



What's New

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

Overeaters Anonymous

Region 2

Summer / Fall 2008

FROM THE CHAIR: Beyond My Wildest Dreams

By Pamela W., Region 2 Chair

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Forward questions, articles or event listings for our next issue to our Publications Coordinator at publications@oar2.org

Let Me Know...

Who will your Intergroup's reps be for the October Assembly? Let me know by emailing: publications@oar2.org. Include reps' names, phone numbers, addresses and email addresses. Thank you for your service!

Deadline: ASAP!

--Mary M.,
Publications Coordinator

As I near the end of my first term as Region 2 Chair, I reflect on the gifts I have received from this humble service. OK... I do remember the "challenges" right away...and I often think I was really senile to volunteer for this service! But how did I grow, and more importantly, how did Region 2 grow? For one thing, I am more willing to let go (just a little) and see what great ideas the members can generate. And I am gratified Beyond my Wildest Dreams! Here are just a few exciting Region 2 developments that are worth sharing about:

- Today we have a rocking semi annual newsletter: 8 pages went to 2008 WSBC to share with our fellows.
- We have many active committees working hard at and in between assemblies to carry the message. Have you checked out the bookmarks for our Spanish-speaking members prepared by the Diversity committee at WSBC? There will be some available at the October assembly.
- An active PI committee is revving up for next assembly and the 2008 convention. Check out their table at the convention with PI Packets to inspire and guide Intergroups.
- The 12-Step-Within Committee has declared 12/12 as a day to devote to our 12-Step-Within work. A flyer is being prepared with additional information.
- Region 2 generously contributed to the WSO Intergroup Support Fund, making it possible for all those needing assistance for 2008 WSBC to receive needed funding.
- We have supported R2 Intergroups as requested by WSO in representing OA at major tradeshows- the latest being Native Americans in San Diego.

Personally I have participated with the other 9 Region Chairs at the WSO convention, at WSBC and at Region 7's assembly. What a great way to be inspired and get new ideas. I have implemented much of what I learned from my fellow chairs to inspire Region 2. The Assembly Friday Night Kick-Off event and a Region 2 display board (Like the one WSO has) were inspired by my meetings with Region 7. What a blessing. As a committee, the Region Chairs facilitated the forum and entertainment at 2008 WSBC. I learned a lot about doing workshops and putting on skits! But best of all I have nine new friends who are now part of my active OA support group - that is truly Beyond my Wildest Dreams!



**R2 Friday Night Fall Assembly
Kick-Off Show and Speaker
8pm, Friday, October 24
Ontario Airport Doubletree Hotel**

Don't miss the newest feature of the upcoming Region 2 Fall Assembly: a Friday night Assembly Kick-off Event that will include a fun evening of entertainment and recovery, with a play, speakers, and more (including some surprises!)

This is a brand new event, designed to increase awareness and participation in Region 2 assemblies and activities. The Kick-off Event is open to all—just arrive early Friday night with your OA friends, and start the weekend with a mega-boost to your recovery. Attending the event will give you a chance to get to know more about Region 2, and also get a first look at the location for the Region 2 Convention in 2009.

Everyone is also welcome to stay and attend the rest of the Fall Assembly that will be held Saturday and Sunday morning, October 25-26.

So come to the Kick-off Event for recovery, fun and to show your support for Region 2 OA!

Intergroup Concerns From Around the Region

By Carole C., Region 2 Secretary

My name is Carole and I'm a compulsive overeater, and the R2 secretary. My job for R2 is to take minutes so that we have a record of our business meetings and know what we've done. "Intergroup Concerns" is a part of every assembly where reps can bring up questions and invite answers from other reps at the assembly. Here are the notes I have on some "Intergroup Concerns" ideas and discussion from Spring Assembly 2008:

Q: Membership is going down. What can we do to encourage more members, more sponsors?

- Do a "Carefrontation." Call people from old phone lists and get them back to meetings. Institute a 12th Step Within committee.
- Have a Service and Traditions workshop (R2 provides this service to interested IGs).
- Announce at meetings: "If you need a sponsor, ask" and include this in the written meeting format. Hold a sponsorship workshop.
- Promote temporary sponsors (One IG compiles and provides a temporary sponsor list, and encourages sponsoring through the 3rd step).
- One IG asked a reporter to come to a workshop, worked with the reporter in regard to Traditions and the resulting article brought in a lot of new people. Sponsor workshops like a speed-dating event, advertise in the Penny Saver newspaper.

Note: There is more information on the OA website (www.oa.org) on carefrontation and related topics.

Q: How can we encourage more R2 participation? How or what can Region do to get more reps to the assembly? How does Sacramento Valley IG send four out of six reps?

- Although the assembly is called a business meeting, emphasize that it IS a recovery meeting.
- R2 reps: look around at the end of the day and feel the recovery that took place; don't judge the moments.
- Emphasize that at Region 2 events you can expand horizons, stretch that envelope, learn to give on new levels of recovery, meet other recovering OAs, meet more people in recovery.

- Reps, bring enthusiasm back to your groups and intergroup! Let people know how service has helped your recovery.
- Attend other meetings to talk up R2.
- Keep reports brief and interesting.
- Adopt a member - personal outreach - bring someone along to R2.
- Let members know that the IG will pay reps' expenses, if that is the case.
- Plan ahead. Hold fundraisers specifically to help pay for IG reps. Elect all possible delegates.
- Bring visitors to local R2 events that are open. Anyone can come as a visitor to get feeling for R2. Invite someone to come with you.
- Make up a positive flyer to take back.
- Talk about the ice breakers, workshops, speakers.

The Sacramento Valley IG, which has sent four reps, is successfully electing two reps but opening up other rep positions to anyone; the IG pays for the rooms, the reps carpool to save money.

At the Fall Assembly 2008, R2 in conjunction with local Intergroups will have a Friday night event which will be open to everyone in the area so local OAs can get a bit of a feel for the Assembly while attending the special opening event.

Q: How can you practice more rotation of service among the reps from your IG?

- Limit terms.
- Bring other people to local events when possible.
- Speak up about the convention, generate enthusiasm. "Sometimes I don't see value of service 'til I do service."
- Sponsors, promote service, bring spon-sees to meetings.

Q: How can we stop someone from "13th stepping"?

A victim may need to step forward and go with IG members to confront the offender. Suggest to members that they not look to the predator for program help.

Remember there is power in numbers. when confronting inappropriate behavior.



"Trust is freedom from fear, which is one of the promises of the program."
pg. 72, *For Today*

R2 Q&A

By Shari G., Region 2 Vice Chair

As Vice Chair, I often get asked various questions about Region 2 and OA in general. Here are two somewhat related questions:

Q: What is the difference between HOW-OA and CEA-HOW?

A: CEA-HOW is NOT part of Overeaters Anonymous. It is what we refer to as "an outside interest". However, OA-HOW IS part of Overeaters Anonymous. Many consider it a subgroup of OA, and it is known for its adherence to food plans and its disciplined sponsor/sponsee approach. Whereas the OA program offers only suggestions and allows for individual flexibility, the OA-HOW method usually provides a set structure to follow. Both programs practice the Twelve Steps for personal

recovery, but the philosophy regarding abstinence is different

Q: What are the requirements for a HOW Meeting?

A: The requirements for a HOW meeting are the same as for any OA MEETING. Members meet to practice the Twelve Steps and Twelve Traditions of OA. All who have a desire to stop eating compulsively are welcome at the meeting. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting). As a group, they have no affiliation other than OA. OA-HOW members welcome any OA members to attend HOW meetings even if they are not specifically working the HOW program.

Region 2 Financial Report

Period Ending 12/31/07

INCOME:

Donations:	\$24,128.93
Convention:	\$33,963.41
Other Income:	\$ 581.48
Total Income	\$58,673.82

EXPENSES:

Board Exp./General:	\$10,477.05
Assembly Exp.:	\$10,187.18
Conv. Exp./Direct:	\$19,066.94
Conv. Exp./Bd., Other	\$ 4,156.60
Delegate/IG Funding:	\$12,432.71
Donations to WSO:	\$ 3,636.70
Outreach Expenses:	\$ 2,793.03
Other Admin. Exp.:	\$ 2,952.89
Total Expenses:	\$65,703.10

Expenses in excess of income were funded from excess reserves.

Let's Build Region 2 With Service, Representation

By Mary M., Publications Coordinator

How many reps from your intergroup will be attending the fall assembly in Ontario? Well over 100 reps are eligible to attend the Region 2 Assembly that is held twice a year, but actual attendance is typically less than half of that. Why? Understandably, cost and distance are factors, particularly for members in Hawaii and Mexico.

But for most intergroups, at least one of the annual assemblies (they rotate between northern and southern California) is relatively close—and funding help is available from the Region.

At this year's Spring Assembly, Vice Chair Shari G held a thought-provoking workshop on how we can all work to create more

representation at Assembly. Everyone who attended pitched in with great ideas (see "Intergroup Concerns from Around the Region" on Page 2), and the workshop closed with personalized, individual commitments to help increase service at our Region level.

According to R2 Bylaws, your intergroup is entitled to 1 rep for every 10 meeting groups or fractions thereof (i.e. 10 meetings = 1 rep; 11 meetings = 2 reps, 21 meetings = 3 reps, etc.). What commitment can YOU make to help your Intergroup send as many delegates as possible to assemblies?

Speak up to your Intergroup and in your

meetings—encourage members to become Region 2 reps and help us carry the message in our area. Contact a board member if you have questions about receiving financial help. Consider helping nearby intergroup by sharing transportation or hotel expenses. Talk to R2 reps or board members about the recovery benefits they have experienced from doing service at the region levels. Consider becoming an R2 Rep yourself, attending an assembly as a visitor, or bringing OA friends to learn more about Region 2.

Together, we can carry the OA message in our region so that it reaches Beyond Our Wildest Dreams.

What's R2 Done 4 U Lately? And What Can We Do For U NOW?

By Joyce F., Region 2 Treasurer

Is your Intergroup struggling?

- Does it have problems?
- Does it need have an S&T (Service & Traditions) Workshop?

S&T workshops by R2 Board Members are available - Just for the asking!

Would your IG like help/input from other intergroups or the R2 Board?

- Does your IG need \$\$ help to send Reps to Region 2 Assemblies?

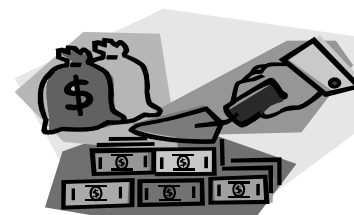
- Does your IG know about IFAP (R2's Intergroup Funding Assistance Program)?

IFAP provides \$\$ to assist intergroups that need financial help to send representatives to R2 Assemblies.

Applications are in every R2 Assembly packet. Just complete one & bring it to the assembly. (Application Must be signed by Intergroup Chair to be valid.)

Join us, ask us!

We want to be of service.



IFAP Funds help ensure that all Intergroup views have a voice at Region 2 Assemblies



Ontario, Here We Come!

(Mark Your Calendars)

June 26-28

Doubletree Ontario Airport Hotel
Ontario, CA

Information: oar2.org

Cheryl (Chair): 716-246-7700

Email : carrhyne@msn.com

Eda (Reg): 310-833-3756

Email : convention2009@mac.com

Start scheduling and budgeting now because you don't want to miss the Region 2 Convention in Southern California June 26-28, 2009. The location is the Ontario Airport Doubletree Hotel, easy to get to, bathed in sunshine, featuring a beautiful courtyard with pool, and restaurants nearby. Of course, the most exciting attraction will be all the recovery opportunities, with inspiring speakers and workshops from throughout our region, and the chance to learn from OA friends. For more information as the program develops, check the website, www.oar2.org, and watch for our next newsletter.

Start planning- time flies while we are living the OA program!

Answers to Your Questions About Region 2 Conventions

Submitted by Hanna S., Events Coordinator

We all know that Region 2 puts on fabulous conventions each year and that practically everyone who attends our conventions has a great time. But have you ever wondered why Region 2 puts on conventions? You may think the reason is to offer lots of recovery and camaraderie to all the members in our region (not to mention the opportunity to stay at a beautiful hotel!) That is true. However, there is more to it than you may realize. For example, did you know that this is actually the only yearly fundraiser put on by Region 2? That makes the convention very important to OA in our region.

What Does Region 2 Do With The Money It Raises?

- Region 2 gives service to achieve OA's primary purpose: to help recovering compulsive overeaters. Region 2 tries to get the word out to people with eating disorders.
For example, Region 2 recently sponsored an event in San Diego for Native American Men and Women. World Service also participated in funding the event. We had a wonderful group of members who spent their time staffing the booth and handing out program-related information. OA participation at a dietitians' conference in Los Angeles is also in the planning stages.
- Region 2 also uses its funds to put on Service and Traditions (S&T) workshops. Intergroups experiencing challenges, such as problems retaining membership or finding members willing to serve, may request a workshop targeting one or several traditions or service-related problems. Intergroups contact the Region 2 Vice-Chair to schedule an S&T workshop (contact Region 2 at least six months in advance of the event.)

How Does R2 Find Event Locations?

Two years or more before the convention, the Events Coordinator has to look for a hotel. For example, we have just booked a hotel in the San Francisco area for our 2010 convention. During this process, several hotels are selected and visited before a hotel contract is negotiated. We work hard to get the best possible prices for sleeping rooms, meals served, and everything else needed to put on a great convention for you. As the current Events Coordinator, I can say that it is a lot of work, but also quite rewarding when we have closed a deal to assure that another convention will happen a couple of years from now.

How Does R2 Find A Convention Committee Chair?

We find the best-qualified member in the hotel vicinity and ask that person to chair the convention. We usually rely on members in that area to recommend someone who has some business experience and a solid program for several years. It takes a lot of commitment since it involves so much time. We have always been very lucky to find qualified and dedicated people. The convention committee chair in turn looks for as many willing members as can be found. Some of them will serve on committees, others as committee chairs, e.g. public information (to get the message out to the public), registration (to make sure you are properly registered).

A fundraising committee is important since they go out to the community and also to our members to accumulate items that can be auctioned or sold at the convention.

There are many more committees equally important and committed. It's important that all of us contribute either time - if we can - or by purchasing tickets to win the free weekend or beautiful items made or donated by members. The committee works on the convention project for over a year and it takes a lot of personal time and a lot of dedication. Our members have always come through, resulting in wonderful committees and even more wonderful Region 2 conventions.

We hope that this helps you understand why we have conventions and perhaps you may even consider giving service to your Intergroup or Region!

Women Suffer Too

By Angela J., Region 2 Trustee

(Ed Note: This is part of the Trustee's series on successful Region 2 Intergrups.)

Marty M. overcame her fears of entering program to become one of the first women in Alcoholics Anonymous (AA) and remains a pivotal figure in AA history. Just as with AA, the images that fill our brain before visiting our first OA meeting can be alarming. Marty characterized this experience as going to see "these freaks and bums" as described in the AA/OA program litera-

ture, *Women Suffer Too*.

Today, a rare and fascinating personal in-depth narrative of Marty's life is preserved in the OA archives within the San Fernando Valley Intergroup (SFVIG) audio files. You can listen to Sally B., AA historian who also lost 100 pounds in OA, give vivid detail of Marty's life in recordings from the 44th Annual OA Birthday Party "Sometimes Quickly, Sometimes Slowly" 1/16 - 1/18/04, tape# 160. Many OA members may not be aware of the treasure in

this recording.

SFVIG's audio archives are a good example of a successful Intergroup that is particularly self-supporting. According to its website, SFVIG has been recording their events since 2004. Call the SFVIG office at (818) 881-4776. Business hours are: Monday, Tuesday, and Thursday, 12:00pm-3:30pm and Wednesday from 6:30pm - 8:00pm PST. The office accepts: cash, checks, Visa, and Mastercard for payment.



"Like individuals, OA groups learn from their mistakes..."
from OA Tradition 2

Reflections on an R2 Service & Tradition Workshop

Submitted by San Diego Intergroup

The S&T Workshop held in San Diego in November 2007 was fun, interactive and informative. Here are some of our members' reflections on the workshop and the use of Traditions 1-3:

On Tradition 1

From Jeri: "Oh, no they're boring and have nothing to do with my personal recovery." These were my thoughts when I was first told to read the Traditions. Yet each time I read them, I learn about myself and how the Traditions apply to my everyday life. For example, this week I had an incident at work in which I experienced the fear of losing my job. I spent a few hours obsessing on how I would survive without my job (paycheck). I thought of myself as a failure after all these years of hard work; however, I read the First Tradition. The First Tradition states: "Nobody can be punished or expelled." (AA 12/12 pg. 129). What a relief I felt

in my moment of despair. I was reminded I would never be expelled from OA. My program and abstinence are not dependent on outside conditions, they are dependent on God. Of course, the fear never materialized. It was a self-created fear that I blew out of proportion. Gratitude is what I feel for this very precious First Tradition that tells me I can always be a part of this Great Whole. Thank You, God, and all of you."

On Tradition 1 & 3

From Anonymous: "A few days after the Service and Traditions workshop I was talking with an OA member who was concerned about three issues they experienced at some of the meetings they attended: how to deal with an unruly meeting member, cross-talk, and outside issues. Our members have discussed these issues over the years. The Traditions were written so

OA could work through and also prevent them. Because of the S&T Workshop, I was able to be of service to an OA member.

The purpose of Tradition Three is to keep the path of recovery open for all who have the desire to stop eating compulsively. No person who has this desire can be asked to leave an OA meeting or OA itself.

Tradition One says that meetings are meant to be a safe place for all. One example of cross-talk is to give advice at the meeting level to the person who just shared. Many meetings have a group conscience and decide to add "no cross-talk" to the meeting format.

Tradition Three also addresses the harm outside issues can do to OA. Many of our members suffer from other addictions. For the good of our fellowship, only OA is spoken here."

Tradition 2

"Like individuals, OA

groups learn from their mistakes--and so does OA as a whole. We find that our Higher Power often leads us through our blunders." (OA 12x12, page 122). From Ginger: "The SDIG realized, after the fact, they had not followed the SDIG bylaws. At the next IG meeting, the error was announced, we would need to start over, and follow the bylaws and the 3-month process. We decided that at our December 2007 IG meeting, we would take a group conscience: Should the 12-Step-Within Committee chair be a Board position? "We trust that the decision we reach together is our Higher Power's will." (Page 119).

In conclusion, "...we turn our attention to the traditions, trusting that as we come to understand them better, we will be better able to keep our OA lifeboat afloat and ourselves spiritually fit in the face of all challenges." (OA 12x12, page 108).

The San Diego Intergroup would like to say thank you to the R2 Board and the workshop presenters!

Reaching Young OAs From Young Peoples Committee

Here are 2 ways YOU can reach out and give service to young compulsive overeaters:

1. *DO YOU HAVE A STORY TO SHARE on Your Experience, Strength & Hope as a Young Person in OA?*
2. *DO YOU HAVE IDEAS FOR WORKING WITH YOUNG PEOPLE IN OA?*

Please share your story or tell us about your ideas and experiences (events you've held, meetings you've started, online outreach, sponsorship experiences, etc.) by e-mailing the R2 YOUNG PEOPLE'S COMMITTEE at publications@oar2.org, so that we can share them with other members of Region 2.



Helping Intergroups Get the Word Out

Submitted for Public Information Committee

The Public Information Committee is working hard and employing teleconferencing to communicate between assemblies as they prepare informative tools to help Region 2 Intergroups carry the OA message to the public. Watch for their information and ideas at the 2008 Convention, at the fall assembly, and on the Region 2 website at www.oar2.org.

Twelfth Step Within Committee Urges Creativity to Carry the Message

Submitted by Carol M., San Francisco IG

Our primary purpose as stated in Tradition Five is "to carry its message to the compulsive overeater who still suffers." The 12th Step Within committee urges all groups and individuals to consider creative ways to reach the still suffering compulsive overeater who has been in the program for a while, or who has drifted away.

Some of our Intergroups Success Stories:

- Mid-Peninsula Intergroup hosted a successful Day in OA on January 12, 2008, with a focus on Relapse/Recovery. The event included four speakers who spoke specifically on relapse.

Remember to Reach Out

Submitted for 12th Step Within Committee

December 12 (12/12) is 12th Step Within Day. Remember to reach out to someone in program who may need help. As we walk the path, we need each other for strength and support!



Bylaws Committee Near to Completion of Revision

Submitted by Steve S., HOW-OA NO CA IG

The definition of the word "bylaws" is: "the rules that govern the internal affairs or actions of an organization." Bylaws generally include procedures for holding meetings and electing the board of directors and officers. The bylaws also set out the duties and powers of an organization's officers. For our Region 2 Bylaws, it was felt that our bylaws were not only too long, but confusing as well. Also, it was determined that there were several areas where we were covering items that no longer needed coverage. These were some of the reasons it was

felt that our bylaws needed a good going-over.

The challenge of working on the revision of the bylaws is our inability as committee members to meet in person only two times a year. Of course, it helps to correspond by e-mail, which the committee members are doing.

Here's a basic status report:

1. **Goals:** Our goal is to simplify and make the bylaws flow better. We are also tasked with doing the same for our Policy and Procedures Manual.

2. **Current Projects:** Revision of the bylaws is going very well and this is nearly complete. We have also begun the job of reviewing and suggesting revisions to the Policy and Procedures Manual.

3. **Plans for Next Assembly/Future:** One last step to revising the bylaws will be to add an article on Parliamentary Authority. Before the next Assembly in October, committee members will begin to review the Policy and Procedures Manual and make suggestions where appropriate.

Creating New Tools to Encourage Diversity

Submitted by Penny H., Foothill IG

The Diversity Committee met during the Spring Assembly on March 1st, and the main agenda item was to design a bookmark in English and Spanish that would reflect the diversity in OA. The bookmark is to be available for the 2008 Convention in San Jose.

Business cards in Spanish for the Mex-

ico Intergroup will also be made available. They will include the email address, 800 number and postal address of the intergroup in Mexico City, so Spanish-speaking people can get information in their own language.

The Ebony OA Intergroup hopes to get meetings started in Southern California.

Some of their meetings are online and phone meetings. More information is available on their website.

Finally, there is a need for more "Mommy and Me" meetings and Intergroups are encouraged to consider starting meetings for parents and children.

Intergroup Outreach Committee Works to Strengthen the Bonds of OA

Submitted by Brenda K., San Francisco IG

Your R2 Intergroup Outreach Committee had two great working sessions at our recent Spring Assembly! We plan to contact all of the Intergroups who have not recently sent delegates to the R2 meetings to remind them of the IFAP scholarships, which are available to help Intergroups who would not normally have the funds to send delegates.

We will also touch base with all of the Intergroups in R2 to encourage attendance at the R2 events, which includes our upcoming convention in San Jose and Fall Assembly in Ontario. We plan to reach out to get to know other Intergroups, even neighboring Intergroups who have very few miles between them, but who don't always talk and share ideas. The goal is to

strengthen support and the bonds of OA, and to increase community exposure.

Finally, the Committee submitted resolutions to increase funding for Intergroups, and the resolutions were sent to the Board for consideration and a final decision.

Gathering Ideas to Reach Out to Young People

Submitted by Kim O., Marin IG

We are seeking to share ideas that will help R2 Intergroups reach out to support young compulsive overeaters. We've recognized that young people have specific needs that adults often do not consider:

1. Transportation difficulties
2. Meetings need adult supervision
3. Heightened fear of lack of anonymity
4. Need to connect with other suffering young persons

Those Intergroups which have established meetings for young persons usually have a younger meeting secretary (20's) and

themes of anorexia, bulimia and body image as meeting topic focuses. These are some suggestions we would like to share with R2 Intergroups wishing to expand their young persons' outreach:

- Due to transportation challenges, start local phone or internet meeting focused on body image, bulimia or anorexia— post notices on campus
- Flag meetings that have a Young People's theme with a special asterisk or note on your meeting list and website
- Ask young people from your local meetings to write articles welcoming

other young persons to OA and have them available for young newcomers

- Establish a call list for young persons and pass to newcomers in meetings with welcome packets.

At the San Jose R2 Convention a Young People focus meeting is planned for Friday evening. We also encourage young people to write articles for Lifeline to help young people know how to get connected and that they are not alone when coming into our rooms.

OA Experiences as a Fifteen-Year Old Fattie

Submitted by an Anonymous Member of Region 2

"I came to Overeaters Anonymous almost 24 years ago, as a high school student. After spending my entire life on Weight Watchers and diet shakes with my professional dancer mother, she got fed up with me, and dragged me to a meeting, in hopes of "helping me" lose weight for a school dance. At first, I thought it was just another weight loss program, and was angry and resentful of my mother, who was seated next to me during the entire meeting. I did not want to attend the stupid dance, wear the stupid fluffy pink dress, or go out with the stupid boy that so entranced my mother. This "sacred rite of passage" was of no interest to me, grumbling in my punk rock band tee shirt and black eyeliner. All I wanted, at that time in my life, was a ticket off of the planet, or at least a good dose of sugar (and a few other addictive substances). I had experienced some childhood sexual abuse at a young age, and used food to hide and punish my body as best I could. I remember my first meeting was very difficult, seated at a

round table with a bunch of adults, but my mother must have done some research on young person's groups. I later remember a larger meeting in a big auditorium, with a small room for children and teens. I remember working with a sponsor for awhile, and making calls, and doing some writing on the steps. At that time, I was heavily into the food, drugs and alcohol, and I later ran away from home and was in jail. I believe this woman who was my sponsor at that time was a lifeline to me, even though I was deep into my disease.

I left the program, but something must have stuck, because I remember going to meetings as an undergraduate in college, and working with sponsors on a lot of writing. My disease reached its peak after I finished my BA and worked as a teacher. My weight bloomed past 300 pounds, and I was lost. I went to AA and immediately got clean and sober, which was 16 years ago. I also came back to OA, and with the help of many sponsors, and a lot of step work, I became absti-

nent, and lost over 150 lbs. I now sponsor people, and maintain this imperfect abstinence with a lot of service. Now, with the help of these recovery programs, I am able to heal all of the wounds in my family, and to be grateful to my mother for introducing me to the program so long ago. She and my father both work recovery programs now, and we have made a lot of amends. I am also grateful to OA for providing me a safe young person's meeting, with a separate room for us youth, so we could talk in confidentiality about family problems that were a core to our disease. I am grateful to the adult who was willing to sponsor a very difficult teen. I am sure that she saved my life at the time. I hope I can improve the way my intergroup conducts its meetings, so that we can provide a safe space for young people as well. I wish all members of OA the blessings and miracles of recovery and abstinence."



R2 Trusted Servants

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To get information on doing service at the regional level or to run for a position on the R2 Board, service descriptions and position applications are available on the R2 website at www.oar2.org

Volunteers:

Webmaster: Ian D
R2 Newsletter Editor: Kim O

OA Region 2—2008 Fall Events Calendar

Date	Location	Topic	Contact	Phone / Email
Jun 27-29	San Jose, CA	Region 2 Convention— Doubletree Hotel	Shirley S	408-257-5093
Jul 26	Sacramento, CA	Sponsorship		www.sacvalleyoa.org
Aug 1-3	Santa Barbara	LA IG Retreat	Joanna	805-403-8080
Aug 15-17	Lake Tahoe, NV	SVIOA : Serenity in the Sierras		www.sacvalleyoa.org
Aug 22-24	Encino, CA	New Freedom Retreat	Vickie M	310-831-3119
Sep 6	San Diego	12th Step Within Workshop: Let's Talk Sex: Dating & Relationships	Donna W	hopefuldkw@yahoo.com
Oct 10-12	San Diego	Palomar Mountain Serenity Retreat	Millie D	mmsillydam@cox.net
Oct 10-12	Napa, CA	Marin "Fall in to Serenity" Retreat	Ellen	415-927-2442
Oct 24-26	Idylwild, CA	Activate in "08" Winter Retreat	Connie A	amstoneus@yahoo.com
Oct 25-26	Ontario, CA	R2 Fall Assembly, Doubletree Hotel		www.oar2.org
Oct 25	Sacramento, CA	Holidays in Recovery		www.sacvalleyoa.org
Oct 26	Reseda, CA	The ABCs of Abstinence	Michele	A3Queen@aol.com
Dec 6	Sacramento, CA	12th Step Within		www.sacvalleyoa.org
Dec 14	Eagle Rock, CA	Have an Abstinent Holiday	Mary	www.oafoothill.org

REGION 2 FALL ASSEMBLY EVENT INFORMATION

The Region 2 Fall Assembly will take place in Ontario, Southern California:

Dates: October 25 - 26, 2008

Location: Doubletree Airport Hilton Hotel

Address: 222 North Vineyard Ave., Ontario, CA 91764

Telephone: 909-418-4847

Room rate: \$99.00 per night

Reservation Deadline: Friday, October 3, 2008

Airport shuttle from Ontario Airport to Doubletree Hotel - Available free of charge.

Assembly Business:

OA Meeting: 7:30AM

First-time Intergroup Reps: Attend "New Representative Orientation" - Sat. at 8:30AM

Sessions: Saturday, October 25th from 9:00AM until 5:30PM

Sunday, October 26th from 9:00AM until noon

Mention "Region 2 of Overeaters Anonymous" when making reservations to get the reduced rate

Friday Night Assembly Grand Opening Show—7pm, Friday October 24

Something NEW has been added as a Grand Opening to the Assembly. Friday night there will be a speaker and entertainment. Don't miss this great new event which will provide lots of recovery and uplifting entertainment.

Speaker and entertainment provided by members of the Inland Empire Intergroup to get us off to a great start!