

# WHAT'S NEW?



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

## Inside This Issue

2017 Region 2 Convention	1
We Accept Donations Online	1
Region 2 Trusted Servants	2
R2 Committees	2
2016 Convention Report	2
R2 Save the Date	3
R2 Events	3
WSO Convention 2020	3
Progress in a Pickle	3
Red Light Signs	3
The God Box	4
Lifeline Deadline	4
What Fellows Say	4
Literature at Reduced Prices	5
7 <sup>th</sup> Tradition Table Card	5
Anger Iceberg	5
12 Step Workshop	
& Study Guide	6
The Spiritual Principles	6
OA Facebook	6
WSBC Dates and Theme	7
Mi Enfermedad Requiere	
Tratamiento Diario	7
WSO: What does It have to do with me?	8

## Third Step Prayer

*"God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!"*



**Region 2 Convention June 9-11, 2017**  
Hilton Orange County, Costa Mesa, California

## We Accept Donations Online!

Visit our online web form to make a contribution from your meeting or as an individual. Go to the 'Donate' tab under 'About R2' on our website [www.oar2.org](http://www.oar2.org).

Tradition Seven states that: "Every OA group ought to be fully self-supporting, declining outside contributions."

Your contributions to Region 2 provide the foundation for regional outreach to members, intergroups, meeting groups, and compulsive overeaters in our area (California, Hawaii, Mexico and Northern Nevada). Financial contributions help to keep Overeaters Anonymous strong in our region.

*Please note that we are being provided a service and as such the company is charging us a percentage. If you would like all of your donation to come to Region 2 or World Service, please use the post office option.*

## Region 2 Trusted Servants

Nancy J., Chair  
chair@oar2.org

Carolina R., Vice Chair  
vicechair@oar2.org

Thomas F., Secretary  
secretary@oar2.org

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admin@oar2.org

Mary H., Webmaster  
webmaster@oar2.org

## Region 2 Committees

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



### **We Completed our Convention Journey, and Stepped in Freedom!**

Our exciting Joyful Journey of recovery for 2016 is now complete! The Region 2 2016 Convention in Milpitas/San Jose, CA was a huge success! We had a total of 391 attendees, including 79 walk-in registrations. There were over 100 workshop and key speakers from around the Region. Many people said that this Convention was the best one they'd ever attended (but I'm sure they say that every year!) Our Convention Committee was comprised of Chairs and Volunteers from all around the Bay Area and beyond, and it was truly a "regional" effort!

And on a personal note, it was certainly a Joyful Journey for me - but it was also quite a challenge. As a relative newcomer to OA, I did not believe I had the ability, knowledge or recovery to do this. But I have found that God frequently has different plans for me than I would ever have had the guts to dream up! Every difficulty that came presented a new opportunity for my recovery – if I chose to frame it in that way. When I was bothered by someone's "control issues," I got to look at my control issues. When I felt someone wasn't doing things quite the right way, I got to look at my fears and my perfectionism. And when I didn't believe we could really pull this off – I got to look at my issues with NOT ENOUGH! And God, the Committee, my sponsor and my Intergroup saw me through every single challenge and difficulty that came along on this Journey – and the awesome news is that I am changed as a result! God has certainly done for me what I could have never done alone.

We are told that Service is one of our tools. And I can honestly say, as a result of doing this service, I have become better for it. I highly recommend, that if you hear God calling you to OA Service, take him up on it – because you're in for your own Joyful Journey. And many on our Convention Committee will attest to this!

And now, we pass the torch to the R2 2017 Convention Committee. If you're interested in volunteering, please contact Zeta H. at [zheiter@yahoo.com](mailto:zheiter@yahoo.com)

Tina M  
R2 2016 Convention Chair

## R2 Save the Date

**March 24-25, 2017**

R2 Spring Assembly  
Hilton Orange County/Costa  
Mesa, California

**June 09-11, 2017**

R2 Convention  
Hilton Orange County/Costa  
Mesa, California

## R2 Events

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.

## World Service Convention 2020

OA's largest and celebration of  
abstinence and recovery, the  
2020 World Service Convention,  
will take place August 20-22,  
2020, in Orlando, Florida USA.

The location was announced  
at the grand finale of the 2016  
World Service Convention  
recently held September 1-4 in  
Boston, Massachusetts USA,  
where more than 1,100 OA  
members attended!

Why not add the next World  
Service Convention to your  
calendar? It might be fun to see  
how far you've come in your  
recovery when the reminder  
pops up in 2020!



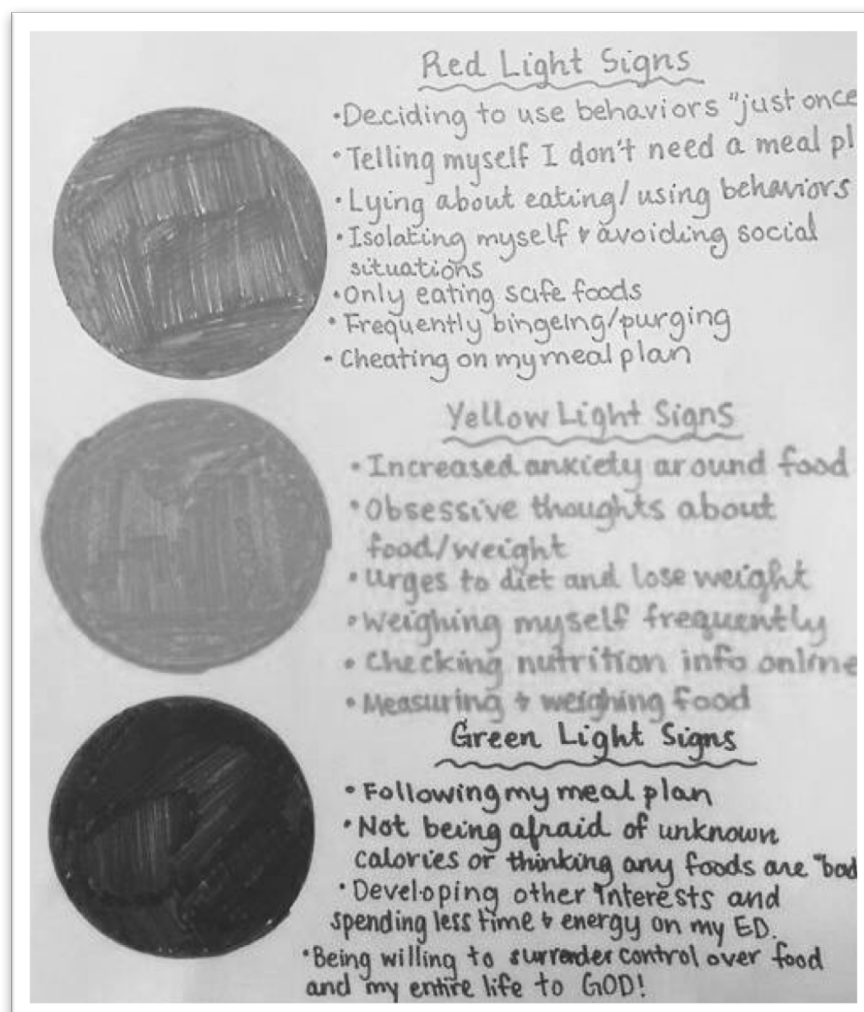
### Progress in a Pickle by Robert R.

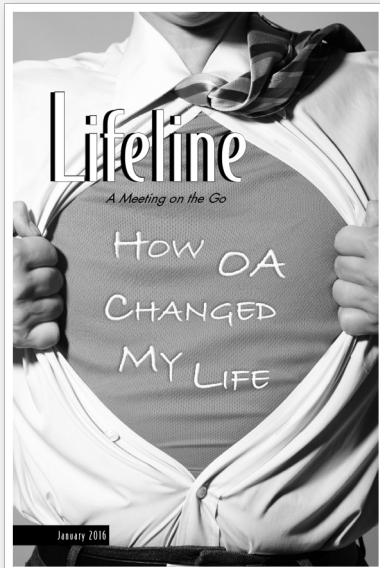
Gaining recovery has been compared to making pickles. If you put the cucumbers in the brine solution, eventually, they become pickles. Put them in. Check on them a couple of days later, and they are still just cucumbers. Keep them soaking, however, consistently, continuously, and gradually, inevitably, they become pickles.

And so it is with recovery. Even if you are too afraid to get a sponsor and work the 12 steps of OA, you can accomplish quite a bit by just going to meetings. When you attend, you don't need courage. We have enough for you. We will share it with you. If you don't have faith in the program, that's OK. We have plenty for all. If you soak in the love and acceptance that we have for you, then you will gradually find yourself changing.

If you keep coming back, the language of OA, the slogans, the steps, the traditions, will all soak in. If you do nothing else but come to the meetings and soak in the affection we have for you, then you will gain courage, and will become ready to get a sponsor and work the 12 steps. If you just come to meetings and listen to us talk about our struggles and solutions while working the 12 steps, then you will bond with us and look forward to attending each week.

Just like that cucumber, you will be changed. You will no longer be full of fear, but full of hope, and you will feel supported and accepted unconditionally. You will join the ranks of those who have recovered. Just keep soaking it in. Gradually, eventually, it will happen. You will be recovery-ready and will forge ahead.





## Lifeline Deadline

"Practice Makes Progress" and "Overcoming the Negatives" are the focus of the March 2017 issue. Send us your story about how you learned and adopted a difficult aspect of program only through practice. Or, tell us how you overcame anger, fear, sickness, relapse or another "negative" to find recovery. Go to our website, [www.oa.org](http://www.oa.org) for more information about these topics and send your story to [info@oa.org](mailto:info@oa.org).

## What Fellows Say

*"Great f2f mtg tonight! Wonderful insights from step 4 reading. Beginning a new 4th step tonight. So grateful for OA."* ~ L.H.

*"Just got home from my first OA meeting. All I can say is WHY didn't I go sooner!! I never felt so at home. I will be there from this day forward."* ~ S. S.

*The content contained in this newsletter is not the views of OA or R2 as a whole - take what you like and leave the rest.*

### The God Box by Kathy L.

It can be big or it can be small. It can be homemade or store bought. It can be an expensive decoration or it can be an old shoebox. It can be found in any room of a home. Maybe it is hidden inside of a drawer or closet or maybe it's sitting on the kitchen counter. Maybe it is in the workplace or even in the car. Well, you know from the title of this article what I'm talking about. The God Box!

The God Box isn't something that is reserved for those of us in 12 Step Recovery. As a matter of fact, I would be fairly sure that it is something recovery programs borrowed from religious folk somewhere along the line. There is nothing in any of the AA literature that I know of that mentions a God Box or anything similar. A number of years ago, my mom had this little silk purse that was labeled the "God Bag". Even though we were adults, my sister and I would chuckle at which one of us, or our kids, might be in the "bag" at that moment. I can't speak for my sister, but I chalked it up to just another one of mom's attempts to be better than anyone else. (By the way, today I don't see my mom that way at all as a result of my first Step Four).

Anyone who considers themselves religious or spiritual should consider using a God Box. Anyone who is not religious or spiritual but would like to feel more peace of mind should also consider using a God Box. I think I've accounted for quite a large percent of the population! If you are not familiar with this useful tool, I will explain its purpose. More important is what it has done for me and for others who use this simple object and achieve phenomenal results.

Before I explain what a God Box is, let me tell you what I think it isn't. It isn't a place where you put in your wishes, your hopes, or your desires. It isn't where you ask for material gain, money or success. A God Box is the place where you symbolically turn over your difficulties, your fears, your defects to your Higher Power. I mention "symbolically" because you are writing down on paper what you want to turn over to God and then placing in the box. In and of itself, it is a physical gesture not much different than signing a card and placing it in an envelope. So it is what is inside of your head and your heart that make this act meaningful.

Sometimes I believe those of us who are in recovery forget that there are a lot of people out there—normal people—who suffer many of the same things as we. Who doesn't want peace of mind? Who doesn't have worries? Who doesn't want their lives to be happy and fulfilling? But when we aren't at peace, when we do worry, when our lives are not within our comfort zone, we have a choice. We can obsess over something and allow our "monkey minds" to take over or we can do whatever we can to turn these thoughts over to a Higher Power. Why? Because God does for us what we cannot do for ourselves.

So how do you go about using a God Box? Here is the how and why according to what I was taught. The how is easy. You find something that will hold small pieces of paper and keep it in a place easily accessible. Keep the paper and a pen close by. Know that it is YOUR God Box even before you put the first piece of paper in. Now you have a box and the day will come when you ponder or obsess about a problem that you have no control over. Think of the Serenity Prayer and if you know it is difficult to accept the things you can't change or can accept them but can't get them off of your mind, then write the thought on the piece of paper, put it in the "box" and tell God that this is beyond your control and you are now turning it over to Him.

The amazing part of this is that for me, when I have something going round and round in my mind, it is difficult for me to let it go. But when I write it down and give it to God, I can actually forget the problem in minutes. Economic insecurity was huge for me. I know the Promises say that fear of economic insecurity will leave me but I had such a big problem. So because I knew that both my husband and I were doing all we could (that's a big part of this...taking action), I had to turn it over or it would eat me alive. I have not gotten rich since I began using my God Box and I haven't gained any new material things. What I gained though is priceless and that is losing the thoughts, the obsession, the sleepless nights, etc. all because I used my God Box.

Every now and then I have to put economic insecurity in again but as many times as I put it in it gives me such peace of mind. I can't turn it over to God just by prayer and meditation. I am one of those that physically need to perform the act of writing and putting the issue into the box. I also can tell you that when I look at what I have put into that box within the past, how amazing is it and how blessed am I to see the miracles that had taken place.

I don't chuckle any more when my mom pulls out the silk God Bag. I guess it's typical for me today to realize that she always did know what she was doing especially when it came to a Higher Power. My husband also recently became the proud owner of a God Box which I gave him with a set of instructions! I used to just wish for things to happen and would be disappointed when they didn't like a child at Christmas. Recovery taught me to "put my big girl panties on", participate in life and know that God could and would if He were sought. If you have not already done so, why not add a God Box to your recovery toolkit? Or suggest it to someone you love.



## LITERATURE AT REDUCED PRICES

Members have been wondering how to obtain literature from World Service at a reduced price. First – let me explain what this literature request means.

OA encourages all of us to get the message to people with eating disorders, who need our program, that there is hope. We are here to help the still suffering compulsive eaters, overeaters, anorexics and bulimics.

Therefore, we encourage intergroups or groups to represent OA at health fairs and other health oriented conferences, if at all possible. However, we are not affiliated with any of the organizations putting on events.

For this reason, OA wants to help financially by providing literature at a reduced price. This order has to be sent to the Region Trustee. A form is available at the [oa.org](http://oa.org) web site or can be requested from the trustee.

In service,  
Hanna S., Region 2 Trustee

## NEW!!! Seventh Tradition Table Card

Visit [www.oar.org](http://www.oar.org) to download and print the new downloadable tabletop tent card to encourage members to make a 7th Tradition contribution.

# Last Binge? \$\$\$



# Abstinence? Priceless!

Abstinence is priceless and carrying the message to the still-suffering compulsive eater costs money.

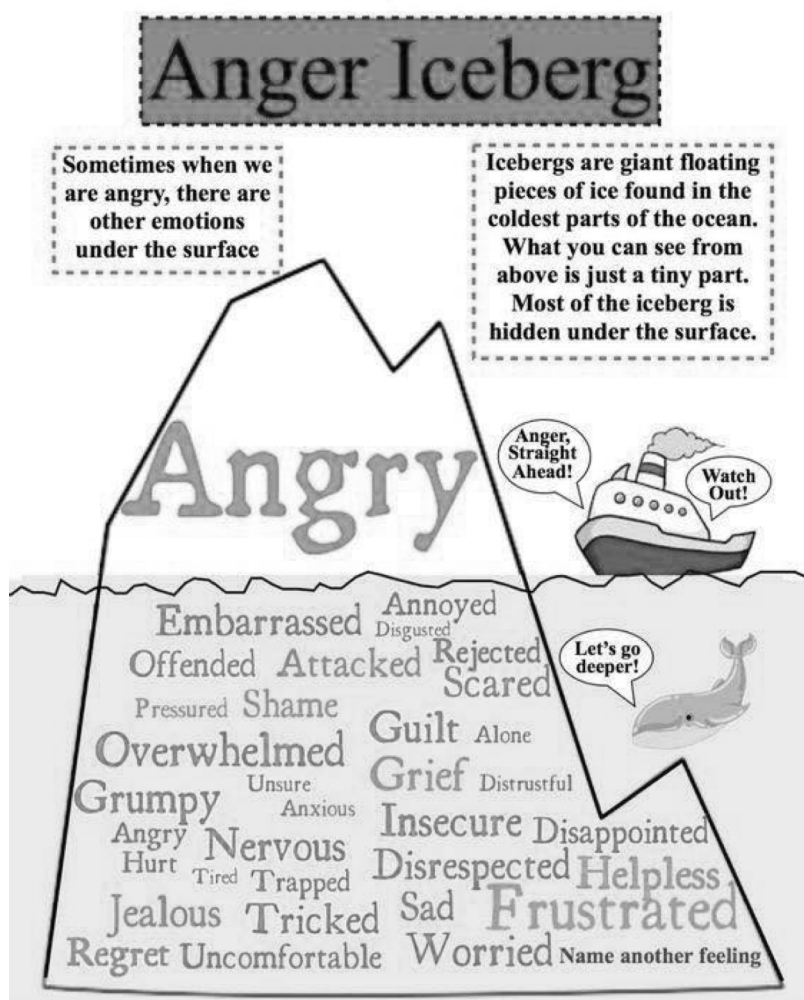
A contribution of \$3 or more at each meeting is suggested.

Sometimes more IS better.

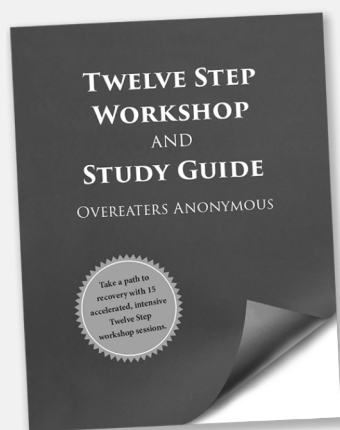
Give as if your life depends on it.

## Anger Iceberg by Halina S.

Resentment is our number one offender, with anger being the loudest manifestation. And ultimately, at the root of everything that could spark my anger, is fear. What fears and resentments have you been honest with a fellow about and turned over to your higher power recently?



Imagine working all Twelve Steps in just fifteen weeks! Now it is possible with OA's new Twelve Step Workshop and Study Guide, which features everything you need, including scripts for workshop leaders, Fourth Step Inventory Worksheets, and hand-selected references from OA approved literature.



Written as a leader's guide, this 120-page, spiral-bound book is an ideal tool to lead a group through the Twelve Steps. The book can also be used one-on-one as a Step work guide between sponsors and sponsees.

Our new Twelve Step Workshop and Study Guide debuted at the recent 2016 World Service Convention and sold out within hours! Find out what all the buzz is about. Purchase your copy today and get ready to walk a steady, guided path to recovery through our Twelve Steps.

#### THE SPIRITUAL PRINCIPLES OF THE OVEREATERS ANONYMOUS PROGRAM

<u>NUMBER</u>	<u>STEP</u>	<u>TRADITION</u>	<u>CONCEPT</u>
ONE	Honesty	Unity	Unity
TWO	Hope	Trust	Conscience
THREE	Faith	Identity	Trust
FOUR	Courage	Autonomy	Equality
FIVE	Integrity	Purpose	Consideration
SIX	Willingness	Solidarity	Responsibility
SEVEN	Humility	Responsibility	Balance
EIGHT	Self-Discipline	Fellowship	Delegation
NINE	Love for Others	Structure	Ability
TEN	Perseverance	Neutrality	Clarity
ELEVEN	Spiritual Awareness	Anonymity	Humility
TWELVE	Service	Spirituality	Selflessness, Realism Representation, Dialogue Compassion, Respect

#### **Rachel S. to Overeaters Support Group on Facebook**

Ellon, United Kingdom

Recovery is likened to a three legged stool. Physical, emotional & spiritual "legs" make up the stability of the stool. We strive to keep all three "legs" equally strong, because if one is weaker than the others the stool becomes unsteady & will eventually fall. Physical recovery consists of looking after our food, portion sizes & nutritional quality, exercise, sleep, fresh air, looking after our health, seeking support from professionals to support our well-being.

Emotional recovery consists of working through the Steps with support, dealing with past events, emotions, guilt, sadness, resentment, anger, dealing with today's fears & anxieties, developing ways to deal with life without anger or self harming behaviour, letting go of behaviours such as people pleasing & codependency, working towards acceptance of ourself & others as we are today & learning to live in the moment.

Spiritual recovery consists of making constant, conscious contact with our HP/God, seeking His will for us daily, letting go of our plans & efforts to control so that we can accept His way, trusting Him to get us through tough days, having faith that He is with us, coming to understand that life happens, but we are never alone.

When each of these three parts of recovery are healthy & strong, we find ourself more peaceful, & able to relax & live our life more fully, one day at a time. The 12 Steps are a process by which these three legs of recovery develop concurrently, giving us the ability to be ourselves & live our life. We are blessed to have this opportunity, as many never have it

As I write this post, our membership in this Facebook group stands at 12,999. I remember thinking I was the only person in the world who felt addicted to food.....obviously not.

I am so grateful for this group. It has been a major part of my recovery journey from around four years ago. I had no meetings in my area & although I had a sponsor I felt very isolated, so I came to this group for support, & understanding. You have been there for me through good days & bad, as I have tried to be here for you.

This group has also given me the opportunity to reach out to help others through sponsorship & outreach. This has been & continues to be a great blessing in my life & a huge strength to my recovery.

Thank you all for being part of my journey & allowing me to be part of yours.

### World Service Business Conference 2017 Dates and Theme Announced



Taking its cue from OA's newly updated Strategic Plan, the theme and focus of World Service Business Conference 2017 will be "Growing OA Unity Worldwide" and will feature workshops and discussions to strengthen our recovery by strengthening OA unity. WSBC 2017 runs May 1–6 in Albuquerque, New Mexico USA.

WSBC is OA's annual business meeting, where delegates from OA's service bodies from around the globe come together to elect service leaders, vote on new OA business, and determine the group conscience of our worldwide Fellowship.

OA members can read the Final Conference Report for WSBC 2016 [atoa.org](http://atoa.org).

### MI ENFERMEDAD REQUIERE TRATAMIENTO DIARIO

Crecí en una familia en la que no hubo carencias económicas, pero sí carencias afectivas. El amor lo demostraban mis padres con abundante comida, ropa de moda y continuos viajes. Sin embargo, ante tanta abundancia yo reaccionaba con un sentimiento de no merecimiento, principalmente porque mis padres me condicionaban los regalos a cambio de obediencia, sumisión y represión, además de trabajo en las tareas del hogar. Era una especie de una parte del pago que tenía que hacer a cambio de las comodidades. Al mismo tiempo, surgió en mí un sentimiento de culpa por tanta comida, objetos y compras.

Fui la hija mayor y la primera nieta de mis abuelos. Recibí un trato especial y amoroso de mi abuela materna, a quien consideraba como mi mamá. Así fue como internamente empecé a distorsionar conceptos y a acomodar la vida de acuerdo a mis deseos. La mayor parte de mi niñez estuve enojada con mi mamá porque la consideraba egoísta, vanidosa y perezosa. No era la madre que hubiera querido; no era la madre de los libros de texto de inglés que leía y memorizaba en la escuela; no platicaba ni tampoco jugaba conmigo. Pensaba que el rechazo hacia su madre también lo tenía conmigo. Todo esto no lo hablaba con nadie porque creía que era pecado.

Viví mi infancia en medio de contradicciones. Por ejemplo, la comida era muy importante en casa y se gastaba mucho en comprarla y prepararla; así es que, en la mesa, estaba prohibido que los niños dejáramos restos en el plato. Sin embargo, mientras que comía de más, yo tenía que cuidarme también de no engordar. Por otra parte, los constantes viajes para comprar ropa y otras cosas realmente los disfrutaba, pero igualmente me molestaba ver cuánto se gastaba. Así es que, cuando me ponía los vestidos nuevos, sentía que no los merecía, porque me veía gorda y fea.

Cuando escuchaba a mis padres hablar de su disgusto y preocupación por mi peso, me sentía triste y enojada por no complacerlos en ese punto, porque en todo lo demás sí lo hacía. Era buena estudiante, inteligente, sociable y activa y, la realidad es que nunca fui muy gorda. Mi autoestima era tan baja que, cualquier comentario negativo sobre mi apariencia, hacía que me sintiera fea e inadecuada y me enfurecía contra cualquier persona que no hablara bien de mí.

A los 9 años hice mi primer esfuerzo para adelgazar. Inicié una dieta ordenada por un médico que consultaron mis padres y seguí las indicaciones por un tiempo corto, incluyendo una pastilla para quitar el hambre. Sin embargo, el éxito de la dieta dependía de mis padres, y en ese tiempo ellos tenían otros planes sociales y de trabajo más importantes que mi dieta. De cualquier forma, esa experiencia me enseñó varias cosas: que no tenía que comerme todo lo que me servían, que había que fijarse en las cantidades y que podía obtener cierta autoridad por encima de mis padres culpándolos por hacerme fallar. Comer poco me daba una sensación de superioridad.

Fue así como, al llegar a la adolescencia caí en una etapa de anorexia \_una condición que no llegó a ser clínica, pero sí emocional y física. Yo misma me provocaba enfermedades para no comer y me llenaba de actividades para sustituir la comida por adrenalina; pero cuando no estaba enferma, el hambre regresaba.

A los 19 años, me queje mucho de dolor de garganta y tuvieron que operarme de las amígdalas. Fui feliz porque por más de una semana sólo ingería líquidos. La

**The World Service Office: What does it have to do with me?**

Located in Rio Rancho, New Mexico, USA, the WSO exists to support individual members and OA's thousands of groups worldwide, as well as to carry our message of recovery to compulsive overeaters who are still suffering. We produce over 100 literature and recovery-related items and podcasts, and maintain oa.org and an online bookstore. We publish Lifeline, a recovery magazine, made up of stories written by and for the OA member. We distribute A Step Ahead newsletter quarterly and a monthly email bulletin to keep members up-to-date on OA happenings. The WSO hosts the annual World Service Business Conference and sponsors the World Service Convention every few years. We maintain directories on meetings all across the world and answer newcomer and member inquiries. In addition, we provide new groups with everything they need to get started. We also give information about OA to media representatives, health professionals, and others interested in OA's Twelve-Step approach to recovery from compulsive overeating. Although there are no dues or fees for members, the WSO is funded through literature sales and through your contributions. In keeping with OA's Seventh Tradition, we are member-supported. So, when the basket is passed in meetings, keep in mind that you are supporting your own recovery by helping to maintain your group, intergroup or national/language service board, region and World Service Office. Here at the WSO, "service" is our middle name, and we belong to you. Contact us if you have a question.

Welcome to OA. Welcome home!

baja de peso hizo aumentar mi autoestima. La ropa me quedaba, las amigas me halagaban y los muchachos me seguían.

Sin embargo, las contradicciones seguían. Quería llamar la atención de los hombres, pero cuando se acercaban, me asustaba. Temía que descubrieran mi gordura interna o a la persona que realmente era. También me aterrorizaba pensar en el sexo, pues desconocía totalmente el tema. Mi seguridad se basaba en el peso y en la apariencia, así es que tenía que conservarlos a toda costa.

Cuando conocí a mi esposo me sentía atractiva porque estaba tres kilos debajo de mi peso. Descubrí lo que era el sexo y no lo supe manejar. Quede embarazada y tuvimos que casarnos apresuradamente. El sexo me produjo mucho placer, pero también mucha culpa. Fue la misma sensación que con la comida. Y, para deshacerme de esas emociones tan negativas, descubrí la bulimia y esta acción se convirtió en mi válvula de escape y control.

Por muchos años cumplí mi papel de madre, esposa y trabajadora y lo mejor que pude, pero me perdía entre tantas actividades y mi falta de visión para fijar prioridades. Otras formas de bulimia que encontré fueron el trabajo intenso, el dinero, el éxito, las compras, el ejercicio. Conocía la existencia de los Programas de 12 Pasos, pero pensaba que ahí tenían que estar mi esposo y mi hija. Finalmente, llegó un periodo de pérdidas: perdí mi negocio, mi casa, mis ahorros, mi hija se fue de la casa y mi esposo alcohólico recayó después de cinco años en AA.

Estaba lista para pedir ayuda. En abril de 1997, llegué a mi primera junta de CCA/OA, sintiéndome pobre, fracasada y gorda. Al trabajar el Programa de 12 Pasos encontré una nueva vida. Los principios del Programa me ayudan a vivir con libertad, responsabilidad y aceptación. La herramienta del servicio ha sido para mí muy valiosa en mi proceso de recuperación. Me hace sentir útil y satisfecha. El servicio que hago no es una condición para ser querida y aceptada. Los talentos que Dios me dio y las habilidades que logre con mis estudios y empleos que tuve antes de llegar a CCA/OA, los utilizo en el servicio y así me mantengo activa.

Desde el primer año en Programa, empecé a colaborar en el servicio de traducción al español de la literatura de OA. En ese tiempo, solo se leía literatura de AA. En mi grupo ocupe todas las posiciones de servicio, desde limpieza hasta coordinación. En la Intergrupar, fui responsable de la elaboración y ejecución de talleres y retiros de 4º Paso en distintos grupos de la República. Encabecé el comité organizador de tres congresos nacionales de CCA/OA. Fui coordinadora de la Intergrupar por un periodo de tres años, delegada de la Intergrupar México en la Regional 2 de OA y dos veces representante en La Conferencia Mundial de Servicio de OA.

Hoy, la vida me sigue poniendo retos, pero ya no son murallas impenetrables como veía yo los problemas antes de llegar a CCA/OA. Tengo un Programa que me saca de la depresión y el sufrimiento y me regala a cambio, entusiasmo y alegría.

Me siento sana, jovial y esperanzada y comparto esta manera de vivir con mi esposo, mis cuatro hijos y mis diez nietos.

Ciudad de Mexico, enero de 2016.