



What's New

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

Overeaters Anonymous

Region 2

Spring/Summer 2010

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It's Working!

Region 2's efforts to communicate more effectively with intergroups and reps through more mailings and emails, our new website, and our newsletter are going well. Intergroups now receive 2 mailings prior to each assembly, and information is also available on our website. (Thank you to the assembly for voting to fund an administrative assistant and a webmaster—these have been invaluable to the progress of Region 2.)

The extra effort is working: Our two assemblies in 2009 had much better attendance than 2008, with more members and intergroups participating. We are providing more workshops and more funding opportunities to intergroups than ever before. Thanks to all the OA members in our area for your support, including donations to Region 2, which were also increased in 2009.

FROM THE CHAIR: Supersize Your Recovery With Mindful Service

By Pamela W., Region 2 Chair

OK, now that I have your attention, let's talk about service. (I really don't have to expound on SUPERSIZE do I?) We all want more recovery, we all want deeper recovery, and we are always told service is the way. I believe service on all levels is the fast track to recovery.

But are you feeling perhaps you are missing something? Experiencing a few pounds, not enough serenity, a little fear? Well, let's talk about *mindful* service. You will get the "present" of recovery if you stay in the present (i.e., mindful). How does that work when we talk about service? Here are just a few examples:

If you set up chairs at the last minute, more focused on checking out who is talking to who than on gracefully providing everyone a place to sit and share—that is NOT mindful. If you sneak a peek at your e-mail while talking to your sponsees rather than completely focusing on their story, that is not mindful (guilty!). If you promote your outside business

(Continued on page 4)



PARTY ON!

Continue the Celebration of OA's 50th Anniversary
at the 2010 Region 2 Convention* June 4-6, 2010
Marriott San Mateo*1770 South Amphlett Blvd, San Mateo
(near the San Francisco Airport, free airport shuttle available)

Register
Now

The Region 2 Convention is the largest annual OA convention serving Northern and Southern California, Hawaii, Mexico, and Northern Nevada. Choose from a wide variety of workshops, panels and marathon meetings featuring the experience, strength and hope of speakers from all around Region 2—and around the country!

Convention Highlights:

- **Has your program hit a plateau?** Jumpstart it with topics on food plans, abstinence, releasing weight in a healthy way, "letting go of yesterday," body image, recovery from shame, aging in OA, and much, much more
- Workshops on how to keep your program on track through challenging life events illness, grief, amends, and sexual attraction
- Workshops on **ALL** of the 12 steps.
- **Focus meetings** for young people, OA-HOW, Spanish speaking and recovery from relapse
- Speakers from **all over our Region and the world** (including some we guarantee you've never heard before) **Exciting entertainment** programs, dance, boutique, silent auction with great prizes, and lots of fun as you get to know OA members from around Region 2.

SPECIAL NOTE: This is the most budget-friendly OA convention "on the planet."
Sign up before May 3rd for only \$35!

Here are a few highlights to watch for from the OA World Service:

eLifeline Weekly: One full-color page of historical quotes, announcements and recovery thoughts for the week. eLifeline Weekly comes every week with an eLifeline subscription. If \$23 for a year's subscription to our new spiffy full-color glossy print Lifeline magazine is too much, consider subscribing online for only \$13 and you get the weekly as well!

New On the Website, www.oa.org:

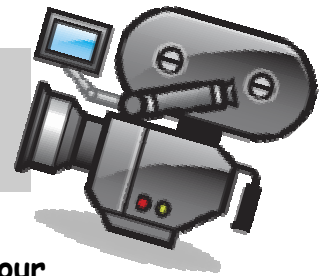
- There are links to OA websites in languages other than English.
- New suggested OA Hotline phone message is available.
- Datebook is on the web and no longer in Lifeline. It is easier and quicker to enter your event directly through the website.

- A Step Ahead for first quarter of 2010 can be downloaded.
- The Courier 2010 for professionals can be ordered or downloaded.
- Podcasts: 17 available so far, 3 in Spanish, interviews, and pamphlets are read.
- 50th Anniversary Logo is available for use by service bodies on their websites and printed materials in 2010, without needing written permission.
- Three different 7th Tradition skits are available for download.
- 50th Anniversary Bookmark is a gold medallion that can be ordered for \$4. It comes on a card with an envelope. Great gift!

--By Meg H, Region 2 Trustee

"Now Playing: 50 Years of OA Recovery" 2010 World Service Convention 2010 August 26-29, LAX Hilton, Los Angeles

Don't miss this special international event. 1200-1500 attendees are expected from all over the world. This unique event will only be held in our region once every 24-30 years! Registration is now open online at www.oa.org or by mail.



Does Your Intergroup Need Help?

Region 2 has a variety of ways to help your intergroup:

- We can provide Service, Traditions & Concepts workshops to address challenges you are having in your area.
- We can help your intergroup learn more about service and become more involved by providing funding to attend Region 2 assemblies. Three funding opportunities are available:
 - 1) the IFAP program which can help fund up to 2 representatives per intergroup,
 - 2) the Scholarship program available to 3 reps per assembly, and
 - 3) Committee Chair funding, which provides help for reps who chair a region committee.

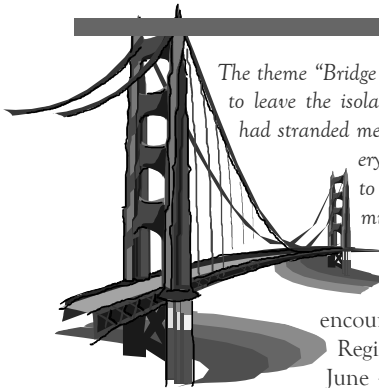
For more information, see oar2.org.

Quick Ideas to Make OA Stronger in: Your Area

(From OA's Board of Trustees Strategic Operating Plan)

- Encourage your sponsees to sponsor AND do service.
- Encourage your meetings to study the Steps AND Traditions.
- Encourage your intergroup to start more Steps and Traditions meetings in your area.
- Encourage your intergroup to request Service, Traditions & Concepts workshops from Region 2.
- Have a Sponsorship workshop in your area.
- Encourage your intergroup to "fund a friend" to the World Service Business Conference (help fund a delegate from a neighboring intergroup if you don't have anyone to go) or send money to the Delegate Support Fund, which helps intergroups fund delegates.

Cross the OA “Bridge to Recovery” at the Region 2 Convention in June



The theme “Bridge to Recovery” reminds me that when I chose to leave the isolated and barren “island” where my disease had stranded me, OA was my bridge to a program of recovery from compulsive eating. OA connected me to a fellowship that has come to mean so much to me.

On behalf of the 2010 OA Region 2 Convention Committee, I want to encourage everyone to attend this year’s Region 2 Convention “Bridge to Recovery” June 4 - 6 2010, in San Mateo, California.

Registration begins on Friday at 2:00pm and the Big Convention Opening starts at 7:30pm. We hope to see everyone there.

I felt very blessed to have been approached by La Verna G. to serve on the Convention Committee as Public Information Chair. The theme “Bridge to Recovery” reminds me that when I chose to leave the isolated and barren “island” where my disease had stranded me, OA was my bridge to a program of recovery from compulsive eating. OA connected me to a fellowship that has come to mean so much to me.

Not sure what conventions are all about? The OA R2 Convention is a special regional event. It is the Region’s largest annual fundraiser. The money we raise through registration and other activities at the event support carrying the OA message all year long, including:

- ◆ Maintaining the” OA R2 Website
- ◆ Providing outreach services to remote areas and isolated members
- ◆ Sponsorship of Service and Traditions Workshops throughout the region

And who would have thought raising money could be so much fun and have such a positive impact on our recovery? Don’t miss out on all the great opportunities for fun and service at this year’s “Bridge to Recovery” Convention including:

- ◆ Workshops and Marathon Meetings
- ◆ Keynote Speakers at opening, and closing sessions – and special meals
- ◆ “New to You” Boutique
- ◆ Silent Auction
- ◆ 50/50 and Quilt Drawings
- ◆ Special Entertainment

We have secured a nightly room rate of \$109.00 at the San Mateo Marriott Hotel San Francisco Airport hotel, located within ten minutes of San Francisco Airport. We know you will enjoy the elegant, relaxed atmosphere, Mediterranean-inspired design and numerous amenities. The hotel offers complimentary transportation to and from San Francisco International Airport via an hourly shuttle service.

Recovery has a light. Let yours shine at the 2010 .
OA R2 Convention “Bridge to Recovery”!

-By Lynn K.



Show Me the Money

Do you have questions about Region 2 finances? Here are the basics:

- The budget is made available in the assembly packet before spring and fall assemblies, and discussed at the assembly. You can see packets from previous assemblies on our website at: oar2.org.
- Revenues come primarily from donations and proceeds from the annual convention (our biggest fundraiser). In 2009, donations were nearly \$30,000—up from 2008. In recent years convention income after expenses has ranged between \$10,000-\$25,000.
- The more donations and convention proceeds, the more funds Region 2 has available for use in any given year. The budget and all budget-related proposals are approved by vote of the assembly.
- Region 2’s overall annual operating budget is typically between \$50,000 and \$75,000. A prudent reserve is maintained to cover operating expenses for 6 months to a year, based on standard accounting practices.
- Region 2 funds are used to strengthen the OA program in our region, provide resources for intergroups, provide recovery through our annual convention, help fund public information efforts, and much more. To look at the complete budget, see oar2.org (packets from past assemblies.)

(Continued from page 1) **Supersize Your Recovery With Mindful Service**

while giving an OA workshop instead of referring to OA-approved literature and events, that is not mindful. If you agree to serve as a delegate and text your friends during the business portion of the meeting rather than being full engaged in intergroup business, that is not mindful.

But recovery is the journey, not the destination—and we all do the best we can. My personal opinion is that in service "half measures availed us something!" I have set up chairs with tons of gossip and judgment running through my head (and sometimes out my mouth - oops!) I have not listened to my fellows when chatting after a meeting, I just concentrated on what I wanted to say! But...I did set up the chairs, serve on a committee, and interacted with my fellows. And even if I was not perfect, my recovery began to grow.

I personally let my ego get involved far too often in my service, but I keep trying. A sponsoree just busted me for typing while she spoke—or doing a few dishes, or just being distracted. So I will try to do better. The one that really recovers is ME as I stay in the present. That way I can hear Higher Power talk through me and learn my lessons for the day.

No matter HOW you do it, service is a clear path to recovery. Ah, but *mindful* service allows a deeper, more serene recovery. Isn't that why we are all here: to "Supersize Our Recovery"?

Comments from a Professional Outreach Event

Overeaters Anonymous sponsored a booth at the American Academy of Addiction Psychiatry's 20th Annual Meeting and Symposium (AAAP) in Los Angeles December 3-6. Region 2 received a discount on the booth fee and many thanks to the members of the San Fernando Valley Intergroup who staffed the booth. While the attendees spent most of their time in meetings, visiting the exhibits only during breaks, the booth did reach a good number of the doctors attending. Out of approximately 400 attendees, OA members spoke directly with about 40 people, and out of the approximately 250 "professional packets," all but 30 were handed out. The following is a brief compilation of the comments of the OA members who boosted their recovery by giving service staffing the booth.



"What was interesting was that our booth was DIRECTLY

across from one of the long buffet tables of food at the opening reception. I was very grateful for my program and for that not being an issue. The attendees were really all about the food in the beginning and I think they were uncomfortable coming to our booth with plates piled high. I would wave them over and we talked about the Program and my experience, strength and hope

in OA. I was surprised how many medical professionals said they had never heard of it and how many mentioned that they needed the Program themselves."

"I asked those that actually came by if they were familiar with OA and received varying answers. A few said yes and I asked if they'd ever referred a patient to OA. A couple said yes and one guy from Montana said he does all the time, which was great to hear. One LA-based doctor asked if we had LA meeting schedules for his clients so I gave him my SF and LA meeting lists."

"The one common piece of skepticism that came up throughout the night was that you can't abstain from food the way you can from alcohol. It was great to be able to bring some gentle correction to that statement by talking about my experience with alcoholic foods and how abstaining from the compulsive eating BEHAVIORS one day at a time has given me relief from this disease."

"The other concern a lot of the medical professionals had was that OA was in competition with their treatment plans or that OA frowned upon medication or psychiatric treatments. I explained that OA is not in competition with any outside medical treatments but can, in fact, enhance those treatment plans in many ways. I was expecting a lot of questions about religion and God, but that actually didn't come up tonight. We did talk about the 12 Steps, 12 Traditions and the 8 Tools a lot."

--Compiled by Carole, C., R2 Secretary

Region 2 at the Party

The new Region 2 display board was a big hit at the OA 50th Birthday party, sponsored by the Los Angeles Intergroup. The display board drew attention from birthday party attendees and hotel guests alike, who requested information about the OA, program of recovery, Region 2 and the upcoming Region 2 convention in San Mateo. "Bridge to Recovery" convention shirts were also sold during the party (Get yours at oar2.org!)

**Send Us Your Stories**

Want to help OA and give your own program a boost? Contribute to our Region 2 newsletter. Send your stories, suggestions and ideas to: publications@oar2.org.

Reps shared these perspectives on attending the October 2009 Assembly

Notes & Quotes

"This was my first time to the R2 Assembly, our usual rep was out on a vacation cruise. It was a wonderful experience. I met so many people from all over. I got help with my expenses at the hotel, because our intergroup is small and does not have a lot of money--thank you so much for that...The Assembly was well run and very intense. We met from 8am to about 9pm and that was a lot. But we took care of a lot of Region business and I learned a lot. It was a special treat to have all the regions represented at our meeting. And the speakers were phenomenal. Thank you for the experience." --*La Verna G., R2 Rep, Ebony Intergroup*

"OA speakers are scheduled as part of the assembly. From them, I drew some valuable insights for my own

recovery that I'd like to share with you. One spoke on service: Service provides an accountability to remain abstinent (and that's why I was initially afraid of it.) Another spoke on serenity: No matter what happens in life, I can face it abstinely. My serenity is dependent upon my ability to remain abstinent. Another spoke on abstinence: I was reminded that the reason abstinence is the most important thing in my life is that it helps me be present for the most important things in my life." --*By Pamela, R2 Rep, Inland Empire Intergroup*

"What a wonderful enriching experience the assembly was for me! It was almost like a mini-convention with your wonderful speakers and to be in a room full of people who give as if their life (recovery) depended on it was such an honor! Thank you also for your gener-

ous allocation of funds to subsidize my trip from Hawaii." --*Teresa W., R2 Rep, Maui Intergroup*

"Not only did we learn a lot about the work that is involved (behind the scenes, so to speak) in Overeaters Anonymous, but we were also amazed by the incredible collective recovery all around us! In fact, nine of the ten international region chairs of OA were there, sharing their experience, strength and hope in the morning meetings, Saturday lunch, and evening workshops. What a fabulous opportunity to be of service! Everyone with long-term recovery stressed going to meetings and being of service as the cornerstones of their abstinence." --*Lee Ann & Gail, R2 Reps, Foothill Intergroup*

RECOVERY CORNER

To Get Well I Must Tell

There was something about being thin that always made me feel uncomfortable, especially around men. I felt so exposed. Almost like walking around naked. I felt attractive, but vulnerable. I was distinctly self-conscious, and was very uncomfortable with the flirtations and attention of men. Yet I desperately wanted to be married and have a family. I was a walking mass of internal contradictions.

And so when I dieted like heck to become thin, I always sabotaged my new thinness with compulsive overeating to alleviate my uncomfortable feelings. I knew I needed intense support to ever outgrow my internal conflicts with my sexuality. That is partly what drew me through the doors of O.A. I knew I needed to learn to feel comfortable being at a normal weight, and being attractive.

It seemed being a large person rather limited my uncomfortable encounters with the opposite sex. As long as I carried around my extra 130 lbs, being hit on was not an issue for me. As I progressed in my recovery journey, I have had to face my uncomfortable feelings, and ask God to release me from my fear of being thin. It helped to talk about this with my sponsor and share it at meetings. I am writing about this because I believe there are others that must feel the same as well. If we are only as sick as we are secret, to get well, I must tell.

I have come to realize that my compulsive overeating began in middle school exactly around the time I had my first boyfriend encounter. I believe that is when my emotional maturity was halted: At the boy crazy stage. And so resuming that emotional stage through my recovery, I began to exhibit some of this behavior. I was worried that I was

falling in love with my doctor until I met another single doctor and started feeling attracted to him! The list goes on. However in time came the revelation that I was growing through what I had been afraid of going through for years.

I learned that it was not necessarily men that I did not trust, but my own sexual drives that alarmed me. I am sure many of my issues stem from being molested as a child. I have never sought professional help for my internal conflicts. But somehow, for some reason, I believe I have experienced a break through of healing from the help of this twelve step program and the fellowship of O.A. I believe admitting my fear and understanding that the only way out is through keeps me dependent on my higher power for wisdom and guidance as well as my sponsor to be a loving witness to my grappling with these internal conflicts.

For now I am accepting that I am emotionally about 13, and am in the boy crazy stage where I left off, and this too shall pass. I remind myself that I am married, but not dead. It is OK to feel attracted and attractive to the opposite sex. It does not mean that I need to act on my feelings or stuff them down anymore with food. I am grateful to this program to be able to evaluate my feelings, and have the liberty to sort them, and express them without judging them, or being judged for having them. This new liberty of being comfortable 109 lbs thinner is a gift of this program. By speaking out my truth, I resolve the silent sexual shame that drove me to eat myself into asexual proportions that once served to protect my vulnerable inner child.

--*By Teresa Williamson, R2 Rep, Maui Intergroup*

Get Involved in Region 2!

Region 2 is a great way for all of us to help each other recover—member to member, meeting to meeting, intergroup to intergroup.

Region work is a great example of our First Tradition in action:

"Our common welfare comes first. Personal recovery depends on OA unity."

Service, Region Style

*"Region 2, who needs it?
They're only an additional level of
bureaucracy. Why should I partici-
pate in the Region Assemblies?
We have all we need here in LA."*

I had the honor and privilege of attending the latest Region 2 Assembly in San Francisco and it completely changed my perspective. There are 34 intergroups in Region 2. 19 of them represent intergroups with 20 meetings or less - places like Kern County (7 meetings), Maui Friends (2 meetings) and Veracruz, Mexico (11 meetings). Who do these people network with when they have traditions questions? How do these people gain the experience from longtimers when they probably see the same 10 faces at every meeting?

Yes, the Assembly addresses those mundane business issues. But much of the assembly is devoted to sharing about intergroup concerns. The questions range from "How do you stop an overzealous male who has designs on the office manager and keeps showing up at the intergroup office?" to "How do you lead more effective intergroup meetings?" to "How do you attract young people to OA while preserving their anonymity?" As you can see, these are common questions regardless of the size of your intergroup. Not only can those of us in larger intergroups share our experiences in addressing these questions, we can also benefit from the experience of other intergroups. For example, someone in Northern California with a marketing background has instituted a successful awareness campaign to attract young people to OA.

In listening to these questions and watching the joy on the faces of the attendees as they shared with each other, the words of page 419 (4th edition) shouted in my head. "But when I

see what I can add to the meeting, rather than what I can get out of it, and when I focus my mind on what's good about it, rather than what's wrong with it, the meeting keeps getting better and better." I was so focused on what I could get from Region 2 that I lost sight of how much I could give. How selfish of me to think that my recovery network stops in Pasadena. We have SO much experience to share with our region fellows! And, while it may not directly benefit the LA Intergroup, it makes OA as a whole stronger and ensures that OA will be there for the struggling compulsive overeater from Eureka to Ensenada.

So what can we do to support our Region?

1. Appreciate the role that Region 2 plays in carrying the message to those in less populated areas which makes OA stronger.
2. Visit the Region 2 web site (www.oar2.org) and sign up for the speakers list. There are service opportunities as close as 35 minutes away. Remember that some of these people drive 2 hours (one way) once a week to get to a meeting.
3. Attend local meetings when you're on vacation or away on business. It may prevent a binge and your attendance will be appreciated by the locals.
4. Support Region 2 events. The 2011 Region 2 Convention will be held at the LAX Marriott. Attend. Better yet, be on the planning committee. Best yet, volunteer to chair it. Contact me at randi322@gmail.com if you're interested.

Your recovery will thank you.

--By Randi Z, R2 Events Coordinator

We Have a New Designer!

With this issue, we're welcoming a new designer for our newsletter: Robin S., Region 2 representative from Marin County Intergroup. Thanks to Robin for volunteering her service, and to Kim O, also from Marin, who was our Region 2 newsletter designer 2007-2009.

R2 Calendar—SAVE the Date!

Here are the dates and locations for upcoming Region 2 events:

June 4-6 2010 – Annual Region 2 Convention, Marriott San Mateo

October 22-24 2010 – Fall Assembly, Los Angeles Marriott.

April 15-17 2011 – Spring Assembly, Los Angeles Marriott

July 8-10 2011 – Region 2 Convention 2011, Los Angeles Marriott.

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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 R2 NEWSLETTER EDITOR: VOLUNTEER: ROBIN S

Twelfth-Step Within

It was such a great pleasure to give service in this Fall Assembly! "Give As If You Life Depends On It," our theme for the weekend, surely speaks the truth of my recovery. My life does depend on my willingness to give, my money, but my time, my talents and my heart to the all-important recovery through the 12 Steps and 12 Traditions in Overeaters Anonymous. The fact that we hosted the Region Chairs from all over the world (except Australia) brought us a higher energy of recovery this weekend. They participated by leading night panel: "Service—Serenity—Abstinence." Wow, the awesome representatives we have in Overeaters Anonymous!"

Our 12th Step Within Committee was celebrating the accomplishment of the International 12th Step Within Day this year. We worked on finishing details of the new Relapse & Recovery Speakers List.

We also promoted that every intergroup should own a copy of the 12th Step Within Handbook produced by World Service and each representative will have read it by the time we meet again in the Spring Assembly. Also we suggested that every intergroup should purchase and make available to the fellowship the Welcome Back Packets. We discussed ways and ideas for our committees to better serve their Intergroups with meetings, retreats, and workshops.

It was decided our committee would suggest a new campaign for the 12th Step Within OA Meetings For Shut Ins, fellow members who may have surgery or injuries that keep them from attending meetings. This is a way to reach out to those members who want a meeting at home or in a hospital setting. The intergroup representative could be the contact person and they could arrange for volunteer member or members to attend that special meeting. The purpose is to educate and make fellowship aware of the opportunity to be of service.

Thank you for this awesome experience and the privilege to be of service to OA.
—Donna W. Rep, San Diego Intergroup, 12th Step Within Chair

Diversity

Although I've been an enthusiastic member of OA for nearly 29 years, I've always steered clear of volunteering at the Regional level because I was absolutely sure I'd be sitting through long, boring argumentative business sessions with endless discussion on minor details and wording...definitely an outstanding example of "contempt prior to investigation!"

To the contrary, my first R2 Assembly was a terrific experience; and an incredible shot in the arm to my OA program. I was humbled by the love and support that was evident throughout, along with the generosity of spirit, time and effort given by so many dedicated OA members.

I was particularly impressed with how smoothly and well run the sessions proceeded; time limits were set and respected. Committees turned in summaries so that the chair of each committee spoke for no more than two to three minutes to the entire group. I became part of the Diversity Committee, whose primary goals are promoting "Unity With Diversity," as well as supporting participation in OA by ALL persons with a desire to stop eating compulsively.

Diversity Committee Current Projects:

1. Encouraging intergroups and individual meetings to include WSO's "Unity With Diversity" paragraph in their formats:

"As we extend the heart and hand of fellowship to those who still suffer, let us be mindful of OA's Unity With Diversity Policy, which respects our

differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive overeaters here besides myself?" (reprinted from WSO website "Suggested Meeting Format")

1. Provide OA information cards in Spanish and English at no cost to the Intergroup.
2. Encourage Intergroups to present Diversity Day workshops; provide support and suggestions as formats are developed by various groups. (One such workshop will be held at the 2010 R2 Convention to take place in San Mateo in June.)
3. Development of a Spanish-speaking on-line meeting (in process).
4. Encourage meeting lists and websites at all levels to clearly indicate wheelchair accessibility whenever it is available.

Thank you, Sacramento Valley Intergroup, for this opportunity; it sounds overly dramatic to say it was "a life-altering experience," but in truth, it was! Instead of just putting my toe into the water, this time I dove right in...or maybe my Higher Power pushed me! Whichever it was, it worked; and I'm very excited and enthusiastic to be your R2 Delegate for the coming year.

--Judy B, Rep, Sacramento Valley

The R2 Fall Assembly was

FANTASTIC!

- F** Fed a fabulous lunch!
- A** Amplified my awareness of worldwide fellowship.
- N** Nurtured new friendships and renewed others.
- T** Talked about tantalizing topics from intergroup concerns.
- A** Awed by the amount of love given and received.
- S** Someone suggested service is sexy!
- T** Triumph over addiction was demonstrated through treasured time in recovery.
- I** Increased importance of abstinence.
- C** Clever cartoons clarified the concepts.

—By Eileen D, R2 Rep, South Bay



Overeaters Anonymous Region 2 Convention

June 4 - June 6, 2010

MARRIOTT-SAN MATEO SAN FRANCISCO, CA AIRPORT HOTEL
1770 South Amphlett Boulevard, San Mateo CA 94402

- | | |
|--------------------|---|
| ✦ Workshops | ✦ Marathon and Special Focus Meetings |
| ✦ Great Fellowship | ✦ Keynote Speakers with Decades of Recovery |
| ✦ Boutique | ✦ O.A.'s Got Talent/Open Mike |
| ✦ Dance | ✦ Karaoke |
| ✦ 50/50 Drawing | ✦ Quilt/Magical Drawing |
| ✦ Silent Auction | ✦ A Weekend of Fun and Recovery! |

Please specify 'Region 2' when making hotel accommodations to obtain the special rate of \$109.00 per night plus tax. This rate is guaranteed only if booked no later than May 14, 2010. For hotel reservations, call: 650-663-6000. Shuttle services available from San Francisco Airport. Use the courtesy phone in the baggage area.

- Registration opens Friday 2:00 p.m. and continues through Sunday.
- Hotel check-in begins at 3:00 p.m.
- Marathon and Special Focus Meetings begin on Friday at 3:00 p.m.
- Grand opening begins on Friday at 7:30 p.m.

• This is Region 2's major annual FUNDRAISER. Funds generated from the convention are used throughout the coming year to carry the message. All meal functions with speakers are open to paid participants only. Alternative events are offered for those not attending the meal functions. One of the most common misconceptions is that Conventions are meetings. They are Special events.

Check www.oar2.org for Current Convention News.

A written request for a refund, less \$10 processing fee, will be honored if received or postmarked by 5/3/2010. You must contact the hotel separately for their refund policy.

Mail this registration form by May 15, 2010 After May 15 register on-site June 4, 2010.

REGISTRATION includes O.A.'s Got Talent/Open Mike (Omelette only one)

- ☐ Registration postmarked on or before May 3, 2010 - \$35
- ☐ Register after May 3, 2010 - \$45
- ☐ Guest (Non-member) - \$15

Saturday Dinner with Speaker - \$45

Admission to Dance and Karaoke Included in This Price

Choose Only One Meal:

- ☐ Chicken, Brown Rice or Baked Potatoes and Steamed Vegetables
- ☐ Beef, Brown Rice or Baked Potatoes and Steam Vegetables
- ☐ Vegetarian Portabella Mushroom/cheese or Napoleon Eggplant/Khasee

(All meals are sugar free. See web site for additional menu details.)

Dance and Karaoke - \$10. Entertainment only - no dinner

Sunday Breakfast with Speaker - \$25

Delicious breakfast buffet with bacon, eggs, fruit and oatmeal

T-Shirts - Periwinkle Blue or White \$15.00

☐ S ☐ M ☐ L ☐ XL ☐ 2X ☐ 3X ☐ 4X ☐ 5X ☐ 6X

TOTAL \$

Name on badge:

☐ I am staying at the hotel

Name

Address

City State ZIP

Home & Work Phone

E-mail (include e-mail for easy e-mail confirmation)

To register by mail, send completed form
 and check payable to
 Region 2 Convention
 P.O. Box 141111, San Francisco, CA 94111

Send \$45 to receive a confirmation notice sent by postal mail.
 All other confirmations will be sent via e-mail. To use a
 credit card, register only at www.oar2.org.

Date & Time of Arrival

SERVICE INFORMATION

I would like to do service at the convention
☐ Timer ☐ Moderator

☐ Speaker (Requirements: 2 yrs current
 abstinence, completed 4th & 5th
 Steps and pre-registered for the
 Convention)

Preferred emphasis

Length of abstinence

GENERAL VOLUNTEERS

Please check 3 choices only
☐ Wherever Needed ☐ Boutique
☐ Registration ☐ Security
☐ Hugs/Kisses ☐ T-Shirt
☐ Liberator ☐ S&SB