talented OCI volunteers. We also reprinted the "Stop Sign" OA business cards to distribute this year, along with intergroup newsletters & meeting lists of all the area intergroups.

Three years ago, we developed a flyer similar to the "Is Food a Problem for You?", with intergroup telephone number tear-off strips at the bottom, which were distributed to various public bulletin boards in the county.

In September, 2008, OCI was invited by the Bariatric Unit of one of the largest hospitals in the county, and asked to bring an OA meeting to their surgery patients. The director of the new program was very conscientious about having OA offered so that their patients would come to know that unless they dealt with the emotional challenges of compulsive eating, their surgery would not be long-term effective. I was appointed by the then OCI Chair to organize and launch the meeting. We launched the speaker/participation meeting in November, and

had our first meeting in January, 2009.

In the summer of 2009, we were invited to present and join a professional roundtable in OC, which was also a blessing, as it opened the door to carrying the message to the professional community.

OCI was invited to several public health fairs, including one for the Hispanic community, sponsored by a local university.

Our Young People's Committee (YPC) is also working closely with our PI Committee on various outreach projects, which include high school and college health fairs and presentations, as well as professional events.

Currently, our PIC has several projects on the front burner:

1) a committed outreach to the medical community, using a flyer titled, "Got A Shrink, Got a Doc?", whereby members may enlist the cooperation of their physicians to receive OA professional packets; and 2), a mailing campaign to radio stations in OC to play OA PSAs (from WSO) on the air.

--Nancy, R2 PI Committee & R2 Rep from Orange County



### Public Information Committee Carries the Message in San Mateo

The Region 2 Public Information Committee had a well-stocked PI Table at the 2010 Convention and gave PI ideas and sample items to hundreds of OA

members at the event. At the table, members received these new items produced by the committee:

### New Region 2 Attraction

**Pens:** Pens were designed and produced by the committee to build OA awareness by getting the OA name circulating among members and in the public.



### New Region 2 Attraction

**Post-It Notes:** Post-it Notes were created and distributed by the committee as another tool to build awareness of OA.

The pens and post-its will also be distributed to intergroups at the October assembly, to serve as examples of PI projects intergroups can undertake to carry the OA message to the public.

If you have questions about creating your own PI project such as the pens and post-its, contact the Public Information Committee through its board liaison: [publications@oar2.org](mailto:publications@oar2.org).



## Overeaters Anonymous Region 2 Convention

July 8 – 10, 2011

Los Angeles Airport  
Marriott Hotel

**RECOVERY**  
A BLUEPRINT FOR LIFE  
Los Angeles, California 2011

### \*Workshops

- \* Marathon & Special Focus Meetings
- \* Silent Auction \* Rags2Riches Boutique
- \* Dance w/live band \* 50/50 Drawing
- \* Keynote Speakers at Meal Functions

- o **This is Region 2's major annual fund-raiser.** 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. For information, call David H. (818) 995-6950.
- o All meal functions are open to paid participants only. Alternative events are offered for those not attending the meal functions.
- o Please specify "REGION 2" when making hotel accommodations to obtain the special rate of \$99 per night, plus tax (based on availability). Make your reservations early (if registering for the hotel online, use Marriott's code oeaooaa)! Rooms with this special rate book quickly and the **hotel reservation cut-off date for the special rate is June 12, 2011.**

Registration opens at 3 p.m. Friday and continues through Sunday.

Hotel check-in from 3 p.m.

Marathon and Special Focus meetings begin Friday at 5 p.m.

Grand Opening at 7:30 p.m. Friday.

**Los Angeles Airport Marriott Hotel**, located at:  
5855 W. Century Blvd., Los Angeles, CA 90045

Phone (310) 641-5700. Reservations (888) 236-2427.

**Free Shuttle** service to/from Los Angeles Airport.

**Hotel Parking: \$8.00/day** (no in-and-out privileges unless hotel guest)

Visit **[www.oar2.org](http://www.oar2.org)** for current Convention news.

A written request for a refund, less \$10 processing fee, will be honored if received or postmarked by 6/08/11. You must contact the hotel separately for its refund policy

Mai-in registration forms must be postmarked by June 17, 2011.

On-line registrations will be available through June 30, 2011. After these dates, register on-site at the Convention.

### Registration (Chose only one)

- ☐ Registration postmarked on or before June 7, 2011 - \$35.00
- ☐ Registration postmarked after June 7, 2011 - \$50.00
- ☐ Guest (Non-Member) - \$15.00

\$\_\_\_\_\_

### Saturday Speaker Dinner - \$45 (Chose only one)

- ☐ Pan roasted Chicken Breast with Spinach, Mushrooms & Orzo Pasta
  - ☐ Grilled Salmon Fillet with roasted fingerling potatoes, tomatoes & olives fennel
  - ☐ Eggplant, Portobello Mushroom & Mozzarella Cheese Napoleon with Basic Pesto Sauce (Fruit will be served with all entrees. All items are sugar free. See website for additional menu details.)
- (Dinner Includes admission to dance – with live band)**

\$\_\_\_\_\_

### Saturday Dance only (with live band) - \$10

\$\_\_\_\_\_

### Sunday 'Here Comes the Sun" Breakfast/Speaker - \$25

Delicious and plentiful breakfast buffet with eggs, bacon, yogurt, fruits, & whole wheat breads

\$\_\_\_\_\_

### White Men's Crewneck T-Shirts - \$15 each

☐ M ☐ L ☐ 1X ☐ 2X ☐ 3X ☐ 4X ☐ 5X

### White Women's V-Neck T-Shirts - \$15 each

☐ S ☐ M ☐ L ☐ 1X ☐ 2X ☐ 3X

\$\_\_\_\_\_

**Total .....** \$\_\_\_\_\_

### Name on Badge:

- ☐ I want to include my last name on my badge.
- ☐ I am staying at the hotel.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State and Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

To register by mail, send completed form and check payable to

### Region 2 Convention

c/o 6058-C Lincoln Ave., Cypress, CA 90630

Enclose a SASE to receive a confirmation notice by postal mail.

All other confirmations will be sent via e-mail.

To use a credit card, register online at [www.oar2.org](http://www.oar2.org)

Registration info: Joyce F. (714) 995-3136 or email [conreg@oar2.org](mailto:conreg@oar2.org)

### Service Information

I would like to do service at the convention.

☐ Timer ☐ Moderator

☐ Speaker (2 yrs current abstinence and completed 4th and 5th Steps required)

All Program Volunteers must be pre-registered.

\_\_\_\_\_ (preferred emphasis)

\_\_\_\_\_ (length of abstinence)

### General Volunteers

- ☐ Wherever Needed ☐ Boutique
- ☐ 50/50 Drawing ☐ Hugger / Greeter
- ☐ Serenely Patrol / Info ☐ Literature
- ☐ T-Shirt Sales ☐ Registration
- ☐ Hospitality Room ☐ Decorations
- ☐ Silent Auction

Day & Time of Arrival: \_\_\_\_\_

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