

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

OAR2.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! Go to the convention page on the OAR2 website. ~ Your 2015 Convention Committee

Phone Meeting for Young Persons

By Jessica J.

Good day! :) As the new leader on the Young Persons of OA Committee for 2015 in the Sacramento region, I have contacted the World Service Office and have started a new phone meeting! While anyone is welcome, the emphasis is for those under the age of 30, or those who were under 30 when they came to program. The focus of this meeting is on the experience, strength and hope young people find in Overeaters Anonymous.

Help spread the word! Together we can do what we could never do alone. Thank you in advance! :)

Meeting Info

(can also be found on the telephone meeting list on OA.org group number 55333)

WEDNESDAY'S 7:00 PM Pacific Standard Time

Phone Number: 712-775-7035

Meeting Code: 305422

*6 to unmute and *6 to mute

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 Coordinator ----- events@oar2.org
 Betty Jean, Publications Coordinator ---- 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

Words from the Chair

By Nancy J.

This open letter to an intergroup from the chair impacted me so deeply, that I need to share it with you. It tells the circumstances that we are all facing in this Fellowship that has done so much to save our lives. (See page 8.)

As a member of the Region Chairs Committee (RCC), we have spent many hours this year, along with the Board of Trustees (BOT) in discussion of where OA stands financially. The outlook isn't good. WS Programs, such as trustee participation in professional outreach funding, programs and many projects such as face-to-face Board meetings have been cut to the bone, or out. Lifeline subscriptions are down, and literature sales are down, and contributions are down.

Continued on page 7

Public Outreach: Ultimate Women's Expo

In October 2014 five Intergroups in the Southern California area banded together to present Overeaters Anonymous to Los Angeles County. Those Intergroups were Orange County, South Bay, Foothill, Los Angeles, and San Fernando Valley. We decided to secure a booth at the Ultimate Women's Expo at the Los Angeles convention center. We were able to reach out to somewhere in the neighborhood of 70 to 100 individuals who were definitely interested whether for themselves, a friend, or loved one in doing something about this disease.

This year the Expo will take place again on June 6 & 7, 2015, at the Anaheim Convention Center. We have already started talking and hopefully will be able to get enough groups interested to present this to the public again.

The Expo itself had presentations of all sorts on both beauty, health and wellness. It also has workshops and entertainment not to mention public speakers whom we all know. In the next couple of months we will be contacting all of the Intergroups groups who participated in 2014 in hopes of making this happening one more time. Come join us in the recovery and a fun. This is a unique opportunity to reach women, responsible for making the health & wellness decisions for themselves and their entire family.

"Chat with the Chair"

2nd Sunday of every month
from 8-9 pm (PST)

Call Nancy J at 605-475-4000
(Call ID: 326612)



Who will be the next R2 Trustee?

By Meg H.

Dear Region 2,

I am nearing my last year as R2 trustee and believe this to be the best service position I ever had. I have learned so much about the principles of this program and dealing with life on life's terms. To work with the other Trustees on various projects is a wonderful gift. How many of us get to attend an OA meeting with 15 or so members with combined abstinence of over 300 years? It is a treat to work with people dedicated to bettering OA as a whole.

There have been times when I was certain I was not qualified for the job, that I couldn't complete the tasks at hand. Luckily I was able to lean on my mentor numerous times, learning to ask for and accept help. This position has taught me a myriad of things especially that together we can do what I could never do alone.

The qualifications for R2 Trustee include:

- 7 years in OA
- 5 years of continuous and current abstinence including 2 years of maintaining a healthy body weight,
- 5 years service beyond the group level
- Attendance as a delegate to two WSBCs
- Completion of all 12 Steps and maintaining recovery throughout term of office.

See the application http://www.oa.org/pdfs/trustee_application.pdf and instructions http://www.oa.org/pdfs/trustee_application_letter_15.pdf

If you want to grow in your recovery I can't recommend anything else as such a sure thing.

Please consider applying for trustee, or talk to those you believe to be qualified and encourage them to do so. If someone hadn't asked, "Why don't you apply, Meg?" I wouldn't have experienced this wonderful adventure and amazing opportunity to practice recovery.

R2 Trustee Applications are due no later than August 24, 2015 to the R2 Secretary, secretary@oar2.org and R2 Administrator, admin@oar2.org.

Any Questions? Please feel free to contact me via email, trustee@oar2.org or phone (831) 585-7945.

In Gratitude for OA,
Meg H, R2 Trustee

Interpretation of the Serenity Prayer

By Jim D., Concord

GOD GRANT ME THE SERENITY, TO ACCEPT THE THINGS I CAN NOT CHANGE,
COURAGE TO CHANGE THE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE.

Attributed to Protestant theologian Reinhold Niebuhr in 1934, Bill W. remarked; "Never had we seen so much AA in so few words." AA adopted the short version in 1942. The additional part of the original serenity prayer is: "Living one day at a time; Enjoying one moment at a time; Accepting hardships as a pathway to peace; Taking as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will; So that I may be reasonably happy in this life and supremely happy with Him forever and ever in the next. Amen."

The simplicity of the first stanza is easily memorized, and has the impact of the tip of an iceberg. The second stanza being the fullness of the AA Big Book, 12 steps and 12 traditions. My recovery requires the Serenity Prayer every day, to keep me mindful of my Higher Power, and the reliance upon my Higher Power to navigate the decisions I must make each day. I need Higher Power and serenity for all parts; acceptance, courage, and wisdom.

GOD GRANT ME THE SERENITY. To say this prayer with conviction, I accept the concept of a Higher Power. I come to realize that my ultimate goal in life is serenity, and that I must rely upon my Higher Power to achieve it. With it, my life will be fulfilling, peaceful and happy. I know I can have serenity when I pray and meditate each day, to open my heart, mind and soul for the peace of my Higher Power. Without it I am relying only upon myself. I will be confused, unhappy, resentful, jealous, blaming, close-minded, fearful, angry, depressed. My response to life's joys and sorrows will be easier if I have serenity. Serenity is fleeting. When serene, I am like a train. Life is a gentle slope and 1 g of gravity. I can pull many boxcars of responsibilities and priorities to my destination. When not serene, life is a roller coaster. Vertical ups and downs and upside downs, 5 g's of gravity, lots of screaming, and I can't get off until I arrive back where I started. I pray for serenity every day. It comes easier when I row out to meet it by working the 12 steps and using the tools.

TO ACCEPT THE THINGS I CAN NOT CHANGE. I ask my Higher Power for serenity to accept the things I cannot change. On my own, the things I cannot change give me powerful emotions of anger, resentment, frustration, depression. When I have these emotions, I am susceptible to slipping, relapse, isolation, procrastination, fear, harmful thoughts and deeds, "acting out". I do not want to accept them. I want to fight them, I want to blame them for my misery. I will bang my head against a brick wall until I am senseless and bleeding. I harm myself emotionally and physically. So again, when I pray for the serenity to accept the things I cannot change, and I receive the peace and serenity to let go and let God, I give up the protest, the anxiety, the depression. What will be will be.

COURAGE TO CHANGE THE THINGS I CAN. I ask my Higher Power for the serenity to have courage to change the things I can. Courage is a strong emotion. It is scary. I can be fearful and still have courage. I can start a journey of 1,000 miles by taking 1 step. Courage is coming to a fork in the road and taking a path. Courage is failing and getting up and trying something different. I tend to procrastinate and quit before I have tried. 12 steps have given me courage to try try try again. My hero is Winston Churchill, who said "never never never give up." With my Higher Power and serenity, I can have a goal, find out what others have done to achieve the same goal, and do what they have done. I know my strengths and weaknesses. I ask for help, from my Higher Power and those successful others.

AND WISDOM TO KNOW THE DIFFERENCE. This is the most difficult part of this prayer, because it is the part I get hung up on the most. When I pray for my Higher Power to give me the serenity to have the wisdom to know the difference between things I can and cannot change, I often enter a duel between my ego and serenity. My ego tells me I know it all, able to leap tall buildings in a single bound. My ego is also fearful of making a mistake, not being perfect, so I say "there is nothing I can do about this." Wisdom is my accumulated knowledge, experience, understanding, common sense and insight, along with control of my passions; prudence, justice, temperance and courage. I can be intelligent and experienced, but not be wise, with my passions out of control. Einstein says: "insanity is doing the same thing over and over, expecting different results." The Bible says "do nothing rash." I pray for the wisdom to do the next right thing. Serenity is the best place to be to make the wisest choices of change.

R2 Young Persons Committee

-- A Committee for the Young and the Young-At-Heart

Greetings R2 Newsletter readers!

The Young Persons (YP) Committee is grateful for the opportunity to: communicate YP committee status; summarize actions taken since the R2 Fall 2014 Assembly; provide suggested recommendations for future committee goals, and request participation in the Young Persons Committee.

YP Committee Background / Status:

Background: At R2's October 2014 Assembly in San Diego, seven YP committee members met and outlined continued and future committee goals. Of the seven members, four were either at or near the end of their service commitments. For various reasons, by January 2015, the remaining three members became unable to continue serving. Status: At our last conference call meeting January 24, 2015, we welcomed the newest (and as of the writing of this article, "only") YP committee member, Alex M., R2 secretary and YP committee liaison.

As resigning chair of the YP committee, my appreciation and "thanks" is extended to Jerry J. (former R2 Treasurer and YP Chair/liaison), Cathy L. acting-secretary, Doug B., Glo W., and Alex M. for participating in conference call meetings, and helping direct the committee's efforts during our brief, three-month involvement.

The following suggested recommendations were designed to assist new committee members in attaining future goals: (A complete "Summary Report" plus the YP committee file has been provided to Alex M. for future committee members' use.)

Suggested recommendations to move forward in 2015, increase YP membership and outreach:

1. At Spring 2015 R2 Assembly, request participation in the YP committee. (Try to get young people involved!)
2. Continue suggestion for YP meeting format to include abstaining members state their length of abstinence.
3. At the Intergroup (IG) level, a.) continue placing posters at colleges (visit: <http://www.oa.org/?s=Step+One+Public+Information+Poster.>) and b.) ask young people if they are interested in forming a YP committee. (San Gabriel Valley-Inland Empire IG asked young members to take this action with the initial result of posters being placed at four Claremont Colleges and Cal State Fullerton in southern California, and interest shown in participating in a YP committee.
4. READ 2013 WSBC Youth in OA committee letter and coordinate R2 YP committee efforts with WSBC Youth in OA. (WSBC letter located in committee folder mailed to Alex M.)
5. Familiarize yourselves with youth information available on OA's website: <http://www.oa.org/newcomers/youth-in-oa/>
We pass the gavel and our encouragement for success to Alex M., BOT secretary and YP liaison and to all future R2 YP committee members. If needed, former committee members contact information is available by contacting former YP chair, Cynthia S. at: 626.335.7547, or sgvie.r2rep@gmail.com.

Respectfully submitted,
Cynthia S., S.G.V.I.E. R2 Rep / YP Chair (October 2014-January 2015)

Craigslist Posting

Weight Problem? Overeating? Food too tempting? Support Group. No Fees. (Santa Clara County)



Weight problem due to overeating? Is food too delicious and too tempting? Are you having a hard time stopping overeating? Learn coping skills with a great support group.

No fees, no dues, no weigh-ins. You do not have to buy or sell anything. Everyone is welcome. The only requirement for membership is a desire to stop eating compulsively. Find a support group meeting near you: <http://www.oasv.org/new-to-oa>. English-speaking, Spanish-speaking and Farsi/Persian-speaking meetings are available. Phone-in meetings also available.

Overeaters Anonymous Silicon Valley (OASV) is a nonprofit organization that offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Support group meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. We take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry this message of recovery to those who still suffer.

One Day at a Time

By Jessica J., Sacramento Valley Intergroup

My addiction to food and restricting or compulsively eating it wasn't because I was weak or had no willpower. In fact, it's quite the opposite. It was the only way I knew how to cope and survive in painful circumstances. It was the only thing I thought could give me control when life made any foreseen change, good or bad. I believed any pain had to be avoided at all costs and that eating would relieve me from the discomfort. But that wasn't the truth. That isn't the truth.

As I become willing to look and question my irrational thoughts, they lose credibility. I don't need food to numb me out and take away the pain. Today I try and stand still and feel my feelings. I don't think something is wrong or reach for a quick fix when I'm not happy every hour of the day or if I'm in any kind of physical or emotional discomfort. When I don't journal or talk about my pain I quickly forget this thought which is why I must keep sharing, writing, reaching out and never isolating, every single day. Today I accept this reality and it allows me to become more at peace. ONE DAY AT A TIME.

Recovery

By Jessica J., Sacramento Valley Intergroup

For me, there is no better feeling than waking up in the morning after a night in recovery. I don't need coffee or tea because I'm filled with energy. I don't procrastinate, I look people in the eye, I listen carefully when spoken to, I see all the colors in trees and in the sky and I am present in the moment. I don't have irrational thoughts, I'm kind patient and loving to myself and others, I'm out of my head and free.

A slip just reminds me of the dark, selfish, irrational, procrastinating, guilty, shameful and lethargic person I can be when I'm surrendering to the food instead of my higher power. That my recovery for one day should never be taken for granite. Each day I wake up "clean" I will be extremely grateful because it's one more day I'm living out of the fog I used to find myself trapped in for several days here and there, sometimes a week and at my worst, months at a time. Today is one more day I have my life back. Thank you for letting me share

Continued from page 2

At this IG chair's comment of the amount of money spent on binge foods/drinks, I was reminded that when I was still eating, I thought nothing of spending \$30-\$40 on one day, in my favorite bakery, under the (false) guise of taking it home to the freezer for my family of four, and the goodies never saw the freezer. I would return to the bakery 2 or 3 days later and repeat the same behavior over and over again. Yet when I got abstinent, my wallet slammed shut, and I saved out 50 cents per week from grocery budget to buy a big book that cost \$2.00! (OA didn't have our own hard-backed literature back then).

My home group taught me the importance of the 7th Tradition as part of my recovery, and to add a little more money for the compulsive eater that hasn't found the path to our door yet, and still stumbles in the darkness on the way to the fridge. Will my 7th Tradition make me abstinent? Probably not, only HP can do that, but what it will do is that by taking responsibility for donating when the basket comes around, my chances of getting/staying abstinent increase, and I want more (my favorite 4-letter word).

Every region (there are 10) has lost meetings and intergroups contributions this past year, and yet, I still hear of dramatic cases of isolated people from local and faraway places, like R2, Egypt and Southeast Asia, where the miracle keeps happening, and keeps occurring. If you don't believe me, just try it for 30 days, and see how good you feel about yourself, your meeting and your intergroup. Then let me know? I'll celebrate with you.

Yours in Service,
&:0) nancy



R2 Dates to Remember

JUNE 26-28, 2015

R2 CONVENTION
TOWN & COUNTRY, SAN DIEGO

OCTOBER 23-25, 2015

R2 FALL ASSEMBLY
DOUBLETREE, NEWARK-FREMONT

APRIL 8-9, 2016

R2 SPRING ASSEMBLY
DOUBLETREE, NEWARK-FREMONT

JUNE 24-26, 2016

R2 CONVENTION
CROWN PLAZA HOTEL, MILPITAS

Excellent Example of How to Request a 7th Tradition

Subject: OUR INTERGROUP NEEDS YOUR SUPPORT

Hi All,

In case your meeting hasn't heard, our Intergroup needs your financial support ASAP!!!!!!!!!!!!!! With the exception of a few meetings, we are not getting many donations from our meetings. The suggested distribution is 60-30-10 This is divided by 60% to the IG, 30% to the World Service Office & 10% to Region 2. Please remember when you put money into the 7th tradition, how much you would have spent on your last binge or quite frankly how much you would (do?) spend for a drink out (\$5?) without batting an eye. That is not to say it is wrong to buy those drinks, what I am saying is where would you be without OA? Would you be willing to give up a coffee to put extra money in the basket? Did you think about the cost financially of your last binge? Taking an extra basket pass specifically for our Intergroup is welcome also. Members are also welcome to send checks directly to our IG.

Things we use money for at our Intergroup

- buying literature from WSO to sell at a reasonable price to the local fellowship
- keeping a phone line & phone book listing for people to find OA when they need it
- doing the required business of OA, specifically, be registered as a non-profit group with the IRS & state of CA
- putting on Days in OA in the IG
- Sending representatives/delegates to Region 2 & World Service so that our Intergroup might have a voice & stay informed on matters pertaining to OA

Any monies you have to donate can be mailed to

Our Intergroup

P.O. Box

Our Town, USA

or call me & we can figure out a meeting place if you have cash. You are also welcome to bring donations to the IG meeting which will be held next week.

We are at a critical point right now. We are completely out of Newcomer packets; Mon 7:00pm needs books; there are \$400 IRS and \$30 State of CA filing fees to pay to bring us up to non-profit status with them and to be following the law. Also the WSBC has approved new literature that we will also want to purchase (edition 3 of the OA Brown book). Please remember how much OA has helped you in the past, now & will in the future. Please share this with all members of our Intergroup who may not have email or be on this list. Thank you for your time & support.

In OA service,
Intergroup Chair

7th Tradition
\$ \$ \$ \$

Numbers

By Danielle, Marin

Everyone asks
 what does the 13 mean?
 because numbers are supposed to mean something.
 I just had my 13th
 which means something more than the number.
 And it is my lucky number, I continue,
 excusing the kitchy-ness of the trinket
 meant to stand for something so extraordinary.

But it is not lucky.
 It is just my favorite and
 for no real reason.
 I say it is less competition that way,
 feigning an explanation
 for something that just is.

A number.

I do not have luck so much as blessings.
 Recognition of some creative intelligence reminds me.

I do not weigh 125 pounds.
 Or 115 or 190.
 I weigh god and good and hardship and kindness
 and love and sorrow and struggle and hope and fear
 and also its absence.

I am not made of seed and grain, fruit and meat,
 this color vegetable or that.
 I am living happening,
 an occurrence of joy
 and grief. A celebrant.
 A loser, someone winning.

Today, 13 is a number
 that reminds me that I love.
 That I am capable of being loved.
 That someone loves me back.
 Today I weigh 25 breaths per minute
 and per minute
 I weigh, perchance
 with grace.



Our solution is a program of recovery—a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively. (The Twelve Steps and Twelve Traditions of Overeaters Anonymous p. ix)

Second Sunday
 *** VIRTUAL ***

12 Step Workshops
 3-4pm ET (-5:00 GMT) Second Sunday each month

US phone bridge = 424-203-8405;
 Pin Code = 925619#

STEP 4 - April 12; STEP 5 - May 10;
 STEP 6 - June 14 ; STEP 7 - July 12 ;
 STEP 8 - August 9 ; STEP 9 - Sept 13;
 STEP 10 - Oct 11; STEP 11 - Nov 8; and
 STEP 12 - December 13.

Questions? Contact Stephanie
 vst4oa@hotmail.com

Gods Food - Gods Money - Gods Problem

By Anonymous

In OA I have found that the impossible becomes possible, by the Grace of God and with the help of others, when I am willing to do the footwork. When members in the first meetings I attended shared that they too had lived under the lash of a fatally progressive compulsion to eat accompanied by a belief that life without unhealthy eating behaviors and foods would be impossible or fatally dull and boring, I could relate. They also shared their hope, based on their personal experience of a strength greater than themselves, that they had found a way out of the food into a fuller way of living. No matter how deeply affected my life has been by the disease of compulsive eating, the solution to this problem is of such a great dimension that the suffering I experienced was worth it. Today I am a grateful recovering compulsive eater, experiencing the miracle of abstinence.

Doing the footwork and then letting go and letting God take care of the group as well as my personal life is a radical departure from a life of hopeless binge eating, obsession and being ruled by despondent thinking. When I stop to consider my best thinking led me to the point of desperation, it is a departure from the old ways taken with gratitude.

The 7th tradition presents a great opportunity to let go and let God. As a cheapskate, when the basket came around I wanted to contribute as little as possible without looking bad in front of the group. I had heard a number of pithy statements about how important it is to put money in the basket, such as "remember how much you spent on food" or "without your support there would be no OA." Somehow, hearing these did not result in generosity on my part, and only gave me another opportunity to tap into my storehouse of guilt.

Fortunately, or I would not be writing this right now, I stayed in the rooms of OA, got a sponsor and began working the Twelve Steps. I can't say at what point it occurred to me, (I would like to say it was at Step 3, but some are sicker than others and it was probably much later in the Steps) I remembered I had made a decision to turn my will and my life over to God as I understood Him. What that means to me is that it is not my life, my will, my food, or my money. It all belongs to God. As one person shared in a meeting "Food doesn't have the power. God does."

God has been much better at treating me well than I have been, so out of love for myself I make a daily commitment to turn it all over. I started asking God how much to put in the basket. Sometimes an intuitive hunch would occur. Sometimes there would be no answer. But somehow just by asking the question of God (and not demanding an answer) the whole problem of how much to put in the basket began to resolve itself. By making it God's problem, I experienced relief. Today the 7th Tradition basket no longer engenders stress and I do not have to feel imposed upon nor solicited. The decision give generously can flow through me as a result of the Grace of God and the joy of givingness and does not result in the conflict of where I should spend "my" money.

When I seek to be generous in all areas of my life, and to acknowledge that the gifts I give are given through me and not by me, I am given the gift of freedom. By praying for willingness to show up and be of service in all my affairs, be it work, meetings, relationships, or recreational activities I begin to see there is no conflict between serving God, myself and my fellows. I am beginning to see that my needs have always been met, even before I arrived in OA. My Higher Power always has and always will be with me.

R2 TRUSTEE REPORT

In this report I have highlighted what is happening at World Service and what I have been doing since the Assembly last October. My leg is healing, the bone is healed but the muscles, tendons and ligaments will take several more months to recover. I would not recommend breaking a leg to do service but I am grateful I can continue in this wonderful position in spite of my limitations.

My term is up in May 2016, which seems far off but the next R2 Trustee must have their application submitted to the R2 Secretary and the R2 Admin Assistant 60 days prior to the Fall 2015 Assembly. The application is due no later than August 24, 2015. You may find an application on oa.org at http://www.oa.org/pdfs/trustee_application.pdf The form lists all the requirements and if you qualify please consider applying for this amazing position of service. I have grown exponentially in recovery because of this service. It is extraordinary to serve with 16 other trustees with recovery comparable to mine who are dedicated to recovery and bettering OA as a whole. Yes, there is a lot of work but each trustee has a mentor and the rewards are priceless. Please talk to me and/or send to me members you know who are qualified. A journey of a lifetime can start with one question, one suggestion. R2 may send as many as 3 R2 trustee nominees to the 2016 WSBC. Wouldn't it be wonderful to give the conference a choice?

WHAT'S NEW FROM WSO on oa.org:

- Order Overeaters Anonymous, 3rd Edition with 40 new stories, a new forward and new appendix at the Bookstore on oa.org.
- Look for a new column in all issues of Lifeline in 2015 on the necessity of working all 12 Steps.
- Attend the Virtual Workshops on the Steps, every second Sunday of the month, 4224-203-8405, Pin number 925619#.
- Check out updated Budget Guidelines, Fundraising and Prudent Reserve Guidelines, PI Events Guidelines;
- Find a new one page document "To Atheists and Agnostics" under Newcomers.
- Download a free copy of the 2015 Courier to give to your healthcare provider. The Professional Community Courier, an annual publication, is OA's main outreach tool to inform and attract professionals in health care, clergy, and military, who may refer patients or people in their care to Overeaters Anonymous.
- Check out A Step Ahead, the quarterly newsletter from WSO. The first quarter 2015 issue is available for free download with info on all the new Abstinence documents created in 2014 and much more.
- There is a new support page for Newsletter editors.

At the November Board of Trustees (BOT) meeting the Difference between Abstinence and a Plan of Eating Workshop was approved. Look for the free downloads of the Leader's Guide, Handouts and PowerPoint on oa.org.

Thanks to members stepping up to the request for donations to the Delegate Support Fund by the time we met to decide who could receive funding there was more than enough money to fund all qualified applications. Three weeks prior we had 23 applications totaling \$28,000 and only \$11,000 in the fund. By the time we met, several applications had been funded by the regions, and we had over \$30,000 in the fund. Thank you all for your donations. What an amazing feat. Together we were able to fund 17 delegates from all over the world and left almost \$8,000 in the fund for next year.

The time for reviewing each piece of OA literature was extended from every 7 years to every 10 so that there is a more manageable amount to review each year.

As First Vice Chair of the BOT I have been busy with chairing the Strategic Planning Committee, overseeing the sub committees, writing motions for the February meeting, reviewing the WSBC proposed motions and amendments and supporting the chair.

Strategic Plan (SP): All the 2014 Projects were completed by the BOT and the Region Chairs Committee (RCC) and are available for free download on oa.org:

- Difference between Abstinence and a Plan of Eating Workshop (includes PowerPoint, Leader's Guide and Handouts), Strong Abstinence Checklist, Abstinence Literature Resource Guide, and Abstinence Workshop.

2015 projects underway:

- Virtual Workshops on the Steps started in January and continue every 2nd Sunday, Noon-1pm, PT (Feb 8, March 8, etc) on the step of the month.
- Each Lifeline issue in 2015 will have an article on working all 12 steps. In January issue see "A Better Way."
- A document called Twelve Stepping a Problem and The Importance of Working the Steps Workshop will be presented at the Feb BOT meeting for approval.

As usual I have answered numerous member questions. Some of the topics were: reduced cost literature, giving away newcomer packets, using outside literature at intergroup events, what to do with outdated pamphlets, requirements for intergroup board members, honoring the traditions in fundraising, lack of filled intergroup board positions.

Please note this update from AA World Service about using printed material from the Big Book in OA meetings: *"We have no objection to your O.A. meeting reprinting brief excerpts from the Big Book for use in its meetings. Of course, we would ask that this material not be adapted, that is, this material should be "read (or reprinted) directly from the actual Big Book."*

Intergroup Bylaws: Every time intergroup bylaws are changed they need to be sent to WSO. If your intergroup bylaws have not been updated since 2009 there are several places where the bylaws may be in conflict with OA, Inc. Bylaws. Send the bylaws to me for a review. It is one of my duties to help the intergroup to be in compliance.

R2 had two new OA C.A.R.E.S. requests from a prison inmate since the Fall Assembly. Let me know if you are interested in writing to help a compulsive overeater in prison.

The R2 Diversity Committee completed their project for reaching out to the mental health professionals to encourage them to refer their clients to OA. They gave a packet to each Region Representative at the Fall Assembly. Now they are working on revising the committee statement of purpose.

I am now the board liaison to the Intergroup Outreach committee and have emailed the committee to see what has been done. I may have an update at this assembly.

Date Reminders:

April 27-May 2 WSBC 2015 in Albuquerque, NM: "The Miracle of Abstinence!"

August 1- deadline for applications for Translations Funding

August 24, 2015 Applications for R2 Trustee due to R2 Secretary

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

November 1- deadline for applications for Translations Funding

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

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

I wish you all recovery beyond your wildest dreams. Talk to me about doing service beyond the region level. My replacement is in for a treat. Will it be you?

In gratitude for OA,
Meg Harlor, R2Trustee