

# WHAT'S NEW?



OVEREATERS ANONYMOUS - REGION II

MARCH 2017 | BIENNIAL NEWSLETTER

## MANY PATHS, ONE SOLUTION



### A NOTE FROM THE EDITOR

Welcome to the Region 2 Spring Newsletter for 2017.

R2 has 6 Committees that meet twice a year to develop specific Action Plans and then work towards implementing them. These plans are outlined in this newsletter. The function of each R2 Committee is to serve and support our local Inter-group Committees.

My goal as the Publications Coordinator is to keep you informed of the Activities of the R2 Committees and give every R2 Inter-group access to the various R2 Committee Chairs, if you need assistance.

If your local Inter-group Committee Chair has any questions or suggestions on how R2 can better serve you local needs, please email me and I will forward your question on the the appropriate R2 Committee.

You can reach me, Rick Z at: [publications@oar2.org](mailto:publications@oar2.org)

### R2 MISSION STATEMENT

Region 2 exists to support individuals in need of recovery from compulsive eating (e.g. overeating, bulimia, anorexia) through empowering all groups within the region.

### WWW.OAR2.ORG

We have made several changes to the R2 Website.

To help keep our membership informed, you can now sign up for an Automatic Email that we will send out 6 times year. It is called "What's New at R2".

This email will have direct links to the latest R2 Events, Conventions and breaking news on new Literature etc.

In addition we will provide the date and time for the "Chat With the Chair" dial in tele-conference. Everyone is Invited to call-in and talk with Anne, our R2 Chair about what interests you and your Inter-group.



## **SAVE THE DATE!**

2017 Convention: June 9-11, 2017

Southern California Location  
Orange County/Costa Mesa

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2017 Fall Assembly: Oct 27-29

2018 Spring Assembly: April 13-14

2018 Convention: June 29 - July 1

Northern California Location  
Sacramento, Crowne Plaza

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## **TRUSTED SERVANTS**

Anne O., 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

Rick Z., Publications  
publications@oar2.org

Hannah S., Trustee  
trustee@oar2.org

Mary H., Webmaster/Admin. Asst.  
webmaster@oar2.org  
admin@oar2.org

## **"MANY PATHS, ONE SOLUTION" BY ANNE O., R2 CHAIR**

To me, this means there are many ways to recover in OA as long as that path includes the 12 Steps and 12 Traditions. I had been in the program for a number of years before I ever read the Traditions – you know, that second half of the book. I was working the 12 Steps and progressing in my recovery and did not realize the importance of the Traditions. Tradition 1 is about Unity and the importance of looking for what connects us rather than looking for differences. And what connects me to all other compulsive overeaters is the disease and the possibility of recovery that I've found in OA.

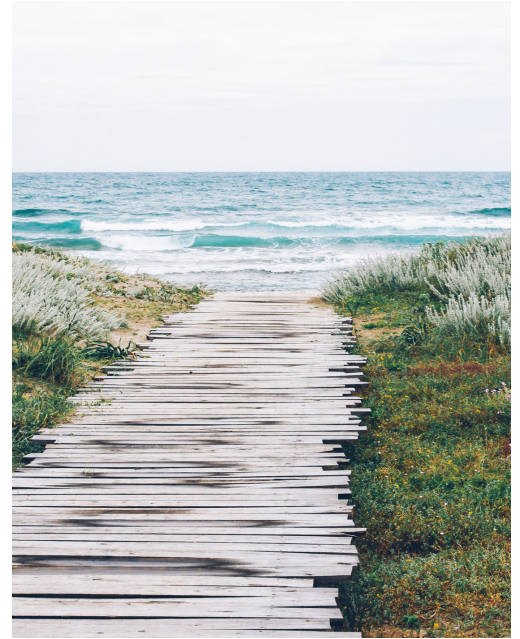
I do not have a rigid food plan and I do not weigh and measure. I do write my food down during hard times as that gets me honest with myself. I am not a food sponsor; I am a Step and Tradition sponsor. I think it is important for all members of OA to understand the Traditions and how they apply to everyday work and family life as well as to OA.

I have been in program since 1980 and imperfectly abstinent since July 1982. Program has saved my life and my relationships – with HP, myself and my son. I am grateful that there are many ways to work this program and all of them lead to recovery.

## PUBLIC INFORMATION COMMITTEE

The committee is interested in producing a pamphlet directed at bariatric health professionals who offer surgery and education in the treatment of obesity. An OA member who had bariatric surgery believes that “OA claims no monopoly on helping with compulsive eating behaviors, that we neither endorse or oppose any approach to treatment of obesity,...we extend a hand of support to bariatric professionals as an adjunct to their treatment, not an alternative”. The committee has not decided what to do yet.

The OALAIG Public Outreach Chair, Bahati, will be meeting on February with Denise to discuss the project to distribute flyers to membership for posting.



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### "MANY PATHS, ONE SOLUTION" BY THOMAS F., R2 SECRETARY

It means that I always have a connection regardless of my path to recovery. I have never been a woman, But... Whatever brain neuro-transmitter patterns that other fellows have that makes them feel restless, irritable and discontent in the addiction cycle – I share it.

I have never been LGBT, But... Whatever eating behavior coping skills they have adopted – I have it. I have never been a 100-pounder, But... Like them, I have had a long relentless battle at the table and scale.

I have never been anorexic or bulimic, But... I have body image issues and body dysmorphia messing with my brain when I look in the mirror.

All around me there are people just like me, walking through the stages of recovery. I see newcomers, abstainers, relapsers, old-timers, service junkies, isolators, meeting attendees, weight losers and winners. Even though there are many paths to recovery, I am in good company along my path.

### "MANY PATHS, ONE SOLUTION" BY CAROLINA R., R2 VICE CHAIR

When I first came to OA, I did not know what to expect. My only concern was weight loss, even though I was not really overweight. Everything was in my head. I had a distorted image of my body and believe it or not, sometimes I still do.

My first approach to the OA program was working the steps, using the phone as a tool and a getting a sponsor. In the beginning it was not easy to understand the first three steps: to admit I was powerless over food and that my life has become unmanageable, to believe that a power greater than myself could restore me to sanity and to turn my will and my life over to the care of God. (I can't, you can, and I leave it to you. Thy will be done, not mine). The first 3 steps and the serenity prayer have been my crutches in my daily life and even more when I go through difficult times. As time passed by, the 12 Steps and 12 Traditions became clearer and together with the principles, I came to understand their importance. Today I practice them not only in OA groups but also in all aspects of my daily life.

Today my life is easier, joyful & peaceful.



## "MANY PATHS, ONE SOLUTION" BY SHERRI F., R2 TREASURER

The topic of the Region 2 Assembly, "Many Paths, One Solution" does indeed give new meaning to the idea of "One Size Fits All". In 1980, when I came into the OA rooms to stay (my first meeting had been in 1973), not only didn't I fit in clothes designated as "One Size", I would not have tolerated a program that tried to force me into a rigid spot. Don't you dare tell me what to do!

What I learned right away was that OA was a program of suggestion and, if I wanted to stay stopped from my constant eating, I might strongly consider following the suggestions as written (one solution). The rooms were filled with people from all different walks of life that were using the one solution to get to the same place – recovery from the obsession of compulsive eating and compulsive food behaviors.

The beauty of the OA program is that it has been flexible enough to meet my changing needs as time and my life has gone on – with my food plan, the ability to change sponsors, different focus meetings, handling life on life's terms, a myriad of opportunities to give service to OA and other human beings, and fellowship with others in this one-sized lifeboat of recovery.

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### YOUNG PERSONS COMMITTEE

The R2 Young Persons' Committee would like you to consider signing up on the R2 Website as a Young Persons' Speaker. The Committee wants to increase the number of members who can focus some of their experience strengthen and hope towards young people to help carry the message. In OA a Young Person is defined as anyone from 18 years of age to 30 years of age. If you have experience in recovery from the ages of 18 to 30, you can identify as a Young Person speaker so long as you have worked up to Step 5 and have at least two years of abstinence. Please consider identifying as a Young Person speak by going to the R2 Website and signing up.

In addition to helping spread the message by obtaining more Young Person speakers, the

Committee is busy working on a Young Persons' Workshop for the upcoming Spring 2017 R2 Convention to be held this year in Costa Mesa, California. It is the hope of the Committee that this Young Persons' Workshop will be used around the Region to promote more involvement and interest in carrying the message to young people.

Members of the Committee are also working on translating the YP Fact Sheet into Spanish as well as making an effort to translate other Committee correspondence into Spanish. Another project that the Committee is working to develop is a YP Strategy Sheet to be sent throughout the Region to encourage more involvement and efforts to reach out to young people.





In human relations one should penetrate to the core of loneliness in each person and speak to that.

## **"MANY PATHS, ONE SOLUTION" BY RICK Z., PUBLICATIONS COORDINATOR**

The Core of Loneliness

What do these words mean to me?

As I reflect and breath deeply , I realize that everyone feels lonely and disconnected. To avoid these feelings, we all seek out our own, unique escape routes.

My inner child, my Little Ricky desperately wants to connect with others, feel safe, protected, loved and cared for.

He chose food as his path to avoid feeling scared, lonely, bored and disconnected.

Today I have a new hope. I trust the 12 Step process and strive to walk the path suggested by those who have have walked before me.

My 12 Step Path promises that my Core of Loneliness can be filled in a heathy, wholesome, spiritual way, without excess food.

## **BYLAWS COMMITTEE**

The Bylaws Committee that convened at the fall assembly was brought up to speed on using Google Docs by one of its members. This enabled the committee to work collaboratively on their proposed updates to R2 Bylaws and the Policies and Procedures manual. Some of these motions are included in this packet and there may be more from the floor.

## **INTERGROUP OUTREACH COMMITTEE**

Committee Goals:

- Increase IG attendance at the R2 Assemblies
- Increase and encourage use of the R2 website by IGs
- Educate IGs on R2's resources (funding, STC workshops, etc.)

Projects:

- Contact IGs who are near unaffiliated groups
- Send IGs info about how to update their affiliated groups with WSO
- Meet via Uber to discuss next steps
- Send 2 separate email blasts to IGs re: upcoming Assembly

Agenda for next Assembly:

- Develop a 1-sheet resource guide for IGs (STC workshops, R2 website, increased Rep attendance)
- Develop an FAQ page for the R2 intergroups
- Send FAQ as an email blast
- Post FAQ as a page on the R2 website



## TWELVE STEP WITHIN COMMITTEE

1. Update and consolidate the TSW Speakers List for the R2 Website:
  - a. contact current speakers and confirm their participation
  - b. contact R2 Intergroups to call for and add new speakers
  - f. Outreach phone lists
  - g. R2 Twelve Step Within information and best practices brochures
2. Update and distribute the TSW R2 Brochure Packet via the TSW Quarterly Email to all Intergroups (electronically, except for OA Pamphlets and coins).  
Brochure packet includes:
  - a. OA Member in Relapse Packets
  - b. Info sheet on uses of Relapse Packets for Groups
  - c. OA Relapse Literature
  - d. Member action partner list and pass-along cards
  - e. Serenity Prayer coins
3. Distribute Welcome Back R2 TSW Sponsor Sign-Up sheets for Outreach Calls
4. Send out quarterly TSW – R2 Email suggestions for Intergroup Newsletters with Spanish translation
5. Investigate the use of the QR code as a means of fast email links to TSW information
6. TSW Booth at the June 24th, 2016 Convention was a success; continue staffing booth at 2017 Convention and two R2 Assemblies.

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## "MANY PATHS, ONE SOLUTION" BY MARJORIE D., EVENTS COORDINATOR

I was not one of the people who came to their first meeting & were instantly abstinent the rest of my life. I took a roundabout way to find recovery. It took me about nine months before I was willing to get my first sponsor who lasted more than a week. Some of the ideas she shared with me then are things I still do 37 years later. I am so grateful for her guidance & support in my journey to eat healthier and to find serenity.

The big thing for me is it no matter what I never quit coming to meetings, abstinent or not. I found a new sponsor who had a very structured program with “strongly suggested” actions which was very different from my last sponsor. Both sponsors helped me in their own ways. Again, I learned so much about how to handle life, work the steps and stay abstinent from different perspectives. OA taught me that the road narrows and I became willing to let go of food or behaviors that were no longer serving a positive purpose in my life. I appreciate the gifts and blessings that come from working the program a certain way.

I have found for me that it works best to weave the things from various paths into one tapestry. It's a beautiful work in progress.





## UN PLAN DE ALIMENTOS CON LA VIDA EN MEDIO

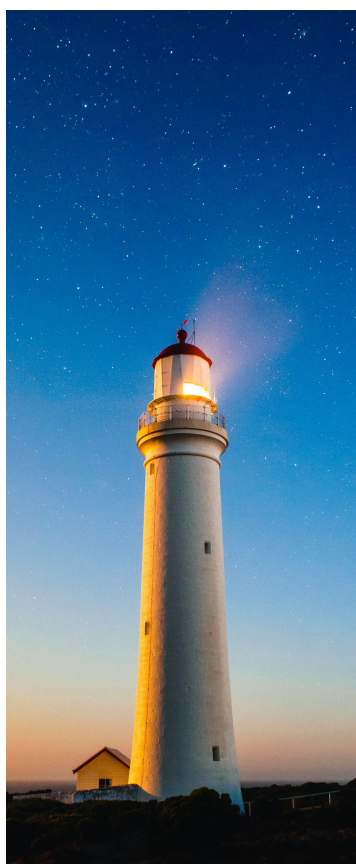
Al principio estaba aterrada...

¡En serio! La primera vez que escuche a alguien hablar sobre un plan de alimentos, casi sufrí un ataque de pánico. Acababa de regresar a OA después de una larga recaída, y apenas estaba queriendo entender el concepto de abstinencia.

En una junta escuché a alguien compartir sobre su plan de alimentos: La comida que se había quitado, los horarios entre alimentos, reportarle a su madrina cada 24 horas. Mi compañera parecía estar muy feliz con su plan, pero para mí, que apenas llevaba un par de semanas sin harinas ni azúcares refinados... ¡Me pareció un sacrificio enorme! ¿De verdad esperaban que yo hiciera todo eso de la noche a la mañana?

Desde que tenía nueve años, siempre tuve a alguien vigilando constantemente mis alimentos. Tenía una larga lista de cosas que no se me permitía comer, y a alguien revisando constantemente que no lo hiciera. Ese era mi mayor temor con respecto a un plan de alimentos, no quería volver al rigor de mi infancia.

El proceso para encontrar un plan que me funcionara me llevó aproximadamente dos años. En ese tiempo pude experimentar varios métodos y ¿Por qué no?, cometer varios errores. Me decía estar abstinentemente mientras perdía peso, y también mientras lo ganaba. Me aferré a los alimentos que sentía eran indispensables en mi vida, incluso aprendí a preparar algunas versiones de estos sin harina ni azúcar. Aquellos fueron años de prueba y error. Lo más importante fue que en ese tiempo pude descubrir que OA no era el vigilante que tanto temía.



### DIVERSITY COMMITTEE

Committee Goals (current and future):

- Create Spanish Language Newcomer Packet
- Identify next project – focus on men

Current Projects Underway:

- Complete distribution of Spanish Language Newcomer Packet to all IGs attending the Assembly. Packets for non-attending IGs will be delivered or mailed to them.
  - Brainstorming next focus group – men in OA
- Agenda for Next Assembly:
- Identify resources for R2 website Specialty Tab “For the Men”;
    - o Link LAIG “Light a Candle” meeting podcasts
  - Create a flyer with information/resources for men (example Young Persons)
    - o “For the Man Who Wants to Stop Eating Compulsively” – recommend adding to newcomer packet for male newcomers
    - o Sponsoring Guys Drama Free – article from Sylvia
    - o Male speaker, male sponsors
    - o Male focused events/workshops/retreats



## **2017 Convention**

### ***Rocketed to the Fourth Dimension***

#### **Registration Deadlines**

**Early Bird March 31, 2017**

**Standard April 1 – May 31, 2017**

**Spontaneous! Jun 1st – at the door!**

***oar2.org/convention/upcoming***

**Discount Hotel Room Rate Deadline:**

**May 5<sup>th</sup>, 2017**

**1-800-HILTONS (1-800-445-8667)**

**Online Reservations: [group.hilton.com/2017-OA-REGION-2](http://group.hilton.com/2017-OA-REGION-2)**