

WHAT'S NEW?



Overeaters Anonymous Region 2
carrying the message in California, Mexico, Hawaii and Northern Nevada

REGION 2 CONVENTION

June 26-28, 2015

Town & Country Resort and Convention Center -
San Diego, California



I put my hand in yours

0AR2.org San Diego 6/2015

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Put your hand in ours in San Diego. We have a great Convention planned, but it will be even better if YOU come. A great location, trolley transportation to popular places like the Gaslamp, Old Town. A mall with loads of shopping, restaurants, and movies within walking distance. Not to mention the great OA fellowship. Don't miss it!
Your 2015 Convention Committee

Top 10 Helpful Things for Recovery

By Shae I.

A friend picked up this idea from Lifeline magazine and wrote her own top 10 list. That inspired me to make one, too. In no particular order, here are 10 program tools, slogans, and suggestions that have been a huge support to me.

1. Keep it simple
2. This too shall pass
3. A daily meditation and prayer practice, no matter how brief
4. Writing a daily 10th step and reading it to my sponsor
5. Stepping up my number of meetings, phone calls, or actions in service -- all or any of those things, without delay -- if either my food or my mind starts to slip

6. Pages 86-88 of the Big Book as a basic prescription for daily life
7. Having a sponsor and being a sponsor
8. A 90/90 (ninety meetings in ninety days) for deepening my relationship with Higher Power and strengthening my commitment to recovery
9. I avoid the trap of thinking my food choices will become better, clearer, or easier just as soon as my life calms down. Now I know the opposite is true: Being clear about my food fosters sanity in the rest of my life.
10. I'm honest about my food. I turn my food over to my sponsor either by recording what I eat and reporting it the next morning or by making a plan for the day and sharing it before I get started.

What's on your list?

Region 2 Trusted Servants

Nancy J., Chair----- chair@oar2.org
 Linda M., Vice Chair----- vicechair@oar2.org
 Alex M., Secretary----- secretary@oar2.org
 Jerry J., Treasurer----- treasurer@oar2.org
 Maureen H., Events Coordinator ----- events@oar2.org
 Betty Jean, Publications Coordinator ---- publications@oar2.org
 Meg H., Trustee ----- trustee@oar2.org
 Joyce F., Admin. Assistant ----- admin@oar2.org
 John K., Webmaster ----- webmaster@oar2.org

Region 2 Committees

- 12th Step Within
- Bylaws
- Diversity
- Intergroup Outreach
- Public Information
- Young People

R2 Rep Service

By Cathy L.

As an Intergroup representative to our Unity with Diversity Desert Intergroup, I have had the great service opportunity of participating in our Region 2 Assemblies three times. As a "green dot," (the loving designation for first-timers), I was nervous and uncertain of what to expect. I had a warm, friendly mentor to guide me through the process at the Assembly and the good fortune to make my selection to serve on the Young Persons' Committee.

Each Assembly I have attended has had a different Committee Chair, and each one has helped me learn more about myself and our OA program of recovery through the 12 Steps and through service. The most recent Committee from our Assembly in San Francisco this past March, actually has a "YP" as our chairperson, and we have been led to be even more proactive and productive.

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Things I Learn in the Program

1. Love myself and others unconditionally and without judgment
2. It's not my job or anyone else's to be perfect
3. If I can't imagine life without a certain food item, I probably shouldn't be eating it
4. It's not my business what others think of me
5. Experiencing emotions, negative or positive, should not be an excuse to eat
6. It's ok to deny food when I'm not hungry or of it's not on my food plan, even with people insisting or taking offense
7. I cannot control other peoples actions or reactions, I can only control my own
8. If I'm having issues and I can't get a hold of anyone, it's God telling me to depend on Him this time
9. My disease is sneaky and only the steps and my HP will help open my eyes to the deception
10. This program will save my life and keep me sane and healthy, but only if I allow it to

~ Alys G from El Paso, TX

"Chat with the Chair"
 2nd Sunday of every month
 from 8-9 pm (PST)
 Call Nancy J at 605-475-4000
 (Call ID: 326612)



Finding Balance

By Cat T.

I have come to realize through our wonderful Overeater's Anonymous program that my emotions are the fuel that feed my mind. Why does that mean that I have to put food in my mouth? I have to learn balance in dealing with my emotions in order to have harmony in all aspects of my life, not just with the food. How do I learn to strengthen my inner teeter-totter so that it isn't up or down all of the time?

As a compulsive eater I know that in my life, in my disease, everything is black & white, all or nothing, fantasy or reality, weight up or weight down, night or day, up or down.....you get my drift, right? I had never experienced a middle ground, never.

In Overeater's Anonymous, I have been given tools with which I can learn to balance my feelings and emotions and not feed them with food. I can visualize in my mind trying to stand on one leg. It is a struggle to keep my balance. The longer I am

on one leg the harder it is to keep my balance. This is part of my new thought process. I am perfectly capable of standing on one leg for a short period of time, but in the long run I need the support of my other leg to be comfortable. This is my new action plan; to be comfortable with myself. I am learning to accept that it is better for me to find balance by getting support for each emotional situation as they occur. That support can come from my Higher Power, my sponsor, my OA group, or my family. In this way, I can do my best with each situation, one at a time. I can deal with each condition without struggling to hold my balance in anticipation of what may happen. If I don't use my support system to help balance myself, I feel vulnerable. If I am vulnerable, then fear sneaks in and I may fall.

I am learning that I cannot & will not live my life as if I was on a teeter-totter - either up or down. I need the stability that balance can give my life right now. I am so thankful to the Overeater's Anonymous program for making me aware of my life and giving me the tools to manage it, so that I CAN find balance!

DEAR FRIEND,

Just for today, I can be happy. If I think I am not happy, I can act as if I am happy. When I make a decision to act as if I am happy, I have to think about what that would look like. To see what that would look like, I look at you. When I see you in a meeting, at an Assembly, at a Convention, I listen to your experience, strength and hope. I learn what to do to act as if I am happy. This is a "We" program.

There have been some really big ups and downs and ups for me this year. It was not painless, but I did not anesthetize with food to numb my feelings. As I turned to my Higher Power, God, and gave Him everything, even things I did not want to give Him, He gave me so much more. I am happy to say I have landed on my feet, over and over again. Sometimes I stumble a little, but when I start to lose my balance, I use the Steps. I am learning one day at a time that I am powerless over food, as well as everyone else in my life. I can be an influence for good; I can make decisions for myself that are good for me; I can say no; I can say yes. I can make mistakes, and learn from them. Relationships have been damaged, but sometimes the damage needs to happen before there can be a cleansing. We do not have to be in sick relationships. Cleanses get the relationship real. After the cleansing, there can be a healing.

Acceptance is a gateway to healing. I can't, God can; therefore, I choose the "God Can". By making a decision to turn my will over to His, and truly seeking His way, I have always found myself, right where I should be. Sometimes this means doing the opposite of what I want to do. Sometimes it may seem ridiculous, and I tell myself, "You can't do that! You already told someone you would, now you must! I can change my mind, even if it is something life changing. If I do not allow F.E.A.R. to rule my conscience or influence my decisions, I have no F.E.A.R. I turn it over to God, as I understand Him.

Hope this made sense; sorry for not putting in the details. To keep the anonymity of the relationship, I am not including the details in this letter. Maybe next time we meet, I can share more. Until then, Keep Coming Back, It Works! I will keep coming back, and when I do, I hope to see you!

Linda M.

NEW - R2 Email List

If you wish to subscribe to the Region 2 e-mail list, just send an email to R2Rocks@oar2.org.

We would appreciate it if you would include your name with last initial, your phone number, and your e-mail address. We suggest that you not use your work e-mail address. We all change jobs at some time or another and we do not want to lose contact with you. Again, you can unsubscribe at any time.

REGION 2 CONVENTION 2014

The 2014 Region 2 convention was a huge success. 424 OA members and friends gathered in Burlingame, CA July 4-6. We had a glorious weekend sharing program, fellowship, shopping, dining and dancing all while raising money to help the region carry the message of recovery. Exact dollar amounts raised will be available by the Fall assembly. Looking forward to seeing everyone in San Diego in 2015.

Helping Me Grow Up

By Colleen T.

This program is helping me grow up emotionally. This program has given me my right size body back. This program has taken my spirituality to new lengths. I never thought a 12 Step program held in rooms full of strangers could do that. But in fact God did, I became willing and He did the rest. I suited up, showed up became willing to help serve. I am living proof that the 9th step promises are true. I love each bit of the 9th step promises but if I had to pick just one line it would be the one that tells me that God is doing for me what I haven't been able to do for myself.

Find and Register Email Loops on www.oa.org

At WSBC 2014, the delegates approved courtesy listings for email loops. To register your loop or learn more about the new WSBC policy, please go to <http://www.oa.org/email-loops/> or look in the "Meetings" drop-down menu. The new list of registered email loops will be updated and published monthly.

How Marin IG is using the email loops

"Uniquely recovering with gratitude. The Marin Intergroup has found a way to use Google groups to share daily gratitude's. I came into it after it had been established finding out about it during one of our pre-meeting walks. Simply by requesting an invitation you can post your gratitude's and get the benefit of reading others never knowing when you might hear just the thing that gives you pause and being able to hold others up in prayer when they share their struggle." ~ Betty Jean

Living Free

By Theresa C.

The biggest gift I've received from program is a life free of fear. Before OA, I thought I was happy when I isolated myself and ate to my heart's content. I skipped parties, events, and even drinks after work with co-workers because I thought I was happiest at home, all by myself. How wrong I was.

After more than two and half years in program and having worked all of the 12 Steps, I can look back and see clearly what my problem was. Fear. I know now that fear is what held me back. Fear of looking fat and my clothes not fitting. Fear of scrutiny and rejection. Fear of failure. Fear of change.

Fear prevented me from really living and actually enjoying my life. Once I surrendered my will to my higher power, and trusted God would help me, I took a first step toward freedom. Once I got abstinent, my mind began to clear and I could see situations more clearly than before, and that nasty internal voice began to subside. Once I started facing my past and accepting it for what it was, I was freed of the bondage of self.

The more I shed my fear, the more willing I was to embrace life. When a fellow member asked me if I wanted to share a set of dance lessons with her, I accepted without hesitation. I had a great time, and of course I wasn't perfect but that was fine with me. When a friend from high school, whom I hadn't seen in years, asked if I wanted to take a weeklong cruise with her, I readily agreed. When I had surgery last year, felt and looked bad and was required to walk and move about, I strutted around the park across the street in my pajamas. I could care less what anyone thought. I knew the reason why I looked the way I did and that's all that mattered.

I absolutely couldn't have banished my fear without program. Living free and easy, embracing life and all it has to offer, is available to me only if I maintain my spiritual fitness, abstinence and my willingness. It's a small price to pay, and the return on my investment is so great I'd be crazy to give it up. Program is what keeps me sane, balanced, happy and free.

WSBC 2014 Strategic Planning Notes

During the World Service Business Conference, a Strategic Planning workshop was held, the goal of which was to brainstorm and share ideas based on the 2014 BOT Strategic Plan. Here are the top ideas from your delegates. Please feel free to share them with your groups. What can we do (take home) to increase actions on abstinence?

- Have a newcomer plan
- Difference between a plan of eating and abstinence education (this is more specific than an action plan)
- Service and all the tools
- Qualifying literature-focused meetings
- Sponsors identify themselves at break, talk to newcomers or maybe even have long-timers take them aside to talk to them
- Intergroups – add “how are we helping members?” on agenda every month, have Web materials available (e.g. Strong Abstinence Checklist) for reps
- Workshops on how plans of eating help abstinence
- Strong Abstinence Checklist and talk about it at meetings – share ways to use it
- Don't make food the enemy. Do we have to have a group conscience to be able to mention specific foods?
- Fellowship after the meetings
- Qualify when we share
- Need for more sponsor workshops
- Encourage meetings be open to new ideas, if needed, do group inventory

STARTING A PHONE MEETING

Nancy Region 2 Chair

Congratulations on your desire to start a meeting! Virtual meetings are really taking off, thanks to members like you who have a desire to carry the message.

Usually the main concern seems to be about free teleconferencing. A search on the internet for a free or no-cost conference calling lines will provide you with some options. OA does not host phone meetings nor does it endorse any particular no-cost conference call service.

When you select conference calling service you will be guided as to how to register and be provided with a phone number and pin code. There is no cost for this service; however members may incur long distance charges. Members may investigate options such as calling cards, Voice-over-internet providers such as Skype or Google Voice, or cell phone plans to see if it would minimize their expense.

Keep in mind though the conferencing service is not an expense, members are encouraged to support the OA World Service Office through regular contributions.

Have you done service on a phone meeting? That's a great way to learn about how things work, see how moderators function and learn about the Traditions. Some phone meetings have moderator training workshops. If you are interested let me know and I'll get more information for you.

Here are some guidelines to get you started:

1. Order the OA Handbook <http://bookstore.oa.org/products/120-oa-handbook-for-members-groups-and-intergroups>
2. Download Strong Meeting Check list - <http://www.oa.org/pdfs/strongmtgchecklist.pdf>
3. Download Seventh Tradition pamphlet - <http://www.oa.org/pdfs/seventhtradition.pdf>
4. Download the suggested meeting format - http://www.oa.org/pdfs/suggested_meeting_format.pdf
5. Select a telephone conference line for your meeting, so you have a phone number and an access code.
6. Register online at <http://www.oa.org/wso-agreement/>
7. Check out the OA Group Support link for resources for groups new and established - <http://www.oa.org/membersgroups/group-support/>
8. At your first group conscience, elect a secretary to serve as both the WSO contact and to set up a schedule to insure there will be a leader for each meeting session.
9. Train meeting leaders about the traditions of OA (The Twelve Traditions Pamphlet and the last part of the OA 12 & 12 are very helpful) and how to use the conference line. If you need help, I will be happy to arrange for a virtual Traditions workshop. (info@oa.org)
10. Let people know about your new meeting - attend other phone meetings to carry that message, and post notices on virtual bulletin boards

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Our Committee, with help from our R2 Treasurer, Jerry and with support from the entire R2 Assembly Reps, was able to increase the size of our budget to allow us to take action that will be received by all of our registered R2 Intergroups. Our YP Committee is in the process of purchasing enough newly revised OA Young Person's packets to be able to mail one packet to every Intergroup. The packet will be accompanied by a letter from our Committee requesting that each IG consider purchasing some packets to be given to the meetings within its Intergroup.

We are hoping that by providing groups with some of these new packets, we may increase our outreach to young people who might not be aware of our OA Twelve Step Program, and perhaps "attract" some newcomers in the YP age group of 18-35 years of age. We hope each Intergroup will be on the lookout for our letter and sample packet and will consider our suggestion for this action.

I am so grateful to be a member of OA recovering one day at a time. This opportunity to give back what has been given so graciously and generously to me continues to bring me joy and improved conscious contact with my Higher Power.

In love, gratitude, and service.

WSO Dates to Remember

November 1 – deadline for WSBC Delegate Support Fund from WSO (applications on oa.org)

December 1 – deadline for WSBC New Business Motion and Bylaws Amendment proposals

December 29 – Delegate Registration forms due to WSO

April 27-May 4, 2015 World Service Business Conference in Albuquerque, NM: "The Miracle of Abstinence!"

August 2015 – Applications for R2 Trustee due to R2 Secretary

September 1-4, 2016 World Service Convention in Boston, MA: Recovery: "The Trail to Freedom!"



R2 Dates to Remember

October 24-26, 2014

R2 Fall Assembly
Town & Country, San Diego

March 20-21, 2015

R2 Spring Assembly
Town & Country, San Diego

June 26-28, 2015

R2 CONVENTION
Town & Country, San Diego

Service Is It's Own Reward - The OA Mexico Congress, Ensenada

I was thrilled to travel to Ensenada, Baja CA Norte for OA Intergrupos Mexicanos (Comedores Compulsivos Anonimos,) August 8-10, 2014. I traveled with our R2 Trustee, Meg, who would be leading three workshops at the convention. We had a beautiful drive south and were joyfully greeted by members from Intergrupos from all over Mexico. Many people knew our trustee from her years of service. I was, and am, a newcomer to service beyond the Intergroup.

Although my ability in Spanish is rudimentary, I was delighted to listen with my heart and be assisted with translations along the way. Meg's first workshop for the "Madrugadores," (Early Birds,) was 7:00AM Saturday morning, "Sharing Stories of Rozanne." The warmth and love in the room was evidenced by smiles, embraces, prayers, and the Mexico OA tradition of a hug and a wish for "Happy 24 hours of Abstinence," (Felices 24 horas de abstinencia.) The workshop was followed by the welcome ceremony and a parade of the banners from each Intergroup. There were more hugs, more wishes, and many photos.

Meg began her second workshop of "Recovery from Relapse" at 11:00AM. As she stepped from the podium, she stumbled, fell, dislocated her knee, and severely fractured her left tibia. From that moment forward, I was acutely aware of my dependence upon others and that my Higher Power was carrying me.

She was rushed to the hospital, accompanied by Carolina, her friend and OA member. They returned after the leg was in a straight cast from toes to upper thigh. Meg knew surgery might be required, and the doctors suggested that she have it done at home. Step by step, minute by minute we proceeded through the next several hours. Some members brought the medical supplies we needed. Everyone offered their service. Our OA neighbor at the hotel was an orthopedist—yes, truly! (Only God could have provided this to us.) The doctor wrote prescriptions for anti-inflammatory and pain medication to help keep Meg comfortable. Meg's husband secured two airline seats to accommodate her cast for a flight home the next day. I performed all of her "valet" and health and hygiene assistance. I was also an approved driver for the rental car.

Knowing she could not deliver her final workshop, Meg asked if I would be willing to do this service. I agreed and felt honored to become an active participant in the Congress. So, at 5:30AM Sunday, I aided Meg with her hygiene needs and prepared myself to speak at the "Madrugadores" workshop about—WHAT ELSE? SERVICE...!!!

I mustered my resolve and prayed, "Please God, give me the right words, the right thoughts, the right actions. Thy will, not mine, be done." I shared about being in such gratitude for my new life and years of recovery. I shared about being able to assist Meg with her intimate personal care and being asked to lead a workshop for her. I thanked my new OA friends for their love, their Program of Recovery, and their patience with my limited Spanish. I said, "I'm sorry, I am not Meg." Someone from the room called out, "No, you are Cathy." I cried. I shared about my fear of the drive back north, and together, we all pointed toward the sky; I said, "It will be by my hands on the wheel, but I will not be the driver. The driver will be God."

For me, the Mexican Congress was full of love, many challenges, and the OA Program of Recovery; and, gratefully, Meg and I have both arrived safely at our U.S. destinations. She has a recovery road ahead, and I will hold her in my heart and prayers. OA, for me, has meant life, love, recovery, and gratitude every day. I thank my fellow OA's and my Higher Power for allowing me to serve. The reward is my life of Abstinence, Happiness and Usefulness.

Cathy L - Unity With Diversity Desert Intergroup