

# WHAT'S NEW?



Overeaters Anonymous Region II  
Carrying the message in California, Mexico, Hawaii and Northern Nevada

**REGION II CONVENTION**  
**JULY 4-6, 2014**  
Hyatt Regency SFO, Burlingame, California



For more information and a registration form, visit the last page or visit [www.OAR2.org](http://www.OAR2.org).

Volunteers please sign up at <http://goo.gl/E6u15V>

## A Plan for Me

By Linda S.

At home with my family I felt like an outsider among my six brothers and sisters. When I was in high school I wanted to look like someone else. I had black hair, brown eyes, and olive-toned skin. I wanted blonde hair, blue eyes, and fair skin. Do I have to say more? I felt like I was born a mistake. (But God had a plan.)

In high school I never felt smart, so I ate. Why not? I believed nobody was going to look at me anyway. I never dated in high school or had a

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## Rozanne S., Founder. OA

**In Memoriam 1929 – 2014**

We are deeply saddened to report that OA's beloved founder, Rozanne S., has passed away peacefully at the age of 84. Rozanne began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. To read a tribute to Rozanne, visit [www.oa.org](http://www.oa.org).

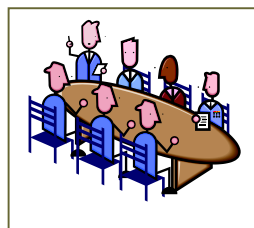
boyfriend. I wanted to be married when I graduated, but I knew that boys didn't see me as good wife material. One girl was everything I thought I wanted to be -- tall, blonde, beautiful, and all the guys wanted to date her. When she died of an overdose, I married her husband and raised her children. That gave me the family I always wanted. (God had more plans for me.)

I was obese and lonely, but when I drank I felt blonde, blue-eyed, and pale-skinned. I met my

Please see *A Plan for Me* on page 4

## What are Intergroups and Region II (R2)?

When several groups form in an area, they soon realize that they can better perform certain functions together rather than separately. So the groups may form an Intergroup that is directly responsible to the groups it serves. Intergroups spring from a need to provide service for a number of local groups and help distribute information about OA in a community.



*10 Regions combine to make up the World Service.*

Separate 'Intergroups' make up 'Regions' and then the 'Regions' (10 in all) combine to make up the World Service. Region II serves California, Hawaii, Mexico and Northern Nevada.

## Region II Trusted Servants

**Chair:** Nancy J.

**Vice Chair:** Linda M.

**Secretary:** Alex M.

**Treasurer:** Jerry J.

**Events Coordinator:** Maureen H.

**Publications Coordinator:** Betty Jean V.

**R2 Trustee:** Meg H.

**R2 Administrative Assistant:** Joyce F.

**R2 Webmaster:** John K.

## Region II Committees

- 12th Step Within Committee
- Bylaws Committee
- Diversity Committee
- Intergroup Outreach Committee
- Public Information Committee
- Young People Committee

## Words from the Chair

Our chosen R2 theme for 2014 is "Freedom to Grow". We are, of course, looking forward to gathering together in Burlingame on July 4th weekend to celebrate "A New Freedom A New Happiness", at our R2 Convention. You may want to register asap; even if you can't attend the entire weekend, day attendance is also available online at [www.oar2.org](http://www.oar2.org).

The RCC (Region Chairs Committee) is gearing up for a forum presentation to the April/May WSBC in Albuquerque. Work has been kind of slow, as all 10 of us had Fall assemblies, and the multi tasking that goes with being a leader. As a last task of the 5-year Strategic Operating Plan, the RCC has also been working hard to develop an "Abstinence" PowerPoint presentation. This has also been

Please see *Words from the Chair* on page 7

"Chat with the Chair" – held the 2nd Sunday from 8–9 pm of every month call Nancy J at 949-644-6997



## How our IG re-energized itself...

By Cathy L.

Our IG had been very capably run for a long time by wonderful, dedicated OA's. At some point, the leaders began to feel the need to release their service and spoke up about it over a period of many months. No one stepped up to serve. Finally, the leaders set a date upon which they would complete their terms, and our area knew that IG would be no more. As the date neared, an individual OA began to explore what was needed to re-energize the group and the area. Gently, slowly, this person approached another, and began to pull together a core group of people willing to "try on Intergroup" service. Some were fearful that they would be required to chair committees or events or be responsible for stressful fundraising. Others felt that too much ego, or strident argument might occur. The small

group agreed to meet and set some clear, simple, gentle guidelines for interaction, and to assure everyone that no one would be drafted into undue service or expectation. We felt certain that the Intergroup would, to the best of our ability, be run by the principles embodied in the Twelve Steps and Twelve Traditions. At our first meeting, we agreed to listen openly to each opinion, to table any project or discussion that we felt we were unable to resolve, to begin and end promptly, and to appoint a "Serenity Prayer Monitor" to call for the Serenity Prayer at any time he or she felt the meeting was becoming too energized. (I thank Higher Power for this, because I am one of the people whose heart races whenever tension and stress arise; so, I call for the prayer often, even when I am not the monitor.)

Please see *How our IG* on page 4

## Virtual Workshops

In 2014 the Virtual Services Committee invited the Board of Trustees and the Region Chairs of Overeaters Anonymous to share insights on some of their favorite OA literature and on topics that made a difference in their recovery from compulsive eating.

In the series "OA Literature – The Heart and Soul of OA", you will hear how OA and its literature helped members move from the pain of the disease to the passion for recovery and carrying the message.

In the series "Our Primary Purpose", you will hear about the Disease of Mind, Body and Spirit; Plans of Eating, Tools, Abstinence, How to sponsor; the 12 Principles, 12 Steps, 12 Freedoms, Strong

Meetings and Recovery from Relapse. Members share their experience strength and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

*Listen to the workshops  
live or find podcasts on the  
website link below*

<http://www.oa.org/oapodcasts/#workshops>

Apr 06 "Person to Person"

Apr 13 "Abstinence Workshop"

May 11 "A Common Solution"

May 18 "Sponsorship – How to pick/Why have one?"

*A Plan for Me* from page 1

first husband in a bar; we were married for ten years. When he left me for two other women I was very upset and lost weight, but by age 37 I found myself alone and weighing 285 lbs. I saw a friend one day and she looked great. I asked her what diet she was on, and she took me to my first OA meeting. I lost 129lbs. in a year but still felt lonely. (But God had a plan.)

One day I quit going to meetings, calling my sponsor, and using other tools. I was in full relapse and by 2004 weighed 325 lbs. I tried to figure out what was best for me and how to lose weight. As gastric bypass surgery had worked for so many, I thought, perhaps that will work for me. I had the surgery, prayed to God for help, and lost 169 lbs. The doctor had explained that surgery was just a tool. I wish I could say I didn't gain weight again, but I did. I thought I had God in my life, and I was frustrated that the effect of my prayers didn't last. I still believed God was like some people who let me down; I was afraid to trust Him. (But God had a plan.)

God was patient. In March 2013 I returned to OA and found a new home. It states in our OA [12 and 12](#), page 167, "...we learn to depend upon God for our security, rather than upon other people." Today, I do depend on God. Do I do this program perfectly? No, but my sponsor told me she believed that whenever I do something, I do it to the best of my ability. Her words made me realize how content I am. I attend five meetings a week, am secretary of one, intergroup rep for another, treasurer for our local intergroup, and am a Region Two Rep. This year I started an online meeting based on the new [For Today](#) workbook. (You see, God did have a plan for me!)

I keep coming back because OA is where I can talk about the fears that lead me back to the food. I am remarried and enjoy my beautiful black hair, gorgeous brown eyes, and flawless olive skin. After all these years of trudging this happy road of destiny, I am not yet where I want to be (I have 30 pounds to lose.). But, I know God still has a plan for me!

*"I keep coming back because OA is where I can talk about the fears that lead me back to the food."*

*How our IG* from page 3

As a result, our IG has been able to offer several successful workshops and potlucks, we have raised our 7<sup>th</sup> Tradition contributions to be able to provide more service, and our membership appears to be growing.

We often have a few people who just stay for part of our IG meeting, to "see what is going on, and what Intergroup is like...." This is a non-threatening way for OA members to witness the gentleness, the joy, and the recovery we are finding in our newly re-formed Intergroup...!!!

## How the Steps Help Me to Be Abstinent

By Meg H.

I was desperate when I came to OA. I had been a yo-yo dieter and was petrified of gaining the weight back again after my last weight loss program. Once I started eating I couldn't stop until all the binge food was gone. Then I discovered that my life was unmanageable when I was in the food. To believe there was a higher power that could restore me to sanity was a lifesaver.

I learned that my HP cared about what I ate because when I was in the food I couldn't hear HP giving me guidance. When I turn my life, my will, my weight, my food over to the care of my HP my day goes easier. When I take back control I get into trouble so I have to say the first 3 steps every morning. If I don't do that I forget I am a compulsive eater and then my disease can step in and take over.

The 4th and 5th Steps help me to understand my part in whatever is bothering me and then I have a chance of not using the food to make me feel better. The 6th and 7th Steps help me to see I have character traits that are not helpful anymore and that I have HP to help me let them go and replace them with more positive traits. I come to realize that I am human, I make mistakes and I am not a mistake.

Steps 8 and 9 give me a way to deal with my mistakes without having to eat over them. I can make amends with help of my sponsors, my OA friends and OA literature. Step 10 keeps me current, taking a look at the day and giving myself credit where due and making amends when needed. Step 11 helps me to keep in contact with my HP so that when I get in trouble I can hear the guidance of the moment.

Step 12 helps me to be abstinent in so many ways. To do service helps my self esteem and to keep a service position I need to be abstinent. Service gives me the opportunity to get out of myself, to share what I have been given, to help a fellow sufferer and to have something to do instead of eating.

I am so grateful to OA for saving my life that I have no trouble giving back through service. I could not do this alone. I am grateful to my sponsors and OA friends. Together we can do what we could never do alone.

I wish you all abstinence one day at a time. If I can do it for 24 years one day at a time, so can you.



## Service Traditions and Concepts Workshop

The board provides Service, Traditions and Concepts (STC) Workshops free of charge. If you are wondering what an STC Workshop is go to the Region 2 website, [oar2.org](http://oar2.org); on the home page there is a red menu; click under "Contact Us" on "Does Your Intergroup need an STC Workshop?" It will open up a new page to explain what these workshops are for. The workshop will be tailored to the needs of your Intergroup.



# Help Us Get to 10,000 Subscriptions in 2014!

Subscribe or renew and be entered into a drawing for a  
**free, one-year *Lifeline* subscription**  
to donate or to add on to your paid subscription.

## Drawing Deadlines

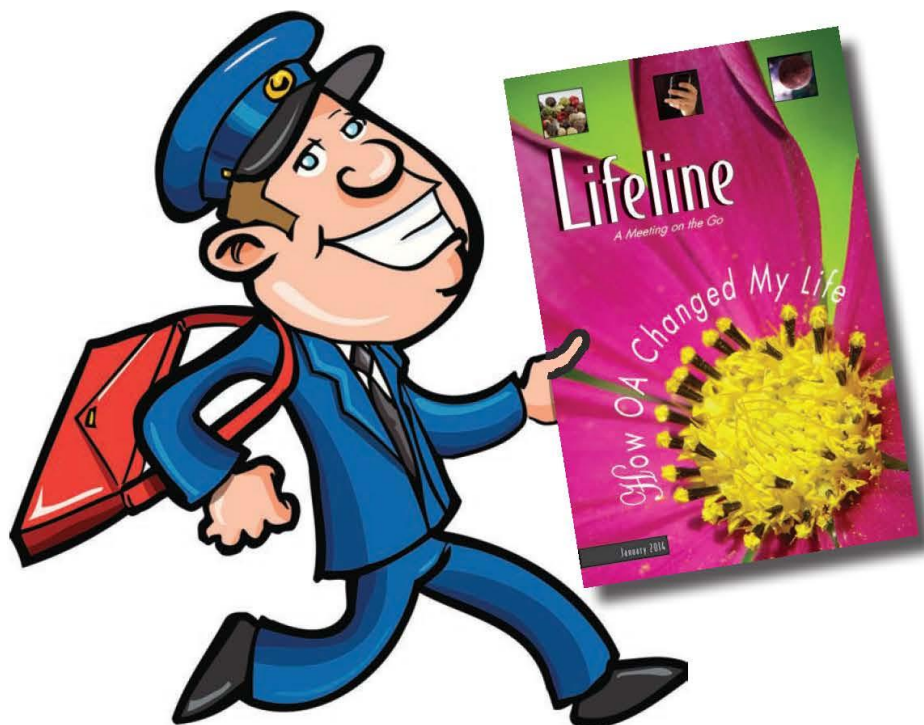
March 31

June 30

September 30

December 31

Each quarterly drawing  
is open only  
to subscribers  
within that quarter.



Subscribe or renew at [www.oa.org/lifeline-magazine/](http://www.oa.org/lifeline-magazine/)  
Find subscription forms in *Lifeline* and *A Step Ahead*,  
ask your *Lifeline* rep or call 505-891-2664.

*Words from the Chair* from page 2

slowed by the same reasons aforementioned. Although the BOT announced theme for 2014 is "Our Primary Purpose", we will still have ongoing activities that focus on abstinence.

Again this year, our R2 Trustee, Meg, and I will be traveling to the Mexico Congress in August. It will be hosted by Baja Intergroup, in Ensenada, Mexico. Since it will be so close to California, it would be awesome if more Americans will attend. The Mexican intergroups provide translators for all workshops, and they are most gracious. Perhaps your intergroup might be willing to rent a bus and go together. If you apply or renew now, you'll have your needed passport in plenty of time.

## R2 Dates to Remember

**March 14-15, 2014**

R2 Spring Assembly  
DoubleTree Hotel, SFO

**July 4-6, 2014**

R2 Convention  
Hyatt Hotel, SFO

**October 24-26, 2014**

R2 Fall Assembly  
Town & Country, San Diego

**March 20-21, 2015**

R2 Spring Assembly  
Town & Country, San Diego

**June 26-28, 2015**

R2 Convention  
Town & Country, San Diego

*August 8 – 10, 2014  
XII National Congress 2014  
Ensenada, Baja California*



*Come for the sun, fellowship  
and recovery*



## Speakers Lists

Did you know Region II has two speaker lists? There is a general list and a Twelfth Step Within (TSW) list. The TSW list is for those are seeking speakers who have experienced relapse, struggled with abstinence, or who had completely left the program. If you are looking for a speaker for your next event, you may email your request for one (or both) of the speaker lists to [vicechair@oa.org](mailto:vicechair@oa.org).

To be on the speakers list, sign up on the OA R2 website. The requirement is two years abstinence self-defined and completion of the 4<sup>th</sup> and 5<sup>th</sup> steps.



**Overeaters Anonymous Region 2 Convention**  
**July 4 – July 6, 2014**  
**Hyatt Regency San Francisco Airport, Burlingame, California**

- ◆ Workshops
- ◆ Great fellowship
- ◆ Boutique
- ◆ Dance
- ◆ 50/50 drawing
- ◆ Marathons and special focus meetings
- ◆ Keynote speakers with decades of recovery
- ◆ Silent auction
- ◆ Afghan drawing
- ◆ A weekend of fun and recovery!

- This is Region 2's major annual fundraiser. Funds generated from the convention are used throughout the coming year to help carry the message. One of the most common misconceptions is that Conventions are meetings. They are events. For more information call Katie H. (650) 455-6046
- All meal functions are open to paid participants only. Free alternative events are offered for those not attending the meal functions.
- Registration opens on Friday at 3 pm, hotel check-in starts at 3 pm.
- Parking rate for hotel guests and day attendees is \$10.
- Marathon and special focus meetings begin on Friday at 4 pm.
- Friday grand opening begins at 7 pm.
- Free shuttle service to hotel at SFO.

**Hyatt Regency San Francisco Airport**, 1333 Old Bayshore Hwy, Burlingame, CA 94010  
**Hotel reservations: (650) 347-1234, 1-800-233-1234** (Use code **OVER** when calling to get convention rate \$109) or **reserve a room directly online**  
<https://resweb.bas.ske.y.com/go/OARRegion2> **Cut-off date for the convention rate is June 4, 2014**

**oar2.org for current convention news and to register online**

A written request for a refund, less \$10 processing fee, will be honored if received or postmarked by **5/31/14**. You must contact the hotel separately for its refund policy.

Mail this registration form by **June 10, 2014**. After June 10 register on-site at the convention.

- (Choose only one-one registration form per person)
- Early-bird discounted registration must be postmarked by April 30, 2014—\$38
  - Registration posted from May 1 to June 10, 2014—\$43 (Registration after June 10 at the convention—\$50)
  - Guest (Non-Member)—\$15

**OA does not profit from the meals. No added sugar. Additional menu details on website.**

**Saturday dinner—\$46** (Choose only one)

- Includes admission to dance after dinner*
- Oven roasted chicken breast with thyme au jus
  - Pan seared Atlantic salmon with tomato fennel sauce
  - Zucchini patty with a chickpea ragu (V)
- All options come w/ salad, whole grain bread, mushroom brown rice risotto, seasonal vegetables, and fruit.

**Dance party after dinner Saturday—\$10**

Entertainment only – price does not include dinner

**Sunday breakfast with speaker—\$28**

Buffet including eggs, fruit, oatmeal, etc.

**Navy short-sleeve crewneck T-Shirts—\$20**

- M  L  XL  2X  3X  4X  5X

**Navy fitted short-sleeve V-neck T-Shirts—\$20**

- S  M  L  XL  2X  3X

**Donate to Region 2**

**TOTAL: \$**

**Name on badge:**

- I am staying at the hotel arriving on \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State and Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Mail completed form and check payable to:

**Region 2 Convention**

**6058-C Lincoln Ave. Cypress, CA 90630**

Enclose a SASE to receive a confirmation notice sent by mail. All other confirmations will be sent via e-mail. To use a credit card, register online at [oar2.org](http://oar2.org).

For registration questions email [conreg@oar2.org](mailto:conreg@oar2.org)

**Service Information**  
 I would like to do service at the convention.

- Timer  Moderator

- Speaker (Requirements: 2 yrs current abstinence, completed 4<sup>th</sup> & 5<sup>th</sup> Steps and pre-registered for the convention)

\_\_\_\_\_ (preferred emphasis)

\_\_\_\_\_ (length of abstinence)

**General Volunteers\***

Please checktop 3 choices only:

- Whenever Needed  Boutique
- Registration  Security
- Hugger/Greeter  T-Shirts
- Literature  50-50

\*All volunteers must register.