



WHAT'S NEW

Carrying the message in California, Mexico, Hawaii and northern Nevada

Overeaters Anonymous

Region 2

Spring/Summer 2012

SPECIAL EVENTS :

REGION 2 Assembly

March 30-31st
Doubletree Hilton
San Francisco Airport
Burlingame, CA

R2 Convention

July 27-29th. See back cover for details!

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WHAT DOES THE CHAIR OF REGION 2 DO?

When I look at my calendar for 2012, I am amazed. Being Chair of the Region has taught me to fit a lot more into each day! I became more efficient, more productive and still maintain balance while living a life beyond my wildest dreams.

Region 2 will have two Assemblies this year: March and October 2012 in Burlingame. An assembly is a weekend of far too many activities to cover here. Please look for your reps reports after each one to learn more about your program.

The 10 Region Chairs attend the WSBC in May in Albuquerque to meet as a Committee. We share the best ideas and practices of our regions, benefiting from each other. Again, please look for your delegate's report to see what happens at the Conference this year. You will learn about the passed motions, new literature and much more about worldwide O.A.

Early July, I will be sent to The O.A. Convention in Mexico City where our two countries will exchange ideas to enhance OA Recovery in Region 2.

The R2 Convention will be in Sacramento at the end of July, and the Committee that is putting this on is an experienced and competent group of OA members

prepared to awe you.

In August, the Region Chairs return to Albuquerque to meet with the Trustees. Everyone will join together, working hard to plan what's best for the future of OA.

In September, the Region Chairs will all meet at the assembly and convention of Region 1 in Spokane, Washington. We get to benefit from observing how other Regions carry on their business and recovery.

I did say BALANCE, however. At every one of those events, I will have time for fun and socializing! I also will have a life with family and friends in between. For this year, a cruise with my husband is planned as well as two car trips to Ashland, Oregon to see theater plays. The year will be sprinkled often with days of just playing and hosting family and friends.

A daily action plan helps me to use my time wisely and to be able to fit so much in. If you are asked to serve in a greater capacity in O.A., don't worry about not having the time. Serving at this level helps you to focus on what really is important, and your day will stretch to include everything you need.

Shari Greenberg
Region 2 Chair

GROWTH THROUGH SERVICE

My name is Cher and I'm a compulsive eater and the new R2 Events Coordinator. Fortunately I've had lots of help from past Coordinators and our R2 Chair or I would have crumbled under the weight of this responsibility.

One of my biggest core issues is not feeling smart enough. Growing up in the Bay Area, I went to parochial grammar and high schools. I struggled in school, just doing enough to get by. My older sister was a better student and better at everything. She was responsible, quick to learn, a whiz at accomplishing any task she attempted while I, on the other hand, was never given much responsibility, did not take on tasks because I felt

defeated before I began. This feeling of insecurity has plagued me for years and surfaced once again when I realized how much I needed to do with this new position.

But here is the good news: I love it! The following are some of the things I've been involved with: Contacting hotels and letting them know our needs for events such as assemblies and board meetings. Since we are a non-profit organization, I try to negotiate the best price with them for individual room accommodations, meeting space requirements, and menus when needed. I am currently working with a hotel for the R2 2014 Convention in the San Francisco area. This has been my greatest

challenge but the feeling I get from asking for what I need which is primarily a better negotiated price; I reap great rewards of satisfaction.

Instead of being afraid, I'm learning that I can just plunge on forward. I feel that this job was exactly what I needed to build my self worth. I thank OA for the opportunity, I thank my HP for guiding me to it, I thank my abstinence from sugar and white flour for giving me the clarity to take one step or one task at a time when the feelings of being overwhelmed surface. What a gift this program and the R2 position have been to me!

In love and gratitude,
Cher Bateman

MY STARVING BRAIN—FINDING MY MEDICAL FOOD PLAN

Abstinence from compulsive overeating has been most challenging. I entered Overeaters Anonymous (OA) in 1987 and worked a dedicated 12 Step program under firm and patient guidance of many sponsors. In that time, I never had more than two weeks of freedom from compulsive eating on refined sugar and starch. I was a chronic OA failure.

In the Big Book of Alcoholics Anonymous it states: "...that

the body of the alcoholic is quite as abnormal as his mind. It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life....we are sure that our bodies were sickened as well." (page xxvi) Why chronic relapse? I was addressing spiritual and emotional aspects of this disease. So, I turned my attention to possible physical factors, looking for clues in my history. I saw that I was born biochemically at risk for

addiction. As the oldest in a large family, I inherited much from my father: his dark hair, his square jaw, his food allergies and his low reserves of the "feel-good" chemical, serotonin. How do I know this? My father's family through several generations, suffered from obesity, depression, alcoholism and had a history of suicide. My father was a smart, well-loved, charismatic man who suffered. He was a man who used alcohol to feel

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KEEP COMING BACK

Since coming into OA-HOW in 1998, I have had a few relapses. The last time I “returned” was in 2007; I have not left since. This is a progressive disease, and there has been a struggle with abstinence. In 2009 I was on a slippery slope, sliding backwards very rapidly. I gained 40 pounds—almost half the weight I released in the program. I had a very difficult time keeping my abstinence longer than a week at a time, but I kept coming back. Gradually, I was able to keep it a little longer each time; then it became a month at a time as the weight went down a little, up a little, then down some more. I have had two years of solid OA-HOW abstinence since the last slip. Acceptance (Step 1) of this disease gave me the courage to keep trying in spite of the problem I had with food.

I have discovered many things

about myself. One is, as I get older, the pounds do not release as they used to. Those 40 pounds did not come off easily. It tells me that if it happens another time, I may not be as fortunate. Therefore, I try to be grateful that I did release the 40 pounds, and that I am abstinent today. Living in today only, I do not have to worry if I will be abstinent tomorrow, a year from now, or even for the rest of my life. Staying in the present is a gift, as is my abstinence.

Today’s abstinence is a serene one. I am not fighting the food; it is not calling to me. What happened to change that? There have been a few things. The very first was while stuffing food in; the thought came that there is not enough food in this world that I can eat that will be enough. I ate until I could eat no more, then I still wanted more. I tried to throw

up, not to lose weight, but to be able to eat more. I did not succeed. One (compulsive) bite is too much; 150 bites are not enough.

Service has also played a huge part in the serenity. I love to travel and meet new people in program, and learning of the service I could give as a Region 2 Rep for our intergroup is where a new level of service began. Abstinence became number one. Then as a delegate for our intergroup at WSBC became another goal to be abstinent. Today I am serving on the Region 2 Board as secretary, which is a two year commitment. This has been a safety net for abstinence, has brought much growth in my recovery, and is a new adventure. Keep coming back, it works!

Linda McLaughlin
Region 2 Secretary

NUGGETS OF WISDOM

Our OA literature related to Abstinence has many nuggets of wisdom.

For example, here are two I found from “A Commitment to Abstinence” Pamphlet:

1. “By working the Twelve Steps, we develop a way of thinking and acting which enables us to live each day without eating compulsively regardless of what may upset

us, or how hard the urge for a little taste may hit us.”

The solution is in the steps for my cunning, baffling, powerful and persistent disease. I learned to take responsibility for my side of the street (steps 4-9). I learned I didn’t have to do it alone, that I had a higher power who loved me and cared what I ate so much that it would help me in the moment if I would just ask (steps 2, 3

and 11).

2. “Use the Tools. Expressing your feelings by writing or by telephoning someone often relieves the desire to obliterate such feelings with food.”

Talking with another OA member has saved me from losing my abstinence countless times.

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A POT OF GOLD

I was so depressed; I was willing to make my life, Overeater's Anonymous. I used the "cease fighting anything" section of the Big Book on page 84 as my vision and said it daily until it came true. I worked the steps and inventoried situations where food was difficult such as social events with people that I did not connect with. Through the intuition of my Higher Power, I learned to bookend before and after events as well as having emergency phone numbers with me at all times. I needed to know who was going to be home, in case I needed to talk.

I learned my sticky points: being tired, being sick, being disappointed and wanting things my way. I had to really have a plan with my trigger foods and with triggering events. My HP's grace taught me to pick up the phone and feel safe to open my mouth to a non-program person. I made progress in OA although I was aware that I never felt the total peace that the Big Book promised.

Years passed and I found my first telephone meeting and joined a Big Book study. That turned out to be the key of an attitude changing experience. Line by line the leader poured over the first 164 pages of the Big Book. Finally, someone could really give me

directions. I saw that my mind was abnormal and that my thoughts started the ball of negativity and my disease rolling. I was able to see how I was maladjusted to life and that was the underlying cause of my food problem. This was the psychic change which led me out of denial and catapulted me through the Steps with a new understanding. I could see where my mind would take me to places of separation and judgment which was the REAL disease.

When I worked the Steps as laid out in the Book, the concept of a Higher Power became real. Abstinence became the norm, life had meaning and I did not want to go backwards. I wanted to continue moving forward even if I sometimes felt deep loss, pain and that I was moving at a snail's pace. What I was experiencing was what it meant to be connected, to be in the present moment. These were all of my real, raw feelings of discomfort that I had to learn how to walk through. This is what I learned healthy people do when they are in pain.

I do not have to add to my pain anymore by overeating nor do I have to have a 10 hour temper tantrum, now it is down to 5 minutes. When I came into the program I saw that life was

hard enough. I was hurting and food was just one more thing that was making my life harder. I did not want that anymore. I learned to pray for the willingness when I wanted something to stop. I learned to be humble and be patient; even when it meant waiting for years. I learned to focus on the Big Book, reach out and attend meetings. I learned to do service with the intent of wanting to truly help another person. I learned that my walking the talk helps others but it also affirms the message that we really can have a Spiritual Awakening and that our personalities do change. Abstinence has been gifted to me by my Higher Power who I only really learned, was there for me by thoroughly practicing specific instructions in the Big Book while working all 12-Steps.

Today I want to reach towards the pot of gold at the end of the rainbow instead of eat it. The true gift of Abstinence is making life more pleasurable than food. I can not get around sad situations but life is golden because I am not alone. I have a HP, the Big Book, a fellowship and the program principles and Steps to walk with me.

Suzanne B.
San Mateo, California

ABSTINENCE IS GOLDEN...

As I am heading into the second 50 years of my life (the golden years) abstinence is even more important than ever. My body is going through those changes that lots of us go through and if I didn't have abstinence I would be going crazy. I also quit smoking last year, after 30+ years and didn't know that smoking sped up the metabolism till after I had decided to quit. Good addict that I am I might have made other choices about quitting, but thanks to my higher power I did quit and it has been almost a year-and-a-half since my last cigarette. I thank the program for helping me to make sane choices and showing me I can do anything if I work my program.

As I said earlier my body has been going through some

changes I don't like and I have had to be willing to give up some of the things I have eaten in the last 11 years of abstinence. I tell you I didn't give them up easily, but after 6 visits to the doctor trying to figure out why I was putting on weight for the first time in almost 10 years. I had been eating the same food plan for 11 years, with only small changes when I got to maintenance. My doctor first did blood work and told me she had found the problem. She put me on medication for my thyroid and this was going to take care of everything. Oh yah! I got the magic pill I had been waiting for my whole life. Of course, this didn't solve my problem.

I was fighting the diet mentality that I had before coming to program. I upped my workout;

that didn't work. I went back to my doctor one more time and she finally said to me that as we get older we just don't need as much food. Of course, this was not what I wanted to hear. We reviewed my food plan and made some adjustments. The excess weight is finally coming off and I actually feel better than I have in a long time. I thank the OA program for giving me the clarity to do what is right and to be patient. As we say in program, stick around for the miracle. I know if I were not in program this would have been an excuse to begin eating whatever I wanted. I thank my higher power for abstinence every day.

Grateful

Cory

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normal, dying tragically at age 36.

Like my father and so many in OA, I had tough life experiences. I was abused sexually. I lived in a home environment of stress and uncertainty (not uncommon with an alcoholic parent). I was a target of bullying.

I believe these experiences were made worse because I lacked neuro-chemical reserves to weather such stresses. With each slight, I

was hit hard. I struggled daily with melancholy and sadness. My body and my temperament were also sensitive. I felt things deeply which is useful when writing, not so helpful in living. As a child and young adult, I suffered from chronic infections and was given rounds of antibiotics over years that may have contributed to a compromised digestive system, making the manufacture of essential neuro-transmitters even more difficult.

I have vivid memories of trying to concentrate after eating school lunch. I'd feel hyper-alert then 15-20 minutes later, dopey and unable to focus upon the lines blurring on the chalkboard. It was hard to keep my eyes open and my head up-right. It was only when working with an OA sponsor, decades later, (who removed all forms of sugar and starch, from my diet), that I experienced clarity in my brain, for the first time. I had been in a narcotic-like-brain-fog most of my life. Are narcotics

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SELF-SUPPORTING? WHO SHOULD BE AND WHY?

We hear that we need to be self-supporting, but do we really think about what that means and why it's important?

We all know that it's important to be self-supporting in our personal lives. When we aren't, we're dependent on others and are frequently unable to make decisions for ourselves because someone else is taking care of our responsibilities. That's appropriate when we're young, but the time comes when we are no longer willing to follow their rules so we find a way to be self-supporting. That's a tremendous feeling, to know we're able to do for ourselves what others have done for us in the past. Sometimes life situations prevent us from taking care of ourselves physically or financially, but we can find ways to be emotionally self-supporting; giving service, being responsive to others needs, being appreciative of those caring for us and caring about us.

What about being self-supporting at our meetings? Are our meetings self-supporting? Do they support our Intergroup? How does that affect our Region and our World Service Office? Is all that really important? Important? It's imperative!

We're told that the OA service structure is like an inverted triangle. The large part (meetings and the fellowship)

is at the top, then intergroups, regions and, finally, world services. Each part of the triangle needs the part below it and above it, to survive and flourish.

Individuals need to support OA by attending meetings, doing service and contributing what they can financially (be it \$0.10, \$1.00, or \$???.00). That allows our meetings to pay the rent, buy necessary supplies AND be self-supporting by sending contributions to intergroup, region and world services.

Why support Intergroup? Intergroups are the 1st line of support, providing a variety of services to their meetings, limited by the amount of money they receive from meetings or events that support the fellowship. It is important that they be self-supporting to avoid needing financial support from their Region or World Services. They organize workshops, marathon meetings and events to support the services they provide. My intergroup sets aside a substantial portion of the proceeds from these activities to ensure we can fund sending individuals to represent us at the Region and World Service levels.

When my intergroup found that we could not pay for an office large enough to hold individual meetings, we downsized in order to continue to be self-supporting. Meetings

relocated and became self-supporting because their contributions could be used for services, rather than to offset the deficit caused by an office large enough to hold meetings.

Why support Region? Regions provide services to Intergroups by providing assemblies and workshops for the exchange of ideas and methods of improving communications and retention of members of the fellowship. They organize recovery events like conventions, where workshops and marathon meetings feature abstinent speakers, to encourage and supplement the programs of OA members. They frequently provide financial support to small intergroups to attend assemblies and the World Service Business Conference.

Why support World Service? World Service maintains an office which handles issues relating to regions, intergroups, other service groups, individual meetings and individual members of the fellowship. It provides a source for program literature, so critical to working the program and contributing to the recovery of OA members. It organizes the annual World Service Business Conference (WSBC), where delegates from around the world gather to create literature and design or improve ways to better serve the fellowship and worldwide

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addictive? Yes, they are. As time wore on, I grew more chemically dependent upon sugar and starch.

From a young age, I knew I had an eating problem. Like so many, I actively looked for solutions to the insanity I felt. When I was diagnosed with Type I Diabetes at 18 years old, deep inside I felt some relief, wondering if my cravings and compulsive eating were symptoms of undiagnosed blood-glucose problems. I threw myself into learning all I could; hoping the problem with eating would be fixed with balanced doses of insulin. It was not. Even with stable blood-glucose levels, the cravings and compulsions with food did not cease. I began shooting up on insulin to binge. However dangerous this behavior, I could not stop.

I wondered if my eating problem was psychological. A few years later, I reached out to a mental health professional on my college campus. I told her that I was thinking about food all the time that I was struggling to manage Diabetes, that I was scared. She patted my hand saying, "You are a Diabetic". "You are supposed to think about food all the time". End of conversation.

I had excellent medical care

and ready access to Nutritionists and Dietitians. I sought them out explaining that I craved, that I felt unwell after eating certain foods, that I was concerned about my health. I asked, "Could I be allergic to something I was eating?" Their response was universally the same: "It's not about the food." "You have an eating disorder so naturally you'd think food is the trouble." "There is no such thing as a food allergy." "We recommend you seek psychotherapy or 12-Step support."

I did seek psychotherapy and in 1987 I began working with Overeaters Anonymous. By 2007, I had been in intermittent therapy, through two treatment programs for an Eating Disorder and in OA for 20 years. Still, I had no long-term Abstinence. I was still shooting up on insulin to binge. I feared for my life. Even worse, I feared that I was terminally defective, chronically dishonest or simply crazy, for not being able to get Abstinent.

On a late summer's night that same year, a friend told me of her experience addressing physical causes of her addiction. She told me of an approach that focuses upon nutritionally boosting neurotransmitters in the brain and correcting the factors in the body that sabotage manufacture of these same

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service bodies, while promoting and preserving the OA program. World Service is also a source of funding Public Information events and provides funding assistance that allows intergroups to send a delegate to the WSBC. It also organizes a convention periodically to support members worldwide through presentation of workshops, marathon meetings, etc.

Each part of the pyramid needs to be self-supporting.

Where does "self-supporting" start? WITH YOU and ME!! Without us, the pyramid will begin to topple and finally collapse. When we contribute funds and services, we make a difference to our meeting, to our intergroup, to our region, to the world service office and, ultimately, to the still-suffering compulsive overeater; those within the fellowship who are still struggling with this insidious disease and those outside the fellowship who need to hear about the miracle of OA recovery.

Join me by doing what you can.

Anonymous

R2 TRUSTEE REPORT

PI Posters: Catch the attention of still-suffering compulsive eaters with two colorful PI posters available for download from the OA Web site. Go to the PI Suggestion page and scroll down to "PI Posters."

New Literature: Now available for free download from oa.org,

Index for the OA 12&12. From "abstinence" through "wrongs," this comprehensive index will guide you quickly to important concepts and key words.

First Quarter A Step Ahead, the quarterly newsletter from WSO

Revised Suggested Meeting Format, includes more inclusive language, a statement on Diversity, the statement on Abstinence, an emphasis on abstinent sponsors, added focus on Lifeline magazine and updated guidelines for collecting Seventh-Tradition contributions.

Abbreviated Tools, for reading about all the 9 Tools in a meeting

Rotation of Service Skit, created by the Region Chairs Committee

2012 Courier: the OA Annual Newsletter for Professionals

A great tool for professional outreach to doctors and hospitals.

Lifeline Magazine: Lifeline subscriptions have been going down even though they have a great look and super content. If we want to keep Lifeline happening we need to make it self-supporting by getting more subscriptions. Please consider being a Lifeline Rep for your group and/or Intergroup. Call the WSO at 1-505-891-2664 or write an email to info @oa.org and ask for a Lifeline Rep Kit. There are wonderful Bonus Gifts for the rep and their group. Consider having your meeting subscribe, or consider subscribing to one more year of Lifeline for yourself, a friend, a sponsee, your sponsor, your doctor or any organization with a waiting room. At \$13 for an online subscription or \$23 for a hard copy for a full year, "it's cheaper than a binge!" It's a meeting on the go, fits easily in a purse or backpack and

could help you keep abstinent.

P. O. Manual: The Professional Outreach Manual has been updated. It is a great resource for reaching out to health and clergy professionals, institutions (prisons, schools, eating disorder units, etc.) and the military. At \$15 it is a good investment for your Intergroup with ideas for big and small outreach events.

Update Bylaws: Please continue to review and update your Intergroup Bylaws, especially to include the updated definition of an OA Group. See Suggested Service Body Bylaws on oa.org. You may submit them to me via email.

I wish us all the gift of Abstinence, one day at a time.

In Gratitude for OA,

Meg Harlor, R2 Trustee
trustee@oar2.org

FROM 2000 ASK-IT BASKET

How can we increase attendance at Assembly?

Encourage your intergroup to send all the reps you are entitled to. Network with neighboring Intergroups about attending – car-pool or something like that. Take advantage of roommate connections to reduce the costs by sharing a room. Take advantage of IFAP. Run fundraisers within your intergroup. Promote doing service as region rep at your intergroup.

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“feel-good” chemicals. I was skeptical yet also desperate.

I read all that I could about this methodology and in 2008, entered an outpatient clinic just north of my home. I provided the Clinic Director a comprehensive health history, was tested thoroughly and worked (over the course of 3 months) with a Nutritionist that specializes in nutritional psychology. Together we created a program of biochemical support for my brain and my body. It was a plan that encouraged my work in Overeaters Anonymous. It was a plan individualized for me.

The results were startling. Within four days, my cravings went away. Within two weeks, the melancholy was lifting. Within a month, I was eating sanely. I learned that my brain

and my body had been giving me messages all along, messages that I chronically missed. I learned that when my brain and my body are nourished, when I eliminate food I am allergic to, when I encourage balanced internal ecology; I stop craving. When I stop craving, I can better maintain my Abstinence. Compulsive eating (for me) was a complex problem. Abstinence in recovery (for me) required a multi-faceted approach.

OA/HOW as an approach to working the Steps with my Medical Food Plan, are cornerstones in my recovery today. My Abstinence required that I take action to help my body, even if it meant incorporating different methods into the good work I was doing in Overeaters Anonymous. Because I addressed the physical issues that sabotaged my

Abstinence, I have for the first time since 1987, been able to achieve more than 30 days of Abstinence. For the first time, I am able to be a speaker in meetings. For the first time in over 20 years, I am able to sponsor others.

My sincere hope is that by sharing my story, those who have not achieved Abstinence in Overeaters Anonymous will remember that the roots of this disease are not just emotional and spiritual but also physical.

I am humbled and happy to know that I am one, among many working every day, to get well.

Elizabeth M.
San Francisco, CA

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When I am having trouble with a person, I write a letter to that person that I am never going to send. I write without censorship until there is nothing left to write and usually I find my part in the situation. That is something I can do something about, make amends, and forgive myself and the other person. I may read the letter to my sponsor

and figure out my next action, or tear it up or burn it. It is not something I would leave around for someone to find!

See what nuggets you can find in this pamphlet and in the following OA literature:

Abstinence Book
A Plan of Eating Pamphlet
Dignity of Choice Pamphlet
Recovery Checklist Flyer
Before you take that first compulsive bite, remember... Pamphlet

Think First Wallet Card
Maintaining a Healthy Wt Pamphlet
The Tools of Recovery Pamphlet
Just for Today Wallet Card

Meg H.
R2 Trustee

ON UNITY DAY

This year I was asked to be one of the speakers at the Sacramento Unity Day celebration. As I was preparing for that, I had a few thoughts that I would like to share. What is this thing we call Unity? Perhaps it is simply the shared awareness that very few of us can survive this disease without help. This help is given to us by the Fellowship, by our sponsors as we work the steps, and most importantly by our Higher Power. Our OA groups are meant to be places of healing, where we are accepted and learn we are not unique in our compulsion. A spirit of warm cooperation toward a common goal replaces the strife and

competition of the outside world. Sometimes, we can leave a meeting, with more peace and serenity, than when we entered.

If this tradition of Unity flourished automatically in every OA meeting (and Service Body) there would be little more to be said. Our OA 12 and 12 gives two great examples of how a group or intergroup can be split by personality conflicts or insistence that a particular meal plan is "best". In the outside world, there are a great many things that can be very divisive; age, sex, race, religion, economic class or even whom we choose to love. We would do well to

remember that **the disease does not care** about these things. The compulsion simply wants us to eat and eat, until we die. How does "Personal Recovery" depend on OA Unity? My mind suggests a simple visual image. I think of an OA group as a small lifeboat struggling to stay upright in a bad storm. If we as passengers spend our time arguing with each other, instead of bailing, managing the sails and watching for reefs, down under we will go. If we stay united our Fellowship remains strong.

Michael D.,
Publications Coordinator

COMING OUT OF A PINK CLOUD

When I first began attending an OA newcomers meeting in October last year, I was overcome by the love, support and caring coming to me from the other people in the room. I cried all the way home as the knowledge that I was no longer alone became real to me. I immediately began an exploration of what abstinence meant to me and began eating three healthy meals a day with "life" in between. I was so proud when I received my one-month "chip." I was in a pink cloud of happiness.

But then the cloud rolled away

and the reality of every day life set in. I found myself going back to old habits and my desire to eat over my problems was stronger than ever. That was when I realized that all the steps and tools work together. That I needed to reach out, that I needed to write in my journal, that I, yes even I, needed a sponsor and to work the steps. I found a wonderful woman to be my sponsor and have surrendered myself to the program. I am no longer in a pink cloud. My decisions are made one day at a time, one meal at a time. I am working the steps. It is not easy, but for

me it is the only way to sanity. Although the pink cloud has rolled away, I find that the sun is shining on me now. I feel warmed by the love of others in the program and my sponsor. I feel new growth in my life. I am much more aware of my feelings and am dealing with them instead of eating over them. Without OA I would feel alone and frightened.

Within these rooms I have found acceptance and the desire to live my life - full of all the emotions, good and bad, of which it is made.

S.P., Houston

ATTITUDE OF GRATITUDE . . .

When I entered the rooms of OA in 1997, I heard many things—many that I needed to hear over and over again before they registered. One saying was to have an "attitude of gratitude".

At first I felt this to be some pithy OA/12 Step saying that simply meant carrying a positive attitude, which then meant to me seeing the world always with a Pollyanna-esque view.

That changed after working the 12 steps, getting abstinent, and having "life" happen. By "life" I mean some real challenging, unexpected events that, in my pre-program world, would have caused me to act out in a major way with food and in other unhealthy ways. Instead, I chose to concentrate on the incredible good fortune I have and am blessed with every day of my life. The numerous little things that happen every day I now

can appreciate with a clear head thanks to living abstinently.

Every night, as part of my evening spiritual connectedness ritual, I recite five things I am grateful for. I used to struggle to think of that "many." Now so many come to mind that it's a task to stop the flow of good things to be thankful for.

Greg M. - Houston, TX

REGION 2 OF OVEREATERS ANONYMOUS



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MISSION STATEMENT

To support individuals in need of recovery from compulsive eating (e.g., over-eating, bulimia, anorexia) through empowering all groups within the region.

Placeholder for convention registration form