



What's New

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

Overeaters Anonymous

Region 2

Spring/Summer 2011

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FROM THE CHAIR: My OA Journey By Shari G., Region 2 Chair

My journey in O.A. has definitely been Higher Powered. It has taken me to a service position that I had never planned (or thought I wanted.) During the 26 years that I have been in O.A., I've enjoyed service at Intergroup level, being a rep to R2 Assemblies, and a delegate to WSBC. I was not going to serve on R2 Board, but I finally agreed to run for vice chair 3 years ago. Then, in October, 2010, I

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RECOVERY
A BLUEPRINT FOR LIFE
Los Angeles, California 2011

Celebrate "Recovery: A Blueprint for Life" at This Year's Region 2 Convention!

Do you have a spare \$35? That's all this year's Region 2 Convention in Los Angeles at the Los Angeles Airport Marriott Hotel, July 8-10, will cost! We're rolling back the prices to recession levels until June 1 so everybody can afford to come to the big event of the year for OA in California, Hawaii, Northern Nevada and Mexico. And you'll be supporting Region 2 in a big way, since all your funds will be used throughout the year to carry OA's message.

Here's some of what you'll experience:

- ♦ **Workshops:** Topics range from "Daily Inventory" to "Recovery: a Blueprint to Be Happy, Joyous and Free"
- ♦ **Panels:** Learn from your fellows about long-term recovery, body image and more.
- ♦ **Marathon Meetings:** Themed meetings continue most of the weekend.
- ♦ **Young People Focus:** A special workshop designed for young people.
- ♦ **Longtimer Panels:** Hear long-timers with from 5 years to 25 years of abstinence - or more!
- ♦ **Opening Ceremony:** Opening ceremony followed by "The Sound of Recovery", performed by talented OA members

Keynote Speakers: The opening ceremony, Saturday dinner dance, Sunday breakfast & closing ceremony will all have keynote speakers with over 100 YEARS of collective abstinence.

All this, plus plenty of opportunity to rejuvenate yourself with meditation, yoga, a dance with a live band on Saturday night and, most important, lots of time with Program people who understand you! Join us and let's celebrate recovery together!

Want more info? Want to sign up now and take advantage of the bargain price? Visit us at www.oar2.org for current convention news and to sign up online!

Michael S. and Events Chair Randi Z.

NOTES FROM THE REGION 2 TRUSTEE: Our Name is Out There!

Since the end of 2010 the number of inquiries at the WSO and hits on the OA website, oa.org, have increased dramatically. The public awareness campaign that started in 2009 has continued as an ongoing project with the help of a professional PR firm. Our TV PSA is being shown regularly on the A&E family of networks. The 15 second version will have been shown daily on the CBS Superscreen near Times Square, once an hour, Dec. 1 through March 31. Dear Abby gave a strong recommendation Feb 15, and the WSO phones were ringing off the hook. There have been countless mentions in written articles, online and in print. Have you seen an increase of interest at your home meeting? If so, then maybe the public-

ity is working. This is the time to keep doing Public Information work. You can find ideas for PI on oa.org at <http://www.oa.org/services-for-members/public-information-suggestions.php>.

What's new on oa.org: The Spanish translation of practically the whole OA website has been completed and is up and running. Check out, <http://espanol.oa.org/>, or you can click on Espanol on the English home page. The next translation will be in French and may be complete by the end of 2011.

Merci



Strong Meetings: Please encourage your sponsees to sponsor and to do service at all levels (group, intergroup, National or Language Service Board, region and world service). Maybe your intergroup needs a workshop on abstinence. Contact the Region 2 vice chair, vicechair@oar2.org, to schedule a free workshop. These workshops can be on service, strong meetings, sponsorship, traditions or concepts as well.



Have you attended a Step and Tradition meeting? If there isn't one in your area, consider starting one. See the Suggested Meeting Format on oa.org under documents.

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FALL 2010 ASSEMBLY SPONSORSHIP PANEL

I have been asked to write about the Sponsorship Panel presented at the Fall 2010 Assembly. The theme of "How Does Service Serve Us?" was the focus of the assembly and a panel on sponsorship fit very well. I was both an observer and a presenter and found the whole experience very rewarding. The panel was made up of 4 members, representing OA HOW, OA-90 and OA General. Each shared for 15 minutes on their experience, strength and hope on sponsoring, including how they sponsored, how they got over any fear of sponsoring and why they believed they were qualified to sponsor.

When the panel members were done there were many similarities and differences in their experiences. Some used guidelines provided by the particular kind of OA program they worked. These included things like sets of questions that their sponsees were to write about then go over with them, plans of eating that were suggested in order to establish abstinence and at what point in the sponsees' recovery they were to begin sponsoring. Some spoke of being very structured in their approach to sponsoring and others were less structured. Some used specifically OA

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Treasurer

Shortly after the fall assembly last year, I was asked to join the Region 2 Board as Treasurer, to replace Wanda W. who had just been re-elected to that position. Unfortunately, Wanda was ill and passed away in December. Naturally, there were many things to be done: the Wells Fargo bank account(s) signers had to be changed; the B of A bank accounts needed to be closed; new CD accounts were opened; business had to go on and procedures needed to be learned.

Not one to refuse a challenge, I have learned a lot and done a lot. Some of my responsibilities involve oversight of the accounting, signing checks, and providing financial reports for the R2 Board and the fellowship.

My thanks to the Board for asking me to join them.

In loving service, Jerry J.



(Continued from page 1)

was elected Chair of Region 2.

All of the 10 Region Chairs will meet with each other three times in 2011. One of our meetings will be in Columbia, South America, so that we can bring support to this part of Region 8. Working with the other Region Chairs is so exciting and rewarding. This is a whole new level of service for me that involves sharing ideas with other areas all over the world in O.A. The other Chairs are a dedicated, hard working group of OA members. It enriches my program to work with these people.

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Financial Health: Does your home meeting contribute to your intergroup, Region 2 and World Service on a regular basis? For OA to continue to reach out to the still suffering compulsive eater these service bodies need your support. Does your intergroup donate its extra funds beyond a prudent reserve, each year to the region and world service? Region 2 contributes to world service each year to the general fund, the Delegate Support Fund and the Translations Fund, and also to the Region Chairs Committee (RCC) to help regions 9 and 10 send their chairs to the RCC meetings. So consider all these levels when you put your dollars in the basket. Check out the Seventh Tradition skits at http://www.oa.org/pdfs/seventh_trad_skits09.pdf. By having fun and using humor, your group or service body can help members understand the direct benefits their contributions provide to the Fellowship.



Archives: Have you preserved the history of OA in your area? Do you have collections of old flyers, newsletters, or locally produced literature? Do you have stories from past events or of members who have passed away? How about recording memories from a longtimer? WSO has archives at the office. Maybe you want to go there to research OA's history. How about creating your own archives, having a committee to collect and store your local history? There is a free pamphlet on Archives from WSO with simple suggestions for storing your history.



Do you want to use the OA logo on your newsletters and flyers? Consult the logo request form at <http://www.oa.org/pdfs/logorequestformoct2010.pdf>. There is a wealth of information on oa.org under Documents.

Grateful to be of service to OA,
Meg Harlor, R2 Trustee

Unity in R2

Tradition One – Our common welfare should come first, personal recovery depends on OA unity.

I can't be restored to sanity all by myself. I have to hear how it works from the people it has worked for. I become willing to take actions I wouldn't think of doing because I heard at meetings and read in the literature that these actions brought you the results that I want. We have a common solution to our common problem. According to the Big Book, our problem is powerlessness, lack of power. I'm powerless over food and my eating behaviors; for extra good measure, I also admit to myself that I'm powerless over people, places and things, and my feelings. The solution is the spiritual experience I find in program. Put in another way, the problem is in my mental attitudes, which run to restless, irritable and discontent, which drive me to overeating. The solution is in my mental attitudes – God wants me to be happy, joyous and free – free of the emotional need to fill up with food.

So since I most definitely need other recovering program people, I need to give time and energy to my meetings to help keep them strong. Because of my job, my groups have always been in small communities. There's usually been only one meeting a week (Monday nights) and before I became involved in service above the group level, it often seemed that long-term abstinence was almost impossible to attain. Then I began attending the local Intergroup, and retreats and marathons sponsored by that IG and then region events. I have been gifted with 14 years of continuous abstinence. I became involved in service at the Regional level and above, and got to see "advanced recovery," people handling day-to-day challenges with patience, tolerance, kindness and love. It is easier for me to be strong in my abstinence with the presence and support of other OAers with strong abstinence and recovery; there is so much for me to learn interacting on the higher service levels.

Giving service at the regional level, I get to see R2 reps come back to assemblies growing stronger in their abstinence and recovery than they were at previous assemblies. At the assemblies we brainstorm ideas to help groups and IGs at the Assemblies. Because groups and intergroups have donated from their 7th Tradition collections to R2, five more R2 Intergroups are going to be able to send a delegate to the 2011 World Service Business Conference. R2 is going to carry the message of recovery to the California Dietetic Association's 2011 Conference. I see individuals giving of their recovery, of their time and energy, to help others' recover. There is so much experience, strength and hope being shared at the R2 level. It is inspiring to see people reaching out to help others to help carry the message, doing what my group, my intergroup could not do alone.

Secretary Carol C.

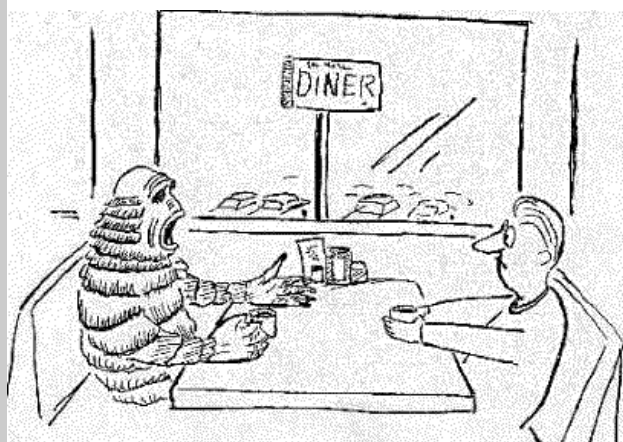
Bill's Friends By Spike C. Dolomite



Public Information Committee

As liaison to the Public Information Committee I invite everyone to stop by and chat. The Committee will have a table that displays a lot of the literature, CD's and even DVD's available to order from World Service. Region 2 will have a supply of pens and post-it's with our logo and website information. Come and share your ideas!

Publications Coordinator, Michael D.



Why Not a Healthy Weight

We have been asked this year to consider a motion at the World Service Business Conference to include in our definition of abstinence the ongoing and eventual goal of “achieving, and/or moving toward of a healthy body weight.”

This particular initiative, which could greatly help OA, will no doubt arouse strong reactions from our members. One would imagine that after years of abusing our bodies, we’d WANT to be at a healthy body weight, yet many OA members respond to this sort of proposal with everything from cautious optimism to outright hysteria.

In talking to people about it, this is what I heard from OA’s who are against this initiative:

- ◆ “It’s not someone else’s place to tell me what I should weigh or if I’m abstinent or not.”
- ◆ “This is a function of a diet mentality. Ours is a spiritual problem, and a spiritual solution.”
- ◆ “The program is about progress, not perfection.”
- ◆ “There are no “musts” in OA. I’m abstinent if I say that I’m abstinent.”
- ◆ “I’m taking medication that makes it difficult to lose weight”
- ◆ “If we pass something like this, the “OA Police” will have a field day”

Why the pushback? Why are so many of us so fearful of truly achieving a goal weight? Perhaps it’s because it creates a visual metric of our progress. We fear being expected to maintain our goal, and the shame we might experience if we picked up again. There’s no real margin for error once we reach our goal and then put weight back on – people notice. Isn’t this really the issue - facing disappointment in the eyes of others?

Aren’t we all scared to death of being perceived as deficient in some way, physically or otherwise? If our weight goes up, barring a medical explanation, it will become evident that we’re eating more food than is necessary. An overweight, abstinent OA can’t very well be gaining weight and moving towards a healthy weight at the same time, can we?

How many OA’s do you know that stopped losing weight (or even put weight back) and continued to claim abstinence, even as they were clearly holding onto 10-25-50-75 extra pounds? If a bank robber stole \$100,000 and then returned \$70,000 of it after realizing the error of his ways, I think we’d all scratch our heads wondering what he was thinking?

OA’s inability to effectively address why so many members marginalize physical recovery is the elephant that has been sitting in OA’s living room for years. Our service bodies at all levels are filled with folks that fit this description. Why?

Is it any wonder that when recently surveyed, OA reported that we only had 54,000 self-admitted members after 50 years? 1000 people per year – in the whole world?

If we strengthen and specify more clearly what our definition of abstinence is, we will be sending a message that our work is not done just because we feel better about ourselves and develop loving relationships in program. Unless we reverse the physical evidence of our addiction, we will forever lack the credibility that we need to do our 12-step work.

Neil R.

Baltimore, MD

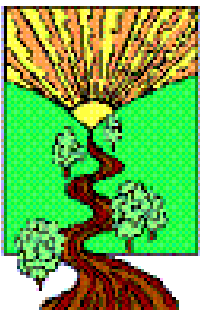
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literature as guidelines to sponsoring and others used OA and AA literature. The theme that ran throughout all the speakers' shares was that they generally sponsored how they were sponsored, giving away what they had been given in the service of their sponsors and others in the program.

Each panel member also spoke of the rewards of sponsoring. Being able to be of service to other compulsive eaters by giving away the recovery they were so gratefully given and receiving the gifts of recovery that their sponsees gave them. Walking through the fears of being a sponsor, which are so common among us and coming out the other side experiencing freedom from that fear. Discovering the extent of recovery they had experienced in the midst of sharing it with another fellow in the program.



When the panel members were done sharing their experiences on sponsorship with the members in attendance there was a period of questions from the ask-it basket that each member of the panel had an opportunity to respond to. The questions were very good and insightful and helped to clarify many issues. All in all the Sponsorship Panel served as a valuable experience, providing a comprehensive overview on the service of sponsorship. I don't doubt that there were those who may have had reservations about sponsoring who left this experience with more hope, confidence and willingness to talk to their sponsors about being of service as sponsors themselves. Thank you Region 2!



Carmen Austin

Region 2 Representative

Sacramento Valley Intergroup of OA

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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**



Overeaters Anonymous Region 2 Convention

July 8 - 10, 2011

Los Angeles Airport

Marriott Hotel

RECOVERY
A BLUEPRINT FOR LIFE
Los Angeles, California 2011

Workshops

- * **Marathon & Special Focus Meetings**
- * **Short Auction * Raffle/Riches Boudique**
- * **Dance with a Band * 60/60 Drawing**
- * **Keynote Speakers at Meal Functions**

- This is Region 2's major annual fundraiser. Funds generated from the Convention are used throughout the coming year to carry the message. One of the most common misconceptions is that Conventions are meetings. They are special events. For information, call David H. (818) 995-6950.
- All meal functions are open to paid participants only. Alternative events are offered for those not attending the meal functions.
- Please specify "REGION 2" when making hotel accommodations to obtain the special rate of \$99 per night, plus tax (based on availability). Make your reservations early (if registering for the hotel online, use Marriott's online website). Rooms with this special rate book quickly and the hotel reservation cut-off date for the special rate is June 12, 2011.

Registration opens at 3 p.m. Friday and continues through Sunday.

Hotel check-in from 3 p.m.

Marathon and Special Focus meetings begin Friday at 5 p.m.

Grand Opening at 7:30 p.m. Friday.

Los Angeles Airport Marriott Hotel, located at
5855 Wilshire Blvd., Los Angeles, CA 90048
Phone (310) 641-5700, Reservations (888) 236-2427.

Free Shuttle service to/from Los Angeles Airport.

Hotel Parking: \$8.00/day, (no in-and-out privileges) (less hotel guest)

Visit www.oa2.org for current Convention news.

A written request for a refund less \$10 processing fee, will be honored if received or postmarked by 6/30/11. You must contact the hotel separately for their refund policy.

Main registration forms must be postmarked by June 17, 2011.

Online registrations will be available through June 30, 2011. After these dates, register on-site at the Convention.

Registration (Chaos only one)

- ☐ Registration postmarked on or before June 7, 2011 - \$35.00
- ☐ Registration postmarked after June 7, 2011 - \$50.00
- ☐ Guest (Non-Member) - \$15.00

Saturday Speaker Dinner - \$45 (Chaos only one)

- ☐ Pan made Chicken Breast with Spinach, Mushrooms & Orzo Pasta
- ☐ Grilled Salmon Fillet with roasted finger potatoes, tomatoes & fresh fennel
- ☐ Eggplant, Portobello Mushroom & Mozzarella Cheese Napoleon with Basic Pesto Sauce (fruit will be served with all entrees. All items are sugar free. See website for additional menu details)
- ☐ Dinner includes admission to dance - with live band!

Saturday Dance only (with live band) - \$10

Sunday "Hans Comes the Sun" Breakfast/Speaker - \$25
Delicious and plentiful breakfast buffet with eggs, bacon, yogurt, fruits & whole wheat breads

White Man's Greenback T-Shirts - \$15 each

XL ☐ L ☐ 1X ☐ 2X ☐ 3X ☐ 4X ☐ 5X

White Woman's V-Neck T-Shirts - \$15 each

S ☐ M ☐ L ☐ 1X ☐ 2X ☐ 3X

Total

Name on Badge:

- ☐ I want to include my last name on my badge
- ☐ I am staying at the hotel

Name _____

Address _____

City _____

State and Zip _____

Home Phone _____

Work Phone _____

E-mail _____

To register by mail, send completed form and check payable to

Region 2 Convention

c/o 6038-C Linech Ave., Cypress, CA 90630

Enclose a SASE to receive a confirmation note by post mail.

All other contributions will be sent via e-mail.

To use a credit card, register online at www.oa2.org

Registration info: Joyce F. (714) 995-3138 or email oa2reg@oa2.org

Session Information

- I would like to do service at the convention.
- ☐ Timer ☐ Moderator
- ☐ Speaker (2 yrs experience and completed 4th and 5th Steps required)

All Region Volunteers must be pre-registered.

_____ (preferred emphasis)
_____ (length of substance)

General Volunteer

- ☐ Usher/Needed
- ☐ Souvenir
- ☐ 60/60 Drawing
- ☐ Hugger/Greeter
- ☐ Security Patrol/Hub
- ☐ Usher/Needed
- ☐ T-Shirt Sales
- ☐ Registration
- ☐ Hospitality Room
- ☐ Devotions
- ☐ Silent Auction

Day & Time of Service:

The success of the convention relies on service. Please volunteer to help during the event.