

# WHAT'S NEW?



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



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## Region 2 Convention, June 24 -26, 2016

Crowne Plaza San Jose – Silicon Valley (Milpitas, CA)

## Service and Unity *by Meg H.*

**Tradition 1:** Our common welfare comes first; personal recovery depends on OA unity.

**Concept 1:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

**Tradition 2:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in the group conscience.

So how do we preserve unity in OA? In whatever group we are, we participate in the group conscience decisions, sharing our thoughts/opinions and listening to those of others. We are a diverse lot. We don't agree on outside issues but in the rooms, in all business meetings of OA, we work for what is best for OA as a whole. We may have different ways of working the

program, of food plans, of manifestations of the disease, of cultural heritage, of life challenges, of different ages and needs. But, we are all here to recover from the devastating ravages of this disease. We need to work together to carry the message to the still suffering compulsive eater. We need to work together for our own recovery. How can we do that together? By accepting each other as we are, accepting that there are many ways to work this life saving program. Let us all be right and not need to say others are doing it wrong if they don't do it our way. We can be all right because we all want to recover. Please don't denigrate other ways of doing the program. What works for some may not work for others. Some need structure, others need encouragement to find their own way. We get so much judgement from outside the

*(Continued on page 3)*

## Region 2 Trusted Servants

Nancy J., Chair----- chair@oar2.org  
 Carolina R., Vice Chair ----- vicechair@oar2.org  
 Thomas F., Secretary ----- secretary@oar2.org  
 Sherri F., Treasurer----- treasurer@oar2.org  
 Marjorie D., Events----- events@oar2.org  
 Betty Jean V., 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

### 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 ORANGE COUNTY/COSTA MESA, CALIFORNIA

### 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

## Service and Unity (continued from cover page)

by Meg H.

rooms let us accept each other no matter where we are in our recovery. Some take years, some get struck abstinent right away. It takes as long as it takes. Keep coming back no matter if you have recovery for years or are yet to find what works for you. We need all of you in the rooms.

I am the R2 trustee for only a couple of more months. I have so enjoyed this service which has helped me to grow by leaps and bounds in my recovery. There is nothing like service beyond the group level to bring out my character defects. I have learned to practice the principles of the program and make amends when needed. That has improved my relationships inside and outside these rooms. I am forever thankful for OA which has saved my life and given me a life. Because of that I will do my best to promote unity for the good of OA as a whole. I hope we can all do that so OA can be here for those who still suffer for years to come.

To extend the heart and hand of OA to those who share my compulsion, for this I am responsible.

## The Language of Unity

Over the last few months, Unity Intergroup has been discussing "The Language of Unity". We agreed that what we call ourselves and each other can serve to unite or divide us.

One of OA's strongest assets is that there is not just one way or one right way to work the program. What works for one person may not work for another. As a result, there is a need for (and room for) many different meeting formats under the OA umbrella. We are all part of OA, joined by the desires to stop eating compulsively and to carry the message of recovery to the still-suffering compulsive overeater. Meeting formats and the ways people work their programs may change. The steps, tools, traditions, and concepts of OA, however, do not change.

Unity Intergroup wants to make sure that it sends the message clearly—we are all part of Overeaters Anonymous, and none of us is modifying OA. Sending this message is especially important in our publications and communications. We may attend meetings with different formats, agreed upon by the individual groups' conscience. We do not, however, belong to different types of OA, nor do we wish to or need to. The framework of OA is broad enough for us all. Therefore, in our language we do not want to directly or inadvertently give the impression that any of us are modifying OA.

It is with this intent that the following motion was considered and passed at the January 2007 Unity Intergroup meeting:

"There are not different kinds of OA. There are, however, different meeting formats such as HOW meetings, Step meetings, BB Study meetings, Traditions meetings, and Literature Discussion meetings. In Unity Intergroup publications and communications, OA will always be referred to as OA. If distinctions are wanted or needed they should refer to meeting descriptors or meeting formats. Meeting descriptors would be day, time, location, or group name. For example, a meeting could be referred to as the Tuesday morning meeting, the Tuesday morning HOW format meeting, or the Tuesday Minneapolis meeting."

This motion was passed in order to provide guidelines for OA's to differentiate groups within our fellowship, should the need or want arise. The template is very simple—day of week, time of day, location, meeting format. (For example, the Thursday 7:30pm Minnetonka Big Book Study meeting or the Tuesday 9:30 am Minneapolis HOW meeting (using the word format is not essential).) This motion's goal is to provide a framework so that we do not end up implying, by using terms such as Traditional OA, OA-HOW, and Regular OA in Unity Intergroup publications and communications, that we modify OA. After all, "our...personal recovery depends upon OA unity." (Tradition One, OA 12 Steps and 12 Traditions.)

**(Language of Unity was included in the February 2015 issue of Lifeline on page 10)**

**(Published in the February 2007 issue of Society Pages (now Expressions of Unity))**

## Online Donation Form Available Now!

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.

### DONATE TODAY!

*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.*



#### **Service & My Recovery Workshops - Virtual**

Day: 2nd Sunday of the month

Time: 3-4pm ET (-5:00 GMT)

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

Questions? Contact Stephanie ([vst4oa@hotmail.com](mailto:vst4oa@hotmail.com))

#### Topics:

- United We Stand... - Jan 10;
- Who's in Charge? - Feb 14;
- All Together now We are Reaching Out Our Hands - March 13;
- There Are No Musts... But is it Good for OA as a Whole? - April 10;
- Always yo Extend the Hand and Heart Of OA - May 8;
- Keeping Our Meetings Focused on the Primary Purpose - June 12;
- The Many Ways to Contribute to OA - July 10;
- Suit Up, Show Up, Be a Part and Share the Load - August 14;
- Service Structure, Not Power Structure - September 11;
- When We Have an Opinion or an Agenda, Let Go, Let God - Oct 9;
- Anonymity Inside and Out - November 13 ; and
- Spirituality, Sponsorship and Service - December 11.

## My Journey Through The Program

Since a little girl, I was tall and big because I come from a family with big bodies and a lot of food, since I can remember. I never accepted myself and my big body, even when I had a normal weight with diets and pills for years. My top weight must have been 140 kilos or more, but I said it was 137 kilos. Today I'm not thin but my goal now is very different that when I came to a group for the first time, I just wanted to loose weight to show someone who had told me if I had seen myself reflected in the mirror. I said to "a group" because it wasn't OA, it was a group leadered by an alcoholic Program of AA. The structure, the literature and kind of sponsoring was different as I understand it today.

I was 51 years old, and came in June 14th. 1994. I was so full of food that I just can remember that my first sponsor had reduced (she said) a lot and I wanted what she had. She guided me in her way and her sponsor's. I didn't understand anything but I just wanted to loose weight anyway and no matter what. When reading AA literature, it didn't have any reflection on me, I just thought for almost two years in my alcoholic brother and a man who had been in my life for several years, and I got to know the way that an addict thinks and works but I never thought of me being an addict of something, I just liked a lot of food special sweet flavors.

After almost two years, our group invited a person of an intergroup and I guess this was the first time I heard from OA, and she said that there was a lot of literature written totally for the compulsive overeater but in English, and they needed translators, and I said to myself, "I belong here" She came to be my second sponsor whom I'm grateful because doing translation service of Twelve Steps program that came to me when I thought that only diet and walking would help me to be at least better with the weight, with my crazy life. Since my service of translating literature I started to see my own reflection and it was talking about me and all my life the way I had managed to live and had made my children to live also. I got married with a man as sick as myself but disconnected as I had been my whole life I had been blaming my whole world of all the disaster that my life was. I divorced from him before I entered to the group.

After my first two years in group, I entered to a program throughout my service reading and understanding OA literature and in my first Fourth Step, an HP and the Twelve Steps entered in my life, and a HP I have ever wanted, not the one that my mother used to believe. My HP has helped me since then, another issues came along, guilt, my crazy life I had lived full of food without been conscious, tears, more Fourth Steps, amendments, other services above the level group, etc.

My second sponsor took me to do service in OA Assemblies in R 2 where Mexico belongs, and later after my sponsor left OA I became to be even Delegate of the World Conference for several years which I am glad I did them with responsibility to my ability, and I learned a lot of this service. I had the privilege of attending to the last Conference which was Rozzane.

At my first beginning I started attending 3 meetings a week. I have lost much weight, and I'm not in a diet and pills and my weight is 90 kilos, since some time ago and I could say that I'm better than 30 years ago, of course with some results of that much I carried for a long, long time.

For the grace of my HP, I attend a meeting once a week now, I know that my life would change and would return to my 51 years of my old thinking, if I leave my OA program, and I have no intention to go anywhere else. Just for today.

## Deep Breath

How do the tools of OA serve me and what is my service to the program?

Keep coming back – it works:

- The program is serving me to keep coming home to myself
- It is a format I can afford
- It keeps me asking questions and doing the deep dive by hearing others shares and by seeing others commitment to their own process
- I may do it differently than others, but we are all doing it - sometimes fast sometimes slowly...sometimes rocky, sometimes smoothly
- Sometimes the language is not the way I speak/think, but no one has said I have to speak their language or structure my thoughts in the way that theirs are structured
- In other words, the concept "take what you like and leave the rest" allows me to return and feel the support of my boat in the sea of fellowship – because no one is making me do anything I don't want to do
- Right now my service to the program is to show up and be present for my fellows – that's the best I can offer right now

Many blessings,  
Travis



## Technology and Our Intergroup

The San Joaquin Valley Intergroup encompasses the counties of Fresno, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare and Tuolumne of California. We are headquartered in the population center of Fresno but extend to Visalia to the south, 45 miles one way. We also include Modesto and Sonora, our most northern meetings, 101 miles and 119 miles each one way, respectively. As you can imagine, there are challenges to being an Intergroup that covers such a large geographic area. We searched for ways to have more involvement and the same time, more outreach in our area. We wanted Intergroup to be more effective. We started holding our monthly Intergroup meeting on the phone and in person rather than just in person. This allowed the farther meetings to participate and to add their experience, strength and hope to the group. It was empowering to the groups that their voices were being heard along with receiving up-to-date information. Getting experience as a hybrid meeting led us to examine our meeting time and location. After a group conscience meeting, we voted to go to only a virtual Intergroup meeting (monthly phone call) during the week versus an early Saturday morning meeting. This has been extremely successful and easy for members to attend. One of the benefits of going to a virtual meeting, is that it has encouraged the chair to send out an agenda prior to the meeting. When everyone has had a chance to see and prepare for the agenda, it helps the meeting go much smoother. We used the recent WSBC agenda vote in this way, in particular. The entire packet was sent out to each person on our email list requesting that they bring it up for discussion at their meeting. Many meetings divided the sections up among several people to read and share the work. When it came to the Intergroup meeting, the chair asked for discussion and we were quickly able to proceed to voting as each representative knew what their meeting's group conscience on the issues before us.

There was a concern that by going virtual, we were losing the 7th tradition from the physical meeting. In response to that and to generate funds for special projects, it was suggested that meetings pass the basket a second time once a month with "Just for SJVI" collection. The meetings have chosen to implement it in various ways.

We also found that we were spending upwards of \$50 or more each month for a phone line and listings in several "yellow pages" directories. The phone directories were garnering few, if any, calls. We purchased a low-end Android smart phone from a pay-as-go carrier at a discount store on sale for \$50 and then purchased an air card for it for \$20 that will be good for 3 months' time. After paying for the phone, we have effectively dropped our phone costs from \$50+ per month to about \$7. We were able to transfer our phone number from the landline to the cell phone. This eased any fears we had that people would not be able to locate us. We also may buy a longer time air card next time because it will be cheaper in the long run, dropping our costs even more. We currently do not answer the phone. It goes to a pre-recorded message. Other Intergroups have had success with call-forwarding, having the phone line being transferred to an available member willing to give service. This has worked as a way to spread the duties and give more people a chance to give service.

An additional benefit to switching to an Android smart phone is that we have been able to add use of a mobile payment system. This allows us to accept credit and debit cards to pay for literature and/or donations. We can also create inventory lists and create reports. There is a cost to processing the payment. It will be the decision of the local Intergroup whether or not to absorb those fees or have the person using a card pay them.

These have been our experiences. I hope your Intergroup may find them of use!

Marjorie D.  
Events Coordinator, Region 2



## NEW AUDIOBOOK!

### OVEREATERS ANONYMOUS, THIRD EDITION



Downloadable MP3 files or set of 6 compact discs.

Listen to the third edition of OA's beloved Brown Book while driving or doing physical activities. This audiobook covers the entire text of the book, including forewords and appendices, and is read by members of the OA Fellowship.

Visit <http://bookstore.oa.org/> to purchase OA Literature.

### 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](http://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.



## OA Region 2 Convention June 24-26, 2016

Crowne Plaza San Jose – Silicon Valley, Milpitas, CA

Early Bird Registration Ends April 30  
READY - SET - SAVE!

A Joyful Journey awaits you at the 2016 OA Region 2 Convention! Register Online today to take advantage of the early bird rate (\$40.00 until April 30, 2016)

We look forward to seeing everyone at the convention where there will be lots of opportunities for fun and recovery for everyone, including:

- Workshops and marathon meetings
- Keynote speakers at meals and opening/closing sessions\*
- Friday Night Opening with Entertainment
- Dance on Saturday Evening\*

About our convention hotel: This year's convention will be held at the newly renovated Crowne Plaza Hotel San Jose / Silicon Valley in Milpitas, CA. Just a short distance from the San Jose International Airport, convention attendees will enjoy the following with the (\$129.00 single/double per night) rate:

- Complementary Airport Shuttle
- Complimentary Wi-Fi
- Discounted breakfast buffet vouchers (\$15.00+ tax per person)
- Complimentary onsite self-parking
- Indoor and outdoor heated pools and whirlpool spas
- Onsite Fitness Center

We know your time is precious and appreciate everyone's willingness to spread the word about this very special event.

\* Dinner, Breakfast and Dance not included with registration fee. See registration form on last page of this newsletter for more details.

**Register Online!**

<http://www.oar2.org/convention/upcoming>

## Convention Registration

### ONE REGISTRATION FORM PER PERSON

To pay by credit card, register online at [oar2.org](http://oar2.org)

## Convention Fees

(check appropriate boxes)

Registration (choose one) \$ \_\_\_\_\_

\$60 Register On-Site at Convention

☐ \$50 Registration posted May 1 to June 10, 2016.

☐ \$40 Early-bird Discounted Registration - must be received or postmarked by April 30, 2016\*

☐ \$15 Guest (Non-Member)  
Required to attend meals and/or dance

\$50 Saturday Dinner with Speakers\* \$ \_\_\_\_\_

☐ Grilled Chicken Breast, steamed veg, brown rice or

☐ Seared Atlantic Salmon, steamed veg, brown rice or

☐ Vegetable Napoleon w/Mozzarella Cheese, quinoa, roasted tomato coulis

All meals include spinach salad starter, fresh fruit, iced tea, coffee, and hot tea. There is no sauce on chicken/salmon, no flour/sugar, and no alcohol in any dishes.

\$10 Saturday Night Dance \$ \_\_\_\_\_

\*Dance admission is separate from Dinner.  
Dance is free if purchased by April 30, 2016

\$30 Sunday Breakfast w/Speaker \$ \_\_\_\_\_

Drawing for Quilt

Tickets are \$1 each, or six for \$5

Convention T-Shirt Qty: \_\_\_\_\_ at \$20

Blue ☐ M ☐ L ☐ XL ☐ 2X ☐ 3X ☐ 4X ☐ 5X

Green ☐ S ☐ M ☐ L ☐ XL ☐ 2X ☐ 3X

Region 2 Seventh Tradition \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Make check payable to: Region 2 Convention

Mail to: Overeaters Anonymous R2

P.O. Box 734, Cupertino, CA 95105

• Enclose a self-addressed, stamped envelope to receive confirmation by postal mail. All other confirmations will be sent via email.

• R2 Refund Policy: A written request, less \$10 processing fee, will be honored, if received or postmarked by May 24, 2016.

First name	Last name
Street address	
City	State
Zip	Phone
Email	

Name to be printed on badge

Staying at hotel? ☐ YES ☐ NO

The success of the convention relies on service.

Please volunteer\* to help during the event.

- ☐ Where needed ☐ Registration ☐ Boutique  
☐ Hospitality ☐ Greeter ☐ Newcomers  
☐ Drawing ☐ Security/Info ☐ T-Shirt Sales  
☐ Literature ☐ Decorations ☐ Silent Auctions

\*All volunteers must register

Date and Time of arrival: \_\_\_\_\_

I would like to do service at convention meetings.

☐ Timer ☐ Moderator ☐ Speaker\*\*

\*\*Speaker's preferred emphasis:

Requirement 2 years of current abstinence, completion of steps 4 and 5.

First time at an OA Convention? ☐ YES ☐ NO

Young person? (under 30-years old) ☐ YES ☐ NO

This is Region 2's MAJOR ANNUAL FUND-RAISER

Funds generated from the convention are used throughout the coming year to carry the message. One of the most common misconceptions is that conventions are meetings. Conventions are special events.

All meal functions are open to paid participants only. Hotel restaurant and alternate activities are available for those not attending meal functions.

Registration Questions?

Contact Mary R. at [musicmtraby@yahoo.com](mailto:musicmtraby@yahoo.com), or in an emergency, call (408) 645-8451



Overeaters Anonymous  
Region 2 Convention  
June 24-26, 2016  
Milpitas, California

## Hotel Information/Reservations

Crowne Plaza San Jose - Silicon Valley  
777 Bellow Drive  
Milpitas, California 95035

Reservations: 408-321-9500

Online Reservations:

[www.cpsanjosesiliconvalley.com](http://www.cpsanjosesiliconvalley.com)

Please specify OAR2 for special rate below when making hotel accommodations.

*Reservations should be received no later than June 10, 2016. Contact hotel directly for refund policy*

Convention room rates per night:

\$ 129—Single or Double

\$ 139—Triple \$ 149—Quadruple

Above rates good only until June 10, 2016

Check-in: 3:00 pm Check-out: Noon

Complimentary hotel shuttle to and from the San Jose International Airport and complimentary hotel self parking.

This hotel has sleeping rooms for people with mobility and hearing disabilities. Contact Beth C. at (415) 425-1615 with specific questions.