

WHAT'S NEW?



OVEREATERS ANONYMOUS - REGION II

OCTOBER 2017 | BIENNIAL NEWSLETTER

MANY PATHS, ONE SOLUTION



A NOTE FROM THE EDITOR

Welcome to the Region 2 Fall Newsletter for 2017.

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

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

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

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

R2 MISSION STATEMENT

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

WWW.OAR2.ORG

We have made several changes to the R2 Website. To help keep our membership informed, you can now sign up for an Automatic Email that we will send out 6 times year. It is called "What's New at R2".

This email will have direct links to the latest R2 Events, Conventions and breaking news on new Literature etc.

The Region 2 Convention speaker audio files are now available through a dedicated podcasting service. This means you can listen to speakers on your phone (iPhone and Android) anytime, anywhere.
<http://www.oar2.org/convention/speakers>



SAVE THE DATE!

2018 Spring Assembly:
April 13-14

2018 Convention:
June 29 - July 1

Northern California Location
Sacramento, Crowne Plaza

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BY ANNE O., R2 CHAIR

In May, I attended the World Service Business Conference (WSBC) to represent R2 and all of the Intergroups and unaffiliated groups that were not able to send a delegate. See the WSBC report for details.

I was selected as Vice Chair of the Region Chairs Committee (RCC) and my first duties included collecting travel information for our August meeting in Albuquerque and our September meeting in Denver. In Albuquerque (August 24-26), we will meet with the Board of Trustees as well as meeting as the RCC. All 10 Region Chairs will be there and we will be reporting on the projects for this year.

I am leading a project to create podcasts, one of which will be in Spanish or French. We hope to have our first podcasts ready by the first of the year. Once a year, the Region Chairs visit an assembly of one of the regions. This year we are visiting R3 in Denver September 14-17. They have a combined Assembly and Convention and each of the Chairs will be speaking at different workshops. Our R9 and R10 Chairs will not be able to join us; it is too costly to attend meetings in August and September when you are coming from London and Australia. In 2018 at the R2 Fall Assembly, we will be hosting the Region Chairs.

I attended the R2 Convention in Costa Mesa and was privileged to speak at one of the workshops. It is always fun to attend OA events and see people that I haven't seen for some time. The speakers and workshops were great and there was so much recovery in the rooms.

July 28-30 was the Mexico Congress held at a wonderful resort an hour outside Mexico City. Hanna and I presented a workshop on Unity as well as hosting a Q&A session. Most of the people attending did not speak English and neither Hanna nor I speak Spanish. We both had translators in the workshops that were very helpful. Our Vice Chair, Carolina, was our host and took very good care of us. It was very interesting to hear the Steps, Traditions, Serenity Prayer and OA Promise in Spanish at all the meetings. And the best part was the love and acceptance and support that could be felt all over and didn't need a common spoken language to be expressed. There were lots of hugs (universal language) and kisses on the right cheek. During the opening on Saturday morning, each of the 31 groups that was represented at the Congress made a sign and when their group name was called they came up front with their sign. I've never wanted to take a photo at an OA event as much as I did at that time! They were also live broadcasting the main meetings for the people who could not attend.

PUBLIC INFORMATION COMMITTEE

The goal of the PIC was to reach out to bariatrics centers within R2 and approach a contact person with the list of questions made at the Spring Assembly and appropriate literature. And to distribute posters supplied by Works Service for posting on various community boards.

Things that have been accomplished: 1) chose one piece of literature and 2) chose two OA posters

Eva Z. supplied the committee with an amazing Poster Distribution Form. She reports that only 18 of her posters were taken for distribution and never heard back from them. Barbara M. supplied the committee with a Guidelines for meeting with bariatric professionals.

Denise M. got OALAIG to fund a start of 25 posters. They are currently having a stamp made with contact information to put on the pull tabs. ProJect was delayed when WS stopped printing the original pictures. Shortly will be distributed.

Karen took posters to the "half day event" and attends to a monthly support group organized by a bariatric surgery group. Surgery candidates have to attend before and after the surgery. Karen noticed that the ones who have had recent surgery are in their honeymoon and do not want to know anything about programs or literature.



DIVERSITY

Last spring the Unity with Diversity Committee comprised all new members. Continuing with the work of former committee members, as outlined in the previous assembly newsletter, we devised new ways to reach out to our Spanish speaking fellows and newcomers.

Our main goals were to (a) compile a list of Spanish speaking contacts in Region 2 to be handed to newcomers who wished to connect with Spanish speakers and (b) continue producing and distributing Spanish language newcomer packets.

Input from World Services later informed us of the decrease in demand for Spanish language literature, which is now out of print. We will be putting together a final 35 Spanish language newcomer packets, with material donated from World Services, which we will distribute to Region 2 meetings in need, along with a Spanish speaker contact phone list.

To maintain anonymity on the Internet, we request the contact list not be posted online, but maintained for individual meetings and fellows who can request a copy of the list via email. Individual meetings can then make copies for their own use. Inquiries should be addressed to Communications, which will have access to the list, to be maintained by the Unity with Diversity Committee. Any fellows who wish to add or remove themselves as contacts, or make changes to their information, should also contact Communications.

Finally, to spread the word about the contact list, we seek to include a message in the Region 2 newsletter, as well as one on the Region 2 website.



YOUNG PERSONS COMMITTEE

The R2 Young Persons' Committee would like you to consider signing up on the R2 Website as a Young Persons' Speaker. The Committee wants to increase the number of members who can focus some of their experience strengthen and hope towards young people to help carry the message. In OA a Young Person is defined as anyone from 18 years of age to 30 years of age. If you have experience in recovery from the ages of 18 to 30, you can identify as a Young Person speaker so long as you have worked up to Step 5 and have at least two years of abstinence. Please consider identifying as a Young Person speaker by going to the R2 Website and signing up.

In addition to helping spread the message by obtaining more Young Person speakers, the Committee worked with representatives from the Spring 2017 R2 Convention to support a YP Workshop at the Costa Mesa Convention. The Committee also distributed the YP Fact Sheet at the convention to make the region aware of ways for young people to get plugged into OA. A final project that the Committee is working to develop is an YP Strategy Sheet to be sent throughout the Region to encourage more efforts to reach out to young people. I wish to express my thanks to all members of the R2 YP Committee for their service and efforts this year.

INTERGROUP OUTREACH COMMITTEE

Chair - Bahati Meadows

Vice Chair - Jill Stephens

Region Liaison - Hanna Schwamborn

At the Spring 2017 Region 2 Assembly the Intergroup Outreach Committee decided to continue working to encourage unaffiliated meetings to register with an intergroup. In the past, we contacted the intergroups and encouraged them to contact unaffiliated meetings in their area. This time we took a different approach and decided to contact unaffiliated meetings directly. The Committee wanted to learn why unaffiliated meetings did not register with an intergroup. By contacting meetings directly, the Committee aimed to have conversations with members to learn how the intergroups and Region 2 could help support them and the meetings with their recovery.

As a Committee we worked on the following projects:

- Contacted unaffiliated meetings directly and provided detailed instructions for how to register with WSO.
- Provided unaffiliated meetings with a list of benefits of being affiliated with an intergroup and Region 2.
- Contacted intergroups in Region 2 that have not attended the last two assemblies to find out how we can encourage and support their attendance.



UNA SEGUNDA OPORTUNIDAD

Yo nunca pensé que tuviera una enfermedad de este tipo, nunca pensé que mi adicción a la comida se manifestara de tantas formas, es más, nunca pensé que fuera una adicta. Tengo poco más de 4 años en el programa de comedores compulsivos y apenas estoy enterándome que toda la vida me había refugiado en la comida. El dolor que toda mi vida se hizo presente en cada uno de los momentos me hicieron pensar en tantas veces que les gritaba a mis hijos, tantos trabajos que perdí por mi vida ingobernable, por andar en chismes, por faltar a trabajar por estar indigesta por un atracón de comida, por estar enojada o simplemente por querer faltar. Soy maestra y en los últimos tiempos antes de llegar a OA, mis clases las impartía sentada, comiendo o simplemente haciendo nada. Veía como muchos de mis alumnos se acercaban a compartirme sus sentimientos o un abrazo, muchas veces los rechacé, otras los aceptaba de la misma manera. Siempre mi vida había estado llena de excesos, siempre de extremos, o era todo o nada, estabas conmigo o estabas en mi contra.

En ese entonces, cuando estaba en el activo de comer compulsivamente mi Dios era la comida o el dinero, pero poco a poco lo llegué a perder todo, perdí mis trabajos, perdí mi carro, perdí mi matrimonio, perdí mis ahorros, perdí amistades, perdí el poco sano juicio y la fuerza de voluntad. Perdí también la confianza de mis hijos, perdí la confianza en ese Dios que algunas veces le reprochaba mi peso. ¿Por qué me hiciste gorda? ¿Por qué no puedo amanecer delgada? ¿Por qué me haces esto? Eran algunos reclamos que solía repetir noches seguidas.

Siempre me gusto controlar a la gente, lo que tienen que hacer o lo que tienen que decir. Yo había pensado en que pediría si Dios me diera a elegir un súper poder. Sin duda sería el de leer la mente de las

personas para saber que piensan o que quieren, control a final de cuentas. Hasta que me cansé de luchar, me rendí, yo no puedo y nunca podré sola.

El trabajo del programa a lo largo de estos 4 años, me ha dado una perspectiva de vida que jamás imaginé, he tenido una pérdida de peso de 39 kilos, soy una mujer de 39 años que está aprendiendo a vivir. He aprendido que la comida no es un refugio y que no me va a solucionar ninguno de mis problemas, el regalo de una vida nueva, el regalo de OA. Dios me ha obsequiado unos lentes nuevos para ver la vida como vida, para ver mi maravillosa profesión, mi maravillosa familia, mis hijos. Tengo 9 años en mi nuevo matrimonio y también eso me lo regaló Dios, un buen hombre que entiende mi condición y me apoya siempre. Me regaló una segunda oportunidad, estaba desahuciada, estaba muriendo en cada bocado que daba. Mi vida era ingobernable, estaba en las garras de una enfermedad progresiva, degenerativa y mortal.

Hoy gozo de la libertad de la comida, hoy vivo mi programa de 12 pasos, no ha sido fácil, me ha dolido la realidad en la que vivía, me ha dolido voltear al pasado y ver las cosas que hice. En el 8 y 9 paso he podido recuperar gran parte de mi pasado y guardarlo en un libro del cual puedo ir a hojear cada que necesito examinar los comportamientos que me pueden llevar de nuevo a lastimar a esas personas.

OA me ha salvado de morir, pero no solo mí, OA salvó a mis padres de perder a una hija, salvó a mis hijos que quedar huérfanos. OA salvó a mi esposo de quedar viudo, a mis alumnos de perder a su maestra, a mi hermana la salvó de sufrir el dolor de perder a su hermana. Y así puedo ir aumentando la lista. Sé que el Dios que concibo no es el mismo al cual le pedía dinero, comida o poder.

UNA SEGUNDA OPORTUNIDAD

El Dios que ahora cuida mi vida me regala abstinencia un día a la vez, me ha regalado unas nuevas gafas para ver con ojos espirituales y poder servir a los demás. He vivido una experiencia espiritual que nunca pensé vivir. Estoy feliz de pertenecer a los miles de hombres y mujeres que se integran a las filas de los que se recuperan. Hoy en día no me formo en la fila de las bendiciones materiales, hoy estoy en la fila de las bendiciones espirituales, mi espíritu está recuperado de egoísmo, de egocentrismo, de miedos y de deshonestidad. Practico mi programa diario, meditando, orando y manteniéndome en contacto con el Dios que me tendió la mano mediante OA y me saco de la basura y lodo en el que me encontraba. ¿Por qué te fijaste en mí? ¿Por qué decidió salvarme a mí? En veces me pregunto, inmediatamente viene la respuesta. “Tú eres el conducto por el cual voy a salvar a muchos más que sufren lo mismo que tu”.

Hoy tengo la oportunidad de ofrecer servicio en mi reunión, en la región y en la oficina mundial, es una bendición poder compartir con personas que viven la recuperación como yo la vivo, intercambiar palabras, compartir el sufrimiento y también como hacen para recuperarse. Me gusta escuchar compartir, me gusta levantar mi mano cuando preguntan por padrinos disponibles. El servicio me hace libre, me hace olvidarme de mí. Dios me mantiene de pie, a salvo y pido poder escuchar su voluntad un día a la vez.

Gracias OA.

Vianca C.

Mexicali, Baja California. México.



TWELVE STEP WITHIN COMMITTEE

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

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

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

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



2018 OA REGION 2 CONVENTION

Mark your calendars! The 2018 Region 2 Convention will take place in Sacramento from Friday, June 29, to Sunday, July 1, 2018, and you will not want to miss it! From the Friday night musical ("The Sound of Recovery," a good-humored riff on "The Sound of Music") to the workshops, speakers and gently worn clothing boutique, the weekend will offer up countless fellowship opportunities.

The convention motto is, "Together We Can." Need we say more? See you in Sac!



**Together
WE CAN**



Join us in Sacramento for the

2018 OA Region 2 Convention

June 29 - July 1

**Crowne Plaza
Sacramento Northeast**

Check www.oar2.org/convention/upcoming
for the latest details