

WHAT'S NEW?



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



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Annual Region 2 Convention Heads Northbound for 2016

When: June 24-26, 2016 | Where: Crowne Plaza San Jose – Silicon Valley (Milpitas, CA)

Referred to as the “Crossroads of Silicon Valley”, Milpitas will be the location of the Annual Region 2 Convention in 2016.

The committee has been hard at work developing a diverse program focused on recovery from compulsive eating through the 12 Steps of Overeaters Anonymous. The theme for the convention is “Joyful Journey, Stepping Into Freedom.” Special focus and marathon meetings, workshops and keynote speakers will motivate and inspire. You can also expect lots of opportunities for fun and fellowship at the convention, including a “New to You” Boutique, Silent Auction, Opening night and Saturday evening entertainment.

Did you know that the annual convention is Region 2’s biggest fundraiser? By attending you help carry the OA message in a very special way throughout the region!

Be on the lookout for information on registration and other updates in the coming months and help spread the word: A very Joyful Journey awaits you in Milpitas June 2016!

Lynn K., 2016 PI Chair

Region 2 Trusted Servants

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

Region 2 Committees

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

Region 2 Events Calendar

Are you holding an OA Event? Let everyone know! Add it to the Region 2 website calendar. Someone may be visiting your town and may love to attend.

Visit the R2 website and click on 'Add an R2 Event' under the Events tab.

"Chat with the Chair"

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



R2 Dates to Remember

APRIL 8-9, 2016

R2 SPRING ASSEMBLY
 DOUBLETREE BY HILTON
 CITY OF NEWARK IN ALAMEDA COUNTY, CALIFORNIA

JUNE 24-26, 2016

R2 CONVENTION
 CROWNE PLAZA (SAN JOSE – SILICON VALLEY)
 CITY OF MILPITAS IN SANTA CLARA COUNTY, CALIFORNIA

OCTOBER 28-30, 2016

R2 FALL ASSEMBLY
 HILTON HOTEL
 CITY OF COSTA MESA IN ORANGE COUNTY, CALIFORNIA

MARCH 25-25, 2017

R2 SPRING ASSEMBLY
 HILTON HOTEL
 CITY OF COSTA MESA IN ORANGE COUNTY, CALIFORNIA

R2 Convention – A Big Dose of Program

At the end of June, I had the pleasure of joining Region 2 for the annual R2 Convention. One month prior to the conference I started attending OA meetings and had been encouraged to attend a convention where I could get a big dose of program all at once. Region 2 delivered!

The convention speakers were knowledgeable and engaging – sharing their experience, strength and hope on maintaining 20, 30, and even 40 years of abstinence. They shared their backgrounds, their challenges, successes along with what it takes to work this spiritual program of action. The convention—and more so the amazing people—gave me the encouragement I needed to get started in my own recovery and by the end of the weekend I had a sponsor and had started on step 1.

I'm back in Phoenix now, but I've already marked the R2 Convention on my calendar for next year. I plan on bringing other Phoenixians with me next year and I look forward to keeping up with all of the wonderful friends I made at the convention. Thank you for welcoming this region 3 newcomer with open arms.

All my best, Marcy B.

Small OA Meetings Need Your Service

Do you know that those in OA in large cities where there are lots of meetings could do service in small communities? I live in Montana where meetings are few and recovered OAs are hard to find! We are beginning a meeting in a very tiny town and are interested in linking our members with sponsors. In contacting several regions, I have found few lists of willing sponsors. If you are willing to sponsor you can contact me at dehsteps@yahoo.com

TOGETHER WE GET BETTER!

Thanks Deb H.

Who Am I?

I call my sponsor each morning to tell him what I plan to eat for the day and to discuss any issues I might be having with my abstinence or my food plan. It's helped me with accountability and to keep food in its proper place in my life.

At the end of the call, he always says the same thing without fail: "Remember, you are a beautiful, precious child of God and deserve all the love and happiness you can hold."

When he first started doing this, I have to admit, it was a little uncomfortable to hear – it seemed a little corny, maybe a little too intimate. And, for whatever reason, when someone gives me a compliment, it makes me squirm a little bit.

Today, I look forward to hearing those words at the end of our calls. I actually close my eyes to fully absorb the words when he says them. It is a reminder to me about who I am. Am I a compulsive eater? Yes. A father, husband, boss, friend? Yes. But most importantly I am a beautiful, precious child of God.

To me, that is ultimately what recovery is all about – getting back to knowing who we are and whose we are. No matter what challenges life brings my way, no matter what mistakes I may make large or small, whether it's with food, or relationships, or anything else – I am a beautiful, precious child of God and I do in fact deserve all the love and happiness I can hold. It's what God wants for me, and it's what I want for myself.

The more I can embrace this truth, the more useful I can be to God and to other people, which to me is what life is all about.

I am a beautiful, precious child of God who deserves all the love and happiness I can hold. And you know what? So are you!

- Mark S.

What it Takes for OA to Continue

How did you find OA? Find your meeting? Do you use OA books and pamphlets, or free downloadable documents from the OA website or listen to podcasts? They all were created by members and staff and couldn't happen without your donations.

For OA to become fully self-supporting by member donations alone (a fantasy goal) in rounded off numbers it would take \$300/group per year to cover the 2015 budget. That would mean each group would need to have \$1,000/year of surplus funds to donate 30% to the World Service Office (WSO). How many groups do you think have that much money or more to donate? That comes to \$84/ month, or \$250/quarter, excess funds above group expenses of rent and literature. It means for an average group of 8-9 people, each member would need to donate \$10/month or \$2.50/meeting just to meet the excess, not the expenses of the meeting. If we include just the rent, which seems to average at \$10/week where I live, that would mean each person would need to put in \$3.70/week/meeting. I know of many people who cannot afford this in my small town in California even though the median house price is \$750,000. What about the meetings in less affluent areas of the US and throughout the world?

In 2014, 31% of the WSO income came from member donations and 51% from literature sales. So, even these two sources did not cover the whole budget. The rest came from the investments of our prudent reserve.

So where does all that money go? According to the 2015 budget each of the following parts of OA uses the following percentages of the total budget:

WORLD SERVICE OFFICE 29% (for example utilities, staff salaries and benefits, equipment—including computers, building maintenance, right down to the paper clips and Post-Its)

LIFELINE 11% (a meeting in print that you can carry with you anywhere, anytime) Lifeline's cost of production and subscription fees don't cover shipping.

MEMBER SERVICES 12% (e.g., mailings to new groups and secretaries, professional exhibits and kits, public information responses, and group registrations)

PUBLICATIONS 24% (e.g., warehousing, shipping /mailing, online literature catalog and credit card fees)

BOARD OF TRUSTEES 6% (e.g., officer expenses, a parliamentarian, all trustees' transportation and lodging at meetings—plus food, of course!)

REGION TRUSTEES 2% - Our link between the board of trustees and the regions. (This covers, for example, their expenses to give Service, Traditions and Concepts workshops, attend region board and assembly meetings and literature for those workshops)

BOARD AND CONFERENCE COMMITTEES 2% (They develop all our Literature, they vet all public awareness activities, oversee our bylaws and policies, plan our conferences and conventions, develop our strategic plan—these committees are the real workhorse of the organization, and they only take 2 % of the budget!)

WORLD SERVICE BUSINESS CONFERENCE 3% - the group conscience of OA as a whole. (i.e., this covers the expense of bringing the board of trustees; staff expenses; supplies & support of delegates; meeting room; mailing and postage; the parliamentarian.)

COST OF GOODS SOLD 11% (cost of developing, manufacturing, & delivering to our warehouse books, pamphlets, CDs, & other materials available for sale.)

Are any of these departments dispensable? Which one would you cut? Would that serve OA as a whole? These are questions the staff and trustees ask each year when they decide on a budget. For three years now every department has drastically cut their budgets and tasks like staffing OA booths at professional exhibits have been eliminated.

To see what Region 2 does with your money read the document 'What It Takes to Run R2' on our website.

Ask your Intergroup what they do with your money. Then think about how you can support OA as a whole with money and service. We only have each other now because those before us contributed. Let's keep OA going so the doors stay open to bring hope and recovery to those still suffering with our deadly disease. One day at a time together we recover.

“Compulsive Food Behaviors” Added to OA Preamble

Delegates to the 2015 World Service Business Conference approved a wording change to the OA Preamble, which appears to the right with the new language italicized and in bold. OA literature items will be updated to reflect the change when they are reprinted, but for now please note the change when reading the Preamble in OA literature. Also, please update the Preamble if it appears on your group's or service body's website.

You can find the amended Preamble on the OA website on the “About OA” page under Newcomers. It is also included in the following meeting formats: Suggested Meeting Format, Suggested Telephone Meeting Format, Step Study Meeting Format, and Recovery from Relapse Meeting Format. All OA meeting formats are available as free downloads on the “Group Support” page under Members/Groups.

New OA Preamble

“Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating ***and compulsive food behaviors*** and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

NEW OA MEN'S PHONE MEETING TUESDAY NIGHT 7-8PM ET

Currently (March 2015), we have about 85 men in our Google group and over 40 men on our Outreach List. Recently, we have registered our telephone meeting at the WSO. We meet from 7-8 PM ET every Tuesday evening.

The call in information is: **1-712-775-7031 Meeting ID: 242-990-669#**
Please join us. “Together we can do what we cannot do alone”

In accordance with the OA Bylaws, the meeting is open to all who have a desire to stop eating compulsively. We ask however, that you please respect our Men's Special Focus.

If you would like to connect with other men in OA, please add your name to our Google Group. The e-mail address is: OA4men@oa-brandywine.org Please provide your name, e-mail address, telephone number and time zone. In addition you may indicate that you would like to be added to the Outreach List to either make or receive outreach calls from other men. You may also indicate whether you would like a sponsor or would be willing to sponsor.

We are also looking for meeting leaders with the current abstinence requirement being fifteen (15) days. We will provide leaders with a format for the meeting. We are also looking for speakers with ninety (90) days of current abstinence.

History - The initiative for encouraging men to become more active in OA came from a Special Focus Group of men held at the World Service conference in Cleveland held in August 2013. In May of 2014 we began to have phone meetings every other Tuesday from 7-8 PM ET with a special focus on men.

Seventh Tradition – What Does It Mean?

When I hear the words of Tradition Seven: “Every OA group ought to be fully self-supporting, declining outside contributions”, do I really understand what this means and how it applies to me personally? What would I do if there were no OA meetings? OA saved my life and taught me how to live on life’s terms, one day at a time. It gave me the tools – the Steps, Traditions, and Concepts – to use when things got tough. In 1996, I left the OA rooms for 4 years but when I returned, my home meeting was still there, in the same place at the same time. That’s the miracle of the Seventh Tradition. I want OA to thrive, so I give because my life depends on it.

We hear Tradition Seven mentioned at every meeting, in fact, it is probably the most well known Tradition of the twelve. We truly give to ourselves when we put money in the basket, but we also give to each other. It is a beautiful circle of wealth. We move beyond the bondage of self, and contribute to the greater good of the whole. It is up to OA members to support this program financially. Only we can ensure that it will be available to the still-suffering compulsive eater who enters the rooms after us. Remember the Seventh Tradition is also about carrying the message. Someone carried the message to us, so we must carry the message to others. Supporting it financially is one of the ways we do this.

In the past, I loved getting things for nothing. “Freebies” thrilled me. Coupons, rebates and two-for-one deals satisfied me. Free food, free clothing or any handout gave me a high. Yet this desire to get the goods without paying kept me in a downward spiral into food. I am often tempted to eat more “free” food than is on my program, simply because it’s free. Part of my recovery today is paying my way instead of looking for “freebies.” I must take an active role in supporting the program that saved my life, a program that is technically free, but costs money to keep it going. Contributions are down and right now, WSO and Region 2 are managing on very tight budgets.

Question: What am I doing to support my groups, IG, Region 2 and World Service? How do I feel about my own contributions?

There are many different ways to support OA: give what you can at each meeting you attend (in person, online, or telephone), participate in the R2 Conventions, write a check to Overeaters Anonymous Region 2, go online at oa.org and give a donation or monthly contribute through the website and lastly, give service at every level – meetings, Intergroup, Region 2, and World Service.

Mail checks payable to: Region 2 of Overeaters Anonymous, 4733 Torrance Blvd., PMB #335, Torrance, CA 90503

Maureen H., Region 2 Events Coordinator

NEW BOOK!

***Taste of Lifeline* Now Available!**



OA's latest book is now on sale in the bookstore. *Taste of Lifeline* is a curated collection of more than one hundred stories from the pages of Lifeline, featuring:

- Personal accounts by OA members writing about their challenges and how they work the OA program.
- Stories for newcomers, stories about recovery from relapse, stories about long-term recovery, stories from international members, and much more.
- Journal questions so that you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery.
- “Welcome Home!” OA's beloved story of outreach to compulsive eaters around the world.

Revised OA Handbook for Members, Groups, and Service Bodies Now in the Bookstore

The newly revised OA Handbook for Members, Groups, and Service Bodies (#120, \$2.25) received the Conference seal of approval at WSBC 2015.

The newly revised Handbook includes an index and offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region, and world service levels. The Handbook is now available for purchase at bookstore.oa.org.

Remember the new 2015 Handbook reflects the group conscience of OA. Older versions of the Handbook that are unsold are now obsolete and should not be sold or distributed to members or the public.

2016 WORLD SERVICE CONVENTION: Hotel Reservations, E-mail Updates, and Tentative Schedule Now Available!

September 1 – 4, 2016

Join thousands of fellow OA members from around the world to celebrate **"Recovery: The Trail to Freedom!"** at the 2016 World Service Convention in Boston, Massachusetts USA!

Visit www.oa.org and go to the Convention home page for the latest information and make your hotel reservation, sign up for email updates, and view the latest schedule for attendees. Be sure to include your name, state or country, and e-mail address when signing up for email updates.



Being the Group Conscience

Why do I participate in the Region 2 Assembly? To be a part of the group conscience. Overeaters Anonymous turned 55 this year. We are based on principles founded in the book "Alcoholics Anonymous" published in 1939. Thousands have used these principles and tools to recover from compulsive food behaviors that run the gamut from way too much to nowhere near enough food. OA has changed my life, so I give back.

If our organization gets bogged down in outside issues, we will stop being an effective recovery tool. By serving as a Region 2 Representative, I can have input and learn what others think on the aspects of being a service organization with one goal: Recovery!

I'm relatively new to OA. My first meeting was June 17, 2013. Yet in that short time, I've been blessed in so many ways. As a thank you, I choose to serve as a Region Representative. That service also helps me stay abstinent and to refrain from compulsive food behaviors. Mine happens to be too much food, I'm a compulsive overeater. Yet because I focus outside of myself, I find my food obsession removed.

The big book of Alcoholics Anonymous says (page 62): "So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must or it will kill us."

This has held true for me. By jumping into service, I find the obsession for food lifted. I find that I prioritize better. Oddly enough I'm taking care of myself better. Not because I think about it, but because I am living a better way that focuses on service to others and as part of that I feel better, so I take care of myself better.

"If you want what we have" are you willing to go to any lengths to get it? Service is where recovery can be found. Please come and join us at the next Region 2 Assembly. It will have some impact on Overeaters Anonymous, but it will have a huge impact on you. I know it did on me.

Gregor H.
San Diego Ca.

HOW TO BE AN EFFECTIVE TRUSTED SERVANT

When we take on the responsibility of service beyond the group level there are principles that will enhance the service experience which are connected with both the Traditions and the Concepts. Our service bodies do have business to conduct each time they meet. Understanding and practicing these spiritual principles make service bodies more effective and benefits all members of OA.

1) Focus/Stay on Topic – Respect everyone's time. Have an agenda and stick to it. Don't spend time discussing outside or personal issues. Everyone at the meeting has a life and is giving their time voluntarily. Wait until the chair gets to what you want to discuss.	Concepts 5 Consideration 12f Respect Tradition 5 Purpose
2) Inform – If you are leading a discussion or a committee, come prepared with the information you want or need to share that is important for members to hear when making a decision. Group conscience is our guide. To keep relevant information from the members is not acting in the group's best interest.	Concepts 9 Ability 10 Clarity 12b Realism Tradition 2 Trust (group conscience)
3) Be Considerate – Listen carefully and consider all points of view. Group conscience is about hearing and evaluating the ideas of all members. Don't be in a rush to persuade everyone that your way is the best or only way.	Concepts 5 Consideration 11 Humility 12e Compassion 12f Respect Tradition 12 Spirituality
4) Voice Opinions – Speak up. If you have a concern or an idea, put it before the body. Don't be afraid of what others might think or say. It is your responsibility as a member to contribute and occasionally defend an idea in order to make a difference.	Concepts 4 Equality 6 Responsibility 12c Representation 12d Dialogue Tradition 1 Unity (not conformity)
5) Vote Your Conscience – Vote for what you believe to be right, even if it is the unpopular or minority view. Sometimes voting 'no' is the correct thing to do. There are times, when in discussion, it may seem as if the rest of the members are in agreement with something, when in fact, they haven't fully formed an opinion. It is not necessary to agree with everyone else. Your difference of opinion may be the spark for a totally new idea.	Concepts 6 Responsibility 12c Representation 8 Delegation Tradition 2 Trust (group conscience)
6) Represent the Board – After a group conscience decision is made, show support for that decision when speaking as a member of the service body. If you personally still disagree with a decision, make sure it is clear that this is your opinion, but that you support the group conscience because it is what was decided. You can always bring the item up for further discussion after a time if you feel the decision needs to be revisited.	Concepts 1 Unity 6 Conscience 12a Selflessness Traditions 1 Unity 6 Solidarity
7) Avoid Rehashes – Once a decision is made, give it the chance to succeed. Commit to work in a manner that will accomplish whatever was decided. If later on there is a need to revisit a decision, bring it forward with whatever new evidence or concerns you may have, but bring it forward with an open mind for the service body to review.	Concepts 11 Humility 12a Selflessness 12f Respect Tradition 10 Neutrality
8) Practice High Standards – Build the organization by example. Practice the Principles. Treating everyone with equality and respect strengthens the service body as well as each individual who gives service.	Concepts 2 Trust 5 Consideration 12 Guidelines 12c Representation Traditions 5 Purpose 9 Structure

- Presume innocence and the good intention of all parties.
- Make each other look good; speak well of fellow members.
- Build on each other's work.

Hold to the vision rather than on ways that serve only personal agendas, thus forgetting our primary purpose. Spend your time working to carry the message of recovery to those who still suffer.

June 2015