



# What's New

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

Overeaters Anonymous

Region 2

Fall / Winter 2011

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## FROM THE CHAIR: My OA Journey By Shari G., Region 2 Chair

I've attended business meetings in O.A. for 26 years, but in August I attended a unique one for me! It was a meeting of the Region Chairs of O.A.~all ten of them, at one table, face to face in one room. There was Region 10 from New Zealand, Region 1 from Canada, Region 9 from England, Region 5 from Canada, Region 8 from Florida, Region 6 from Canada, and so on. There were all sixteen Trustees : ten representing the ten regions and six General Service Trustees.....all present.

I had a moment where I just stopped, and it hit me. "O.A. really is worldwide"~and here we are! A Chair and a Trustee representing every Region. It was an overwhelming , wonderful moment, and I was honored to be at that table.

Then, I came back to earth, and I continued listening to the discussion of the Five Year Strategic Plan for Overeaters Anonymous.

Shari Greenberg, Region 2 Chair



## “Recovery—More Precious Than Gold” at This Year’s Region 2

*“Like a gaunt prospector, belt drawn over the last ounce of food, our pick struck gold. Joy at our release from a lifetime of frustration knows no bounds. We feel that we have struck something more precious than gold. For a time we may try to hug the new treasure to ourselves. We may not see at once that we have barely scratched a limitless lode that will pay dividends only if we mine it for the rest of our lives and insist on giving away the entire product.”*

*(Alcoholics Anonymous, pages 128 to 129.)*

## RECOVERY

### “More Precious Than Gold”

Join us in the heart of Gold Rush country, Sacramento, for the 2012 Region 2 Overeaters Anonymous convention. July 27-29, 2012 at the Hilton Sacramento Arden West.

Come and discover a Mother Lode of recovery. A lively musical production Friday night will set the tone for the weekend (as you know, "We are not a glum lot!") You will find fabulous speakers and workshops, round-the-clock meetings, fellowship, and opportunities for service. Our silent auction will feature a treasure trove of items, including a spectacular commemorative quilt.

Share your experiences, hope, and recovery with OA members from California, Hawaii, Mexico, and Northern Nevada. Make this convention your Gold Rush of 2012.

All this awaits you for only \$40 in advance, and \$50 at the door.

For full details watch the R2 website, <http://www.oar2.org>, in the coming months. Join us in Sacramento next year for

“Recovery – More Precious Than Gold”

## Reach Out to Spanish-speaking Compulsive Eaters

Try these 6 Tools to Reach Out  
to Spanish-speaking Compulsive Eaters!



1. **NEW SPANISH WEBSITE!** Most of the oa.org website has been translated into Spanish, and includes a list of Spanish-speaking meetings around the world: <http://espanol.oa.org>

2. **Spanish Literature from oa.org:** 17 OA literature books and pamphlets are available in Spanish!



3. **NEW Spanish Podcasts:** [http://espanol.oa.org/testimonios\\_hablados.php](http://espanol.oa.org/testimonios_hablados.php).



4. **Spanish Phone Meetings:** <http://www.oa.org/meetings/find-a-meeting-online.php> and search “Language” under “Selection Choices.”

5. **Spanish Online Meetings:** <http://www.oa.org/meetings/find-a-meeting-online.php> and search “Language” under “Selection Choices.”

6. **Region 2 Website:** [www.oar2.org](http://www.oar2.org). The Region 2 website includes the 15 Questions pamphlet, the 12 Steps and the 12 Traditions in Spanish, and lists contact information and websites for Region 2’s Mexico and Veracruz intergroups: Intergroupal Mexico: [www.comedorescompulsivosmx.org](http://www.comedorescompulsivosmx.org), and Veracruz Intergroupal: <http://veracruz.oar2.org/>.

## News from the Diversity Committee

The Diversity Committee has been diligently working since the Spring Assembly on a packet that will be handed out at the Fall Assembly in Sacramento in October 2011. We met through conference calls and group emails to assemble the packet which would bring attention to unity within our diverse fellowship of Overeaters Anonymous. Although we are diverse in food plans, ages, genders, cultures, languages, sexual orientation, and disabilities, we have one common purpose that unifies us into a cohesive group~ to carry the message of the dangers of compulsive eating, bingeing, starving, purging, or compulsive exercising.

The packet contains a letter to the intergroups, a Unity Day flyer with ideas for February 2012, a resource list of materials (check out the new pamphlets!), a Spanish website and materials resource list, and the new Region 2 Diversity checklist. Any intergroups without representatives present for the Region 2 Assembly in Sacramento in October 2011 will receive their Diversity packet through the mail.

Are you interested in diversity issues within Overeaters Anonymous? Do you have new topics about diversity that you would like to share? Bring your ideas, creativity, and enthusiasm and join us in keeping diversity a mindful focus point as we continue to share our message of experience, strength, and hope to compulsive overeaters, undereaters, and exercisers.



Lifeline, OA’s international magazine, serves as an indispensable “meeting-on-the-go.”

[Subscribe today!](#)

## Twelfth –Step-Within Committee

Dear Region 2 Unaffiliated Group

At the 2010 Region 2 Fall Assembly, the Twelfth-Step-Within Committee favored the idea of making sure all Region 2 intergroups had a copy of the *Twelfth-Step-Within Handbook* along with a “Recovery From Relapse” packet to use as tools to guide them in being of service to members in relapse both in meetings and returning. This motion was supported by the Assembly.

At the 2011 Region 2 Spring Assembly, the Twelfth-Step-Within Committee wanted to continue our work by reaching out to Unaffiliated Groups that would not have benefited from the information sent to Region 2 intergroups. It is with this purpose in mind we are contacting you. Region 2 has provided us with a list of contacts for the 79 registered unaffiliated meetings and your name was among them.

It is our experience that many of our members, past and present, who are in relapse need special attention as they may have some underlying feelings of guilt and shame. Using the *Twelfth-Step-Within Handbook* with its guidelines can be a great tool to strengthen our fellowship. There are suggestions on having a day a month dedicated to a recovery from relapse meeting, on meeting formats, workshop formats and outreach and much more. The “Recovery From Relapse” packet is put together specifically by WSO to welcome back those who have left OA and returning to find recovery. We suggest that your group make these packets available to those members, just as we make Newcomer Packets available to those finding their way to us for the first time.

The *Twelfth-Step-Within Handbook* and the “Recovery From Relapse” packet are available to order on-line at [www.oa.org](http://www.oa.org). We hope you will consider ordering them for your group so you can use the ideas presented in the handbook and find ways to implement them in your meeting. Let’s all help OA to function better, because we all know that “service is the freedom from the bondage of self!” There is a great amount of experience, strength and hope we can not only give, but can gain from our members who are in relapse or returning from relapse. Help them get back on the road to Happy Destiny!

Sincerely,

Your Region 2 Spring 2011 Assembly Twelfth-Step-Within Committee

Carmen (Sacramento Valley IG)	Suzanne (CA Central Coast IG)
Cher (No. Nevada Sierra IG)	Maiya (Marin Co. IG)
Katie (Mid Peninsula IG)	Robert (Sonoma IG)
Lynn (Silicon Valley IG)	Nancy (So. Alameda IG)
Linda (Valley Sierra Modesto IG)	Michele (San Gabriel Valley IG)
Jenny (San Diego IG)	

## OA Podcasts

[Overeaters Anonymous Podcast #22: OA Meeting](#) [Overeaters Anonymous Podcast #21: “To The Teen”](#)  
[Overeaters Anonymous Podcast #20: Interview with Kaitlin](#) [Overeaters Anonymous Podcast- #19: Interview with Ali](#)

## REGION 2 DIVERSITY CHECKLIST

*Ask these questions in your group or intergroup to encourage acceptance of diversity and help measure progress in welcoming and respecting all compulsive eaters, regardless of our differences—as we focus on the common solution that unites us. These questions are designed to encourage discussion; there are no right or wrong answers.*

1. Do we have the diversity statement from the current Suggested Meeting Format (see back) in our meeting format? Are we familiar with OA's Unity with Diversity policy, adopted in 1992 (see back)?
2. Is our meeting accessible to members with disabilities (e.g., wheelchair-accessible, scent-free, etc.)?
3. Do we welcome and respect all members, regardless of their body size?
4. Does our meeting make all members feel welcome, regardless of gender, culture, religion, sexual orientation, lifestyle choices or other differences?
5. Do we welcome members with small children? Do we offer childcare?
6. Do we listen respectfully to members of all ages? Regardless of length of time in program?
7. Do we welcome back members in relapse as enthusiastically as we do newcomers? Do we have "Recovery from Relapse" packets available for returnees?
8. Do we welcome members regardless of medical issues or medications they may be taking?
9. Do we respect every member's choice of the food plan that is best suited to their needs?
10. Are we youth-friendly?
11. Do we respect every member's choice to work their program in a way that suits them?
12. At our business meetings, do we encourage participation from every member?
13. Do we welcome all members regardless of specific problems with food, exercise, or body image?
14. Does our format avoid suggesting that all OA members have the same food needs, such as addictions to specific foods (i.e. sugar, flour, etc.), need to count calories, etc?
15. Does our meeting recognize all forms of spiritual, emotional and physical recovery, not just weight loss?
16. Does our literature table have pamphlets that emphasize Unity with Diversity, such as "OA Members Come in All Sizes," "Dignity of Choice," "Black OA Members Share their Experience, Strength and Hope," "Focus on Anorexia and Bulimia Packet," "Many Symptoms, One Solution," "To the Teen," "To the Man who Wants to Stop Compulsively Overeating," and "A Common Solution: Diversity and Recovery."
17. When we choose speakers do we strive to reflect the diversity of our fellowship?
18. Are our meetings a safe place for all to share without fear of cross-talk, judgment or gossip?

### **Diversity Statement from the Suggested Meeting Format**

..."As we extend the heart and hand of fellowship to those who still suffer, let us be mindful of OA's Unity With Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive overeaters here besides myself?..."

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### **Overeaters Anonymous Unity with Diversity Policy Statement – Adopted in 1992**

THE FELLOWSHIP of Overeaters Anonymous recognizes the existence of individual approaches and different structured concepts to working our Twelve-Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of individuals, groups and intergroups to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, intergroup and region to also respect those rights as they extend the embracing hand of Fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and intergroup and the various regions to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

—*Business Conference Policy Manual*, page 10

### **Special Focus Meetings Policy, Adopted in 1994, Amended in 2008**

The Fellowship of Overeaters Anonymous recognizes the existence of special focus meetings (i.e., gay and lesbian meetings, women's meetings, men's meetings, 100-pounders, maintainers, old timers, and people of various cultural backgrounds, etc.) which have been formed of persons who can more readily identify with fellow OAers with similar attributes. According to the Traditions, bylaws and policies of OA, the only requirement for membership is the desire to stop eating compulsively. We ask each person attending a meeting to respect and consider the group conscience. All registered meetings shall welcome and give a voice to any person who has the desire to stop eating compulsively.

— *Business Conference Policy Manual*, page 12



This information is provided by the Region 2 Diversity Committee.

## R2 Vice Chair

As vice-chair this last year I got to do many things I had not done before. I got to arrange workshops for Intergroups in our Region. It was very interesting and I got to know members from Intergroups in other areas of our region. Almost every Intergroups' request pertained to "Service" which seems to be a problem area in most intergroups. I love to serve at any level. I always felt that I should give something back and help our program continue to flourish. The program has done so much for me; it has helped me to maintain a healthy body weight and to abstain for over 33 years. Life is not always sunny for that many years in a row. Things do happen. But, this program and a Higher Power and friends I made in the fellowship, helped me through it. If things happen I don't feel anymore that I am "singled out" - life happens whether I am in program or not.

If you have attended two Region 2 Assemblies consider running for a position on the region board. Or start at your Intergroup, attend IG meetings. Represent your meeting by becoming an Intergroup rep. Start somewhere and help the program help others.

Hanna S., Outgoing Vice-Chair Region 2

## What Are You Doing for Unity Day, February 25, 2012?

### When you think of holidays on your calendar, do you think of Unity Day?

Held every year on the last Saturday in February, Unity Day is one of our most important OA "holidays" where we celebrate the things we all have in common: the program of recovery we work together, with the 12 steps, traditions and concepts.

For Unity Day this year, the Region 2 Diversity Committee has created a packet of information to help your intergroup and meetings honor Unity Day. Included are:

- **The new R2 Diversity Checklist**—You can use this inventory checklist at your intergroup and meetings.
- **Unity Day Flyer**—Try these ideas to celebrate Unity Day in your area.
- **Spanish Reach-out Flyer**—Use this list of available tools to reach out to Spanish-speaking compulsive eaters.
- **Diversity Literature List**—This handy list will help you make sure you have diversity literature for your meeting, intergroup or event.

The Unity Day packet was distributed to reps at the fall Region 2 Assembly (ask your Region 2 rep for a copy.) Although we are diverse in food plans, manifestations of our illness, ages, genders, cultures, languages, religious backgrounds, sexual orientation, and disabilities, we have one common purpose that unifies us into a cohesive group—to carry the message of recovery from compulsive eating, bingeing, starving, purging, or compulsive exercising.

We often wonder in our groups and intergroups what we can do to reach more compulsive overeaters. These Unity Day tools will give you new ways to welcome all compulsive eaters to recover in our rooms, regardless of our differences. This Unity Day, plan something special for your group or intergroup to celebrate our diversity and honor our unity as we focus on the common solution that unites us—the 12 Steps and 12 Traditions of Overeaters Anonymous.

Now...what are you doing for Unity Day?

Submitted by R2 Diversity Committee



## 2011 SPRING ASSEMBLY One Member's Perspective

Over the past twenty-five years I've been an active and abstaining member of Overeaters Anonymous, doing service at the group and Intergroup level. I excused myself from doing service at the Region and World Service levels, however, leaving that business to those better "qualified" to handle it. Only in the past few years have I had a desire to really find out what happens at a Region level. Perhaps there was some service I could do. I wouldn't know unless I attended a Region 2 Assembly to find out.

As a member of a very small Intergroup, with a very small Treasury, how would I be able to attend an Assembly without financial assistance? The good news is: Region 2 wants every Intergroup to participate in the Assembly. There are financial assistance programs in place that allow all Intergroups the opportunity to send Region Representatives (RR's) to the Region 2 Fall and Spring Assemblies. The Intergroup Funding Assistance Program (IFAP) and The Intergroup Assembly Scholarship Fund are great programs that are available to all of us.

But why attend an Assembly in the first place? Here are a few of the 2011 Spring Assembly Agenda items that I found most interesting and a good reason to attend:

**Committee Chair Reports:** Each committee (Bylaws, Diversity, Intergroup Outreach, Public Information, 12 Step Within, Young People and Assembly Planning) gives a report of the service they do to carry the OA message to those inside and outside of our fellowship. All Region Representatives (RR's) at the Assembly choose one of these committees to serve on. I choose to serve on the Bylaws Committee. Believe it or not I find reviewing and updating the Region Bylaws and Policy and Procedure Manual is an interesting, informative and exciting service!

**Intergroup Questions and Concerns:** This is the time for the RR's to bring up concerns and questions from their respective Intergroup. In one of these sessions I learned that our Intergroup is not the only one that is struggling. Many Intergroups face the same problem; how do we get people to do service? Because few people are willing to do service rotation of leadership (Tradition 2) is difficult to practice. I also learned that some of the larger Intergroups in our Region are successful in carrying the OA message to their communities in various ways. This was inspiring news to hear.

**Region 2 Trustee Report:** Our Region Trustee is the liaison between the Region and World Service. Her report to the Assembly informed us of what is happening at World Service. She spoke of the upcoming WSBC and the business motions that would be discussed there; the successful outcome of the 2010 World Service Convention that celebrated 50 years of OA recovery; and the OA Public Service Announcement that was shown on the CBS Screen near Times Square in NYC. I began to understand the Service Structure of OA—an upside down pyramid-better. The groups are at the top of the pyramid and World Service is at the bottom. We, the members of OA and our groups, World Service.

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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**

## 2011 WSBC Report

From the moment I arrived at the hotel, I could *feel* the energy, and I knew I was in for a life changing experience! Indeed, my first WSBC was amazing. I offer the following highlights:

**Business...**with a capital 'B'...my enlightenment of how business was conducted....2½ days of motions, amendments, debates, questions, and the opportunity to witness the wheels in motion. I realized that everything that has been created for OA is by the 'WE' not 'THEY' as all had opportunities for input. For my IG, the two most significant amendments were the addition to abstinence definition, and the Action Plan Tool definition/description.

**People...**to hear the speeches and witness the actions of the Board of Trustees, Region Reps, and IG Reps....I recognized knowledge, dedication, and the highest levels of service and commitment to OA.

**Committee Meetings...**the opportunity to meet with Public Information Committee for 1½ days was invaluable! We created an exciting new plan for mentoring and assisting IG's in need of PI help. I went expecting to gain knowledge, which I did, but I was also quite pleased to be able to contribute, as a PI summary I had written for R2 PI Committee was used as a guide for our PI priority plan of action for intergroups!

**Reunion with R2 Members...**our dinner together was memorable, and this and other R2 gatherings provided opportunities for meeting together, strengthening our working bond, and for enjoyable camaraderie.

**Green Dot Mentors...**another invaluable experience and opportunity...a chance to ask questions as each day progressed, and for 1 on 1 dialogue. I was *quite* fortunate to have THREE mentors...how did this happen? My first mentor was ill the first 2 days with a migraine, so she called in a second mentor who took over. Fortunately, the first mentor recuperated and these two alternated or we joined together for the remainder of the conference. The third mentor was actually 'unofficial' but so effective...my roommate!! I gleaned a lot from her over the course of our stay together, as she has been very active with OA since 1987. I consider myself a very blessed mentee!! I would hope to continue to give back.

**Serendipities...**this conference wasn't *all* business...we had opportunities for OA meetings, forums and workshops, and even several 'parking lot' meetings! One of my best sessions was a spontaneous lunch while I was waiting for my departure shuttle, and had time to join a R2 member I hardly knew, with an Alaskan, 2 from the UK, and an Australian for a quick lunch. We proceeded to have a great meeting on Step 4!

**Gratitude...**I am indeed grateful to WSO and R2 for stipends that made it possible for me to attend WSBC. I will do my upmost to continue effective service in both my IG and R2, (and other IG's to which I have been invited to speak). I find I have a definite increase in my commitment to service and to program.

Bette N, North Rivers Intergroup

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**Luncheon Speaker:** The message I heard loud and clear is that Abstinence and working the 12 Steps and 12 Traditions are a design for living that really work! The speaker shared about the life changes (including a 100 lb weight loss) that have been the result of her commitment to abstinence and service in the OA Program. I was reminded that the greatest form of service that I can do today is to make abstinence the most important thing in my life. From this abstinent place I am able to carry a message of hope to the still suffering compulsive overeater. There is life beyond the food and it is, as they say, Beyond my Wildest Dreams!

Hope to see all of you at the Fall Assembly in October. Contact Region 2 to find out how the Region can assist you in attending.



## 2011 World Service Business Conference

This was my first World Service Business Conference (WSBC) and I was in awe of the recovery, commitment and service shown by other delegates and trustees. It was an engaging, interactive and fun week. I really had no idea nor gave much thought to how OA functioned as an organization let alone a business. It was a wonder to watch and amazing to take part!

I arrived on the Tuesday of the Conference week, in time for 3 recovery-based workshops: "Sponsoring: Sharing the Gifts", "Concepts: Guide for All Who Serve", and a Longtimers' Forum, "Why We Keep Coming Back." I was so inspired by others' long-term and profound recovery and loved the way the OA Concepts workshop was delivered via a skit put on by the ten Region Chairs. The skit demonstrated in a humorous way what was acceptable and non-acceptable at an OA meeting. It was exciting to see OA represented around the world and all delegates converging in Albuquerque.

After dinner that night, the meeting room was filled with conference first-timers (a.k.a. Green Dots) who were there to learn about the Conference, voting and parliamentary procedures, what to expect and more. The conference is composed of five formalized business meeting sessions where voting takes place on a number of proposed bylaw amendments, motions, and literature revisions. Thank God for the Green Dot Mentors who helped all of the newcomers. I felt less overwhelmed having one.

A forum was held the next morning where we all participated in interactive activities revolving around recovery and abstinence. There were 20 tables, each with a question pertaining to a different aspect of recovery (i.e. physical, emotional, and spiritual). We were given 30 minutes to come up with our answers and then a representative from each table went to the front microphone and picked the top answers to read in 3 minutes. All answers were transcribed and posted at <http://www.oa.org/pdfs/Forum%20Feedback%2011.pdf>. Following the round table discussions was a lively game of 'Three-Legged Stool' where 4 teams competed by answering recovery-based questions to get the 3 legs needed for their makeshift stool.

After the forum, we broke out into a number of committee sessions. All delegates were to pick a committee to serve for the following year. Because of my profession as a Web Developer, I opted for the Web/Technology Committee. We first had to take a vote on whether to continue or disband the Committee because last year, the committee got into the business of making web sites and it turned into a situation where 2 to 3 people did all the work that would normally be done by service professionals. This year's committee opted to continue and came up with a new mission statement. The current mission is to assess technology and advise the OA Fellowship how to use the technology to carry the message in accordance with the 12 Steps & 12 Traditions of OA. The Committee serves as the hub for the exchange of technology information within OA. Three sub-committees were formed to 1) survey the OA Fellowship and service bodies on existing technologies and current needs, 2) look into using social media within the Fellowship, and 3) create a hub of information for technology exchange. Reports will be delivered quarterly and then at the end of the year for inclusion in the WSBC Summary Report next year.

On Thursday, we had our first business meeting session and they continued for the next two-and-a-half days. It was fascinating to watch the presentation of the motions and items to vote on; to hear the pros, cons, and questions and then to vote. It felt wonderful to have a voice in this process and to observe how group conscience truly does work for the good of OA.

The following are the main motions that were voted on (more details and motions, bylaws and literature revisions can be viewed at <http://www.oa.org/pdfs/wrap%20up%20report%2011.pdf>):

- Statement on Public Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2011 World Service Business Conference recommend against any OA member, group or service body endorsing (sponsoring, creating,

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funding or using) for OA purposes any public media of communication where the personal anonymity of OA members cannot be maintained.

ABOVE MOTION WAS ADOPTED

- New Business Motion

Move that the 2012 WSBC Business Meetings I-V be simultaneously Web cast.

ABOVE MOTION WAS DEFEATED

- Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining healthy body weight.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

ABOVE MOTION WAS ADOPTED

- New Business Motion

Move that the Overeaters Anonymous Fellowship bestow the title of founder to Rozanne S.

ABOVE MOTION WAS ADOPTED

- New Business Motion – Amendment to WSBC Policy 1990

The World Service Business Conference of Overeaters Anonymous suggests that intergroups, regions, individual groups or any other sponsoring service bodies refrain from publishing the names or non-OA titles of speakers/leaders at OA functions in any informational materials (flyers, newsletters, etc.). OA service titles (but not names) may be used when a speaker/leader is performing the service responsibility of his or her OA office.

ABOVE MOTION WAS ADOPTED

- Move to grant the Conference Seal of Approval to the revised pamphlet, The Tools of Recovery

(Added the following section)

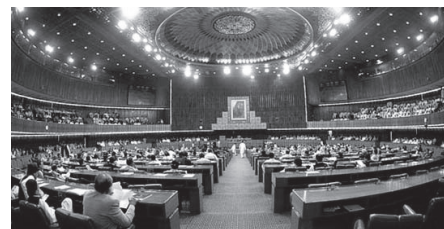
#### Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

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### ABOVE MOTION WAS ADOPTED

Saturday was our last voting session and also our last committee meeting in which we submitted a report and goals for the upcoming year. Saturday night's banquet, entertainment and dance were a lot of fun and a reward for hard work done during the week.

I thoroughly enjoyed the conference, meeting new fellows, and being part of something MUCH bigger than me, my Intergroup and Region! Thank you for allowing me to attend and be of service and best yet, serve as the voice for the San Fernando Valley Intergroup!

Submitted by Shari B., San Fernando Valley IG, June 1, 2011



### R2 Booth at the California Dietetic Association's Annual Meeting &

R2 invited Foothill Intergroup to participate in the California Dietetic Association's (CDA) Annual Meeting & Exhibition, which was held at the Pasadena Convention Center April 28-30, 2011, in Pasadena, CA. Pasadena is part of the Foothill Intergroup and so we were happy to accept the invitation to spread the OA message.

Foothill Intergroup set up the R2's OA booth display and welcomed nutritionists from across California to talk to and learn about the program of Overeaters Anonymous in California and on the International level as well. We passed out information to over 100 nutritionists during the six hours (2 hours Friday, 4 hours Saturday) of the trade show. While the booth was open Thursday from 6:00 to 8:00 pm, approximately 40 people stopped by and heard about the OA program and picked up our information packets. On Friday, from 10:00 am to 2:00 pm, as people came to the booth and picked up our information and asked questions, we had a count of 71 Registered Dietitians (RDs) and interested persons. Some of the nutritionists were very familiar with OA and had recommended OA to their clients. We really enjoyed talking to the nutritionists and also to the intern nutritionists who requested our meeting lists, the websites to WSO, Foothill, and the Los Angeles, Sacramento, San Francisco, San Gabriel and San Fernando Intergroups.

An RD from the State of CA Corrections stopped by and told us how much the OA program could help women in the prison system in Corona, CA, where she works. We gave her the website for her area. (R2 board will follow up to see if the Corona area Intergroup might be interested in sending a panel over to the prison, or, at least to send along OA literature to this RD.) One of the directors of the CDA stopped by and thanked us for participating at this year's meeting and exhibition. The exhibits coordinator was very helpful too.

We also learned about the CDA. The CDA was founded in 1924, and its primary purpose is to oversee and protect the regulation and scope of practice of RDs, to support their roles in the delivery of healthcare; and to promote informed food decisions by consumers. Members work in many arenas, including hospitals, research facilities, public health agencies, colleges and universities, health and fitness centers, school districts, private practice, corporate America and with the media. This is good news for all intergroups as it presents an opportunity to send literature to the above agencies which I'm sure are listed in all phone directories and on the Internet.

It has been a pleasure to represent Overeaters Anonymous at this exhibition. We learned that next year the annual meeting and exhibition, "Healthy New World," (which, at first I read as Heal Thy New World ~

yep, I'm an OAer) will be held in Ontario, CA, April 26-28, 2012.

Respectfully submitted,

Judy D., Foothill Intergroup of Overeaters Anonymous.