



What's New

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

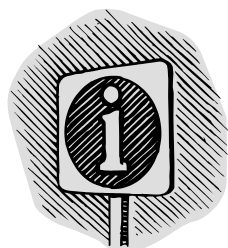
Overeaters Anonymous

Region 2

Winter / Spring 2009

Inside this issue:

Board Articles	1-2
Region News	3
Features & Articles	4-6
Committee Reports	7
Convention Registration	8



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

Thank you for your service

Region 2 would like to thank our former webmaster, Ian D., for his many years of dedicated service to the region.

FROM THE CHAIR: The Miracle of Service

By Pamela W., Region 2 Chair

The real miracle is that I am writing this in the midst of all the “stuff” in my life. But I have such a wonderful experience with service I want to share! Overcommitted is my middle name. But the road to recovery is simple if you just do service.

It often seems like each day needs at least 26 hours, and working my program should be enough, right? Ah - but working my program means service. As Dr. Bob said in his Rx for recovery: “Trust God, Clean house, Help others.” So that means if I want recovery I have to do service.

Really it is so SIMPLE: open your hand and heart to the still suffering overeater and you will find miracles beyond your wildest dreams. And it seems the more you do, the more you get back. Each time I agree to agree to more service (like this article), I seem to get a present in return. For today, I am free of the food and body obsessions. I feel FULL (imagine, a compulsive overeater feeling FULL - a unique experience).

But for me that is the Miracle: I am Full. I have enough love, acceptance, peace and security. The promises FILL my life. So come join us as we trudge the road of happy destiny and raise your hand to do service. You find that hand gets filled with everything you need. That's the miracle of service.



Region 2 Convention "Recovery: Sunlight of the Spirit" June 26 -28, 2009 Doubletree Hotel, Ontario Airport

Please join us for the upcoming R2 Convention June 26 -28, 2009 at the Doubletree Hotel, Ontario Airport. Shuttle service is conveniently available from the airport to the hotel. The hotel is highly rated and Ontario offers many fun activities in addition to the convention. Ontario is in Southern California, relatively near to the Los Angeles, San Fernando Valley and San Diego areas—get a carpool together and come on down! You don't want to miss this action-packed, idea-packed, inspiration-packed OA recovery experience. A registration form is on the back of this issue, and also available online at www.oar2.org. For more information, contact Cheryl at carrhyne@msn.com or Eda (registration) at convention2009@mac.com.

Registration for this exciting event will open at 1pm Friday and the Grand Opening begins at 7:30pm. There will be a very full weekend of recovery, fellowship, and service opportunities, including:

Workshops
Marathon Meetings
New 2 You Boutique
Quilt/Afghan Drawings

Speakers
Silent Auction
50/50
Breakfast/Dinner



Region 2 Service Positions: Know More About What We Do -

Region 2 Events Coordinator : Find out more about how Region 2 conventions and assemblies come together!

Everyone knows that conventions and assemblies are lots of fun. Ever wondered how we get to have events in such great hotels? The events coordinator gets to scout out hotels and gets to visit hotels to find suitable locations for future Region 2 events. The work is fun. It's getting to know and work with hotel sales people, negotiating hotel contracts and getting the best possible locations and the best room rates for our members.

We are always a couple of years ahead and the contract for our 2010 convention has already been signed. Since the two preceding assemblies are located at the convention site, contracts for both (fall 2009 and spring 2010) have been negotiated and signed. All three events will be at the San Mateo Marriott Hotel. This will give representatives two chances to visit the hotel and go back to their intergroups and meetings to let them know what a great convention they will have to look forward to.

The 2011 convention will be in Southern California and most likely in the San Fernando/Burbank area. Your events coordinator is already talking to hotel people in that vicinity. All contracts are presented to the Region 2 board and approved before they are finalized. As soon as contracts for the conventions have been signed, the board looks for a dedicated member to chair the convention. We have been very lucky to have found qualified and dedicated people.

I have been privileged to serve on the Region 2 Board as events coordinator for over four years. But, all good things come to an end and my term ends at the assembly in October, 2009. The reason I am telling you about my job is to get you interested. If you have been to two assemblies you qualify for the position. Think about it, you could have lots of fun working assemblies and conventions and get to attend a few R2 board meetings throughout the years. And you make lots of friends from other areas. Interested? Come to the next assembly and let us know. Talk to our region chair or talk to me and we will tell you all you want to know about the job. You can apply for the job by sending your application to the board before the October assembly or you may still apply during the assembly. Think about it - it has been a wonderful experience for me.

--Hanna S., Events Coordinator

Wanted: Treasurer and Trustee

There are several service opportunities available now:

1. Because our former R2 treasurer Meg Harlor has been appointed R2 Trustee by the World Board of Trustees, we are in need of an R2 treasurer. For job description and application, see our website at oar2.org. If you are interested or would like more information, check with our chair, Pamela, at chair@oar2.org. We would like to fill this position ASAP.
2. Meg will serve as trustee until the end of World Service Business Conference in May, 2009. Following conference, the board of trustees will request applications for the Region Two position for the following year. The deadline for applications will be announced at World Conference but will probably be around early July. The Board will then appoint a trustee for a one year term prior to the August board meeting. The application is available online at oa.org. This process follows the Bylaws of Overeaters Anonymous, Inc., Subpart B.

Meet Your Newly Appointed R2 Trustee

After being R2 Treasurer for about a month we were notified that our R2 Trustee resigned and I applied to fill the vacancy after consulting my Higher Power, sponsor, R2 Chair and OA friends. To my honor, in January, I was selected to serve as R2 Trustee the rest of this year's term through May.

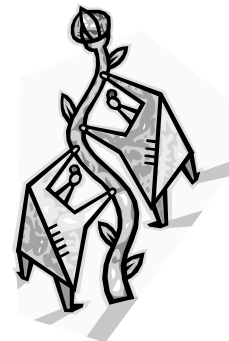
Why did I apply for a Region 2 Board Position? It was a moment of insanity! But all kidding aside, I have been ready to serve above the Intergroup level for a while. This June I applied for the vacancy on the World Service Board of Directors but was not selected. Having filled out that application, I was not daunted by the Region 2 Board Position Application included in the Region 2 Representative packet. My Higher Power guided me to apply at the October Assembly, even after waiting 24 hours to be sure it was a good choice for me. I talked with the current Treasurer and Chair and felt brave enough to submit the application to the Assembly.

From my experience of serving on Intergroup, I learned I could ask for help, that I didn't need to have all the answers first, before taking a position of responsibility, and I learned to do business according to the Traditions, using the principles of this lifesaving program. Doing service has served me with experience, strength and hope. I have been able to take positions of responsibility outside of OA because of my Intergroup experience. I want to give back to OA what I have been so freely given.

Being Treasurer seemed like a good fit for me. I have experience as treasurer at meeting and Intergroup level as well as for outside non-profit organizations. My late father felt safe with naming me trustee of his trust because I am frugal, thorough and trustworthy. I have been trustee of my parents' trusts for 28 years. I am good with numbers but not perfect, so it is good that Joyce (former R2 Treasurer) is continuing as our bookkeeper, which makes the Treasurer's job so much easier. I look forward to passing the position on to my successor. I hope being R2 Trustee will be a good fit for me, too.

I have been a Compulsive Overeater all my life and am grateful to have found OA before I killed myself in a sugar stupor. I am grateful to have a Higher Power in my life, to have grown spiritually in this program, to have stayed married for 26 years and to have been abstinent from sugar for 19 years. I could not have done any of that without the OA program, fellowship, support and sanity! In order to maintain my recovery I need to do service and I am grateful to be a part of this fun and dedicated Region 2 Board.

--By Meg H., R2 Trustee



Attention Intergroups: New Assembly Registration Process for Your Reps

Region 2 has just begun a new pre-registration policy, approved by the October 2008 Assembly. Registration forms were sent to all intergroups and reps in December, and are also available online at www.oar2.org. Please complete and submit the form by February 21, 2009. Onsite registrations are subject to space limitations.

The purpose of pre-registration is to provide information, in advance, so that the R2 Board can better serve intergroups and their representatives (RRs). There is a nominal registration fee of \$25.00/per person (\$10.00 non-refundable), which includes a buffet Speaker lunch on Saturday of the assembly. The non-refundable portion will offset some of the expense of

packet preparation and mailing costs.

Each Intergroup is eligible to send one (1) representative (RR) for each 10 meeting groups (or fraction thereof). If possible, send as many RRs as the Intergroup is allowed. There's lots of work to be done. For additional information, contact: Mary M., Publications Coordinator, at publications@oar2.org

2009 Spring R2 Assembly Information

Date:	March 20-21, 2009
Location:	Doubletree Airport Hotel 222 N. Vineyard Ave Ontario, California 91764
Early Registration:	6:00 to 7:00 PM, Friday evening, March 20, 2009
Speaker & Entertainment:	7:00 PM Friday
OA Meeting:	7:00AM, Saturday, March 21, 2009
Registration:	7:30 to 8:30 AM, Saturday, March 21, 2009
New RR Orientation:	7:30 AM, Saturday, March 21, 2009 (Mandatory)

Reps are encouraged to arrive on Friday for the grand opening show with speaker and entertainment. The business meeting will be held Saturday 8:30am to 5:30pm.

Please note that ALL OA members are welcome to attend the assembly.

More Funding Help for your Intergroup!

If funding is a problem for your Intergroup, consider applying for the Intergroup Funding Assistance Program (IFAP) program. Applications have been mailed to all intergroups and are also available online at www.oar2.org. The application MUST be signed by the Intergroup Chair prior to the assembly.

Also note that IFAP funds have been increased from 40 to 45 cents per mile (up to a maximum of \$450 per assembly for your 1st Rep - see IFAP form), and there are other new funding possibilities available to assist you:

Additional funding is available for your second Representative, in the amount of 50% of the funding for the first representative.

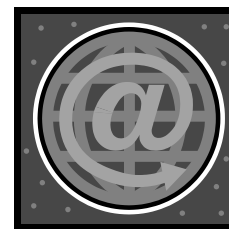
1. Special Funding is available to Inter-

groups within 150 miles of the assembly site if they have not sent a representative to the last three (3) assemblies.

Special Events and More on the R2 Website

Check out the Master Calendar page of the Region 2 Website for a listing of Days in OA, Retreats sponsored by R2 Intergroups and special events throughout Region 2 :

www.oar2.org



New Region Website Launching Soon

It's almost here—the new Region 2 website! The new site will officially launch at the spring assembly in March with features that include:

1. an updated, easy-to-use calendar of events for the region
2. downloadable podcasts of speakers from Region 2 events
3. past newsletter issues
4. assembly and rep registration information
5. plus much more!

Watch for it in March!

Region 2 Welcomes New Support Assistant

Region 2 is happy to welcome Joyce F. as our new support assistant to help with bookkeeping and administrative tasks for the region. Joyce is a former R2 Board member who served most recently as R2 Treasurer. Her knowledge and experience as a longtime OA member, her history of region service, and her professional background in the administrative and financial areas are sincerely welcomed by Region 2. Joyce will be assisting the R2 Treasurer, maintaining R2 mailing lists, and providing other much needed help. Funding for the Support Assistant position was voted on by the assembly in 2008.

God Did for Me What I Could Not Do for Myself

A young person coming into OA in R2 tells her story:

R2 Trusted Servants

Chairperson

Pamela W
(323) 734-1873
chair@oar2.org

Vice Chair

Shari G
(650) 591-5634
vicechair@oar2.org

Secretary

Carole C
(530) 755-6123
secretary@oar2.org

Trustee

Meg H
(831) 585-7945
trustee@oar2.org

Events Coordinator

Hanna S
(760) 369-0010
events@oar2.org

Treasurer

Open
treasurer@oar2.org

Publications Coordinator

Mary M
(323) 255-0143
publications@oar2.org

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

Volunteer:
R2 Newsletter Editor: Kim O

Before walking into my first OA meeting in the Fall of 2004, I had never heard of it before- I had barely heard on any 12-step program beyond references in movies. I didn't find OA through word of mouth, a therapist, nutritionist, school counselor, or fair booth- which are all outstanding ways of coming to OA. No, I found myself in a meeting one day after being dropped off by a treatment center van loaded with seemingly healthy-resistant girls. I don't remember who was at the meeting, what was said, or how I felt. What I do remember is that I heard a list of 12 "things" and God was mentioned. "Excuse me?" I thought- I am not in treatment to learn about God, I am here to get better and go back home. Luckily, God had a much better plan.

As I got healthier- mentally, physically, and spiritually, I came to see that recovery wasn't about being "fixed" by a treatment center. If I were to actually experience freedom from my deadly obsession, it was essential that I believe in a power greater than myself; it was essential that I find tools for living; it was essential that I find a proven and workable way of living. And that is exactly what I found in the rooms of OA.

If previous to my first meeting someone had told me that not only would I rely on a power which I call God, but that four years later, I would still be a member of a program called Overeaters Anonymous, I would have gagged. Nope, not going to sign up for that, I'll take my insane and deadly way of life instead, thank you very much. But God is smart- much smarter than the disease, and so I was gently brought into the rooms of OA, not knowing what it was or the dedication it entailed. God knew that through any other means, I might not have stayed. God knew that as I got healthier, I would see and feel the love in the rooms. God knew that I would warm up to the idea of the Steps, sponsorship, and all the other tools. And God especially knew that after 7 months of treatment that I would need life-long solution, one day at a time.

I have been afraid of many things in program: that OA would be too time-consuming and I wouldn't have a life, that I was being brainwashed, that I was too young, that I would gain weight (top concern, of course!), etc. My disease certainly would like to use my mind against me in order to take me out of program. Yet, nothing scares me more than the thought of being back in my disease. The beauty of the program is that the opposite of my fears occurred: program gave more time, especially freeing up my mental faculties; I became more creative, inspired, and true to myself instead of being brainwashed; I became utterly grateful for coming to program at such a young age; and my body didn't blow up like a parachute.

Everyone has their own path in finding OA, the path that God has chosen specifically for them, to best ensure that they have the best chance of sticking around. I am extremely grateful that God "tricked" me into coming to OA, and has meticulously orchestrated all the details of my path since then, creating a recovery that I don't hesitate to call miraculous. As I've heard in meetings, "by the grace of God go I."

Without all the tools in this program, I would not be graduating from college, maintaining relationships, holding a steady job, living out some of my greatest dreams, maintaining the same pants size for four years, and most importantly, practicing self-care. The Steps are a way of getting me to God and I need to keep close to God if I want to keep walking down the path of "happy destiny".

-Young Person in OA



Green Dots

First-time reps at Region assemblies are known as "green dots."

Here new R2 reps from the October 2008 Assembly talk about their experience:

I thank HP for this service. I have no words to express my gratitude to be in the Assembly and the warm welcome from all of you. Love in service
--Carolina, new rep, Mexico Intergroup

This was my first R2 meeting. I wasn't sure what I was getting into, but they tell me that service speeds up recovery so I volunteered to go to the business meeting. There was so much opposition [family problems, illness, logistics, death of a much loved pet, etc.] to getting there that I figured God

must have something special for me but no idea what. I just knew to keep my "God ears and eyes" open.

When I got there, I didn't know anyone but everyone was so friendly that I was comfortable. As the meeting went on and I heard the stories of abstinence and watched the members, I knew I had to have the "more" that they had. Up to that time I had been abstinent but it was a slow "not much happening weight-wise" abstinence. When I came back to OA I had said I would never do what we used to call "gray sheet" but that I would find another healthy food plan. My sponsor had a pretty good plan that

worked for her so I adapted it to me and I was off on the program. Problem was my body functions different than hers.

Willingness comes differently to each of us, but for me it was seeing the long-term abstinence and serenity of the other R2 members. I started my new food plan that Friday and have been doing it ever since. It has been the experience of God giving me willingness and Him doing for me what I could not do for myself. I am losing weight like crazy, I am not hungry and I have a new serenity. I am working the steps more vigorously and I have clarity. Even when we don't understand

what service on the Region or Intergroup level means, if we are willing, God meets us.

--Alyce, new rep, North Rivers

Editor's Note: Region 2 reps and board members have a wide variety of food plans—Region 2 does not endorse any specific food plan.



2008 R2 Reps Report on Service in Albuquerque

In 2008, Region 2 funded Region 2 reps to go to the World Service Business Conference (WSBC) in Albuquerque. Here are some comments about the experience from 2008's two elected R2 reps.

"Someone's New Ideas May Change Your Old Ideas"

WOW, what can I say about the conference. I have attended some in the past and they were so argumentative on the issues! This year though, the chairwoman kept everything organized and humorous, and kept everyone informed of what was going on at all times. Everything was conducted in a very business-like manner.

As far as fellowship, it was wonderful. I saw some people that I have not seen or heard in years, and then I met other people from my region who were just wonderful and friendly. We had meals together, did some shopping together, and had great fellowship. Here is what I learned from the conference:

1. When I get to hear other people's ideas, it may give

me a different outlook on an issue.

2. It's OK to agree to disagree and still be friends.
3. Come with an open mind and an open heart.
4. Have consideration for others, no matter the situation.
5. Help out your fellow compulsive overeaters; they may help you out someday.
6. Remember compulsive overeaters from other countries have different ideas because things are different in other countries.
7. Reaching out is reaching into the fellowship.
8. We did not get here because we were well.
9. Someone's new ideas may change your old ideas, which is good for growth.

I want to thank Region 2 for allowing me to attend the conference. It was a very recovering experience for me. I would do it again in a heartbeat if asked!

--Reggie, San Diego, 2008 R2 Delegate

"A Way to Make a Difference"

One of the most rewarding things to me in going to WSBC 2008 was to be able to mentor two "newbies (green dots) at their first time to conference.

The year before I had a great mentor who answered all my questions and helped me feel "at home". I felt like, even though I was new, I had made a difference. I had been able to connect with people throughout the world who had an eating disorder just like me. I was not alone and we were making a difference by "carrying the message" home.

This year I went "behind the scenes" with one of my "green dots" to the preparation meetings held over lunch that further explained what topics were about, and let us hear different viewpoints on various issues before they were brought up as motions on the Conference floor. Much thought and discussion goes into place before delegates even get to hear motions brought before the Board.

I especially liked reuniting

with people that I'd met in 2007. It was exciting to hear what progress was being made in not only the Diversity committee, but also the 12-Step Within committee.

As I have grown in program the past 6 years, I realize that, just as I am a diverse person with many aspects, Overeaters Anonymous consists of many different aspects: 12 Step Within, HOW, 90 Day, men's or women's meetings, mother's meetings, Spanish speaking meetings, Ebony OA, young people's meetings, A/B/CE meetings, and gender orientation. What I have felt at Conference the past two years is a contagious energy that is set on making this organization grow and change for the future.

This, to me, is the best reason I could share with anyone considering whether or not to go to Conference. Get in the forefront and make a difference!!

--Colette, Silicon Valley, 2008 R2 Delegate

R2 Q&A

--Carole C, R2 Secretary

Do you have questions about Region 2, traditions, or concerns that relate to OA meetings or intergroup business? Lively features of every R2 assembly are the Ask-It-Basket and Intergroup Concerns segments, in which board members and reps suggest and discuss answers and solutions. The following are brief highlights from these discussions at the Fall 2008 Assembly in Ontario.

Q: How would you handle someone being in charge of an event when they are incapable of doing their job?

Suggested Solution(s): Volunteer to help them do their job, let go of the results and let the event bomb, or encourage work as a committee, rather than just as an individual.

Q: What kind of workshops does Region 2 offer?

Suggested Solution: Topics include: Service, Traditions and Concepts, Sponsorship, and Body Image workshops. Contact the R2 Vice-Chair, Shari, to schedule a workshop. Allow 6 months planning time to arrange.

Q: When is an area large enough to have an intergroup?

Suggested Solution: When you have two or more groups, just as two or more people constitute a group.

Q: How does an IG address complaints of sexual harassment of newcomers?

Suggested Solution(s): It can't be ignored. Let perpetrator know he/she is being observed. Ask individual not to attend meeting. (Also see Summer/Fall 2007 newsletter for more ideas.)

Q: How does a group handle a disruptive member?

Suggested Solution: Pull them aside and explain that it is inappropriate behavior and isn't working. Immediate group conscience is very powerful.

Q: What sort of special events does Region 2 support?

Suggested Solution: R2 supports events that are beyond the scope of an individ-

ual intergroup to participate in. A recent example is the Native Americans' Women's and Men's Health Association event in San Diego.

Q: What do you do about non-abstinent officers at IG level, and how do we get more people involved to take service positions?

Suggested Solution(s): Ask non-abstinent people to step down, have abstinence requirements in your bylaws, and/or consider having an S&T workshop on service.

Q: How do you not get burned out when doing OA service?

Suggested Solution(s): Don't take myself so seriously, have fun, know when to say No, find balance, don't volunteer for too much, choose service in areas you enjoy.

Q: What to do when an OA fundraiser isn't following traditions, or funds aren't being turned in?

Suggested Solution(s) Look at it closely, initiate discussion of tradition violations, close the event, increase accountability with more people (i.e., have two people count the money).

Q: Is it appropriate for a retreat committee to reward a non-committee member (such as a speaker) for their service, such as with a special room?

Suggested Solution(s): This should be discussed by the retreat committee for a group conscience decision, rather than be left to one or two people. Welfare and fairness to all retreat participants should be considered.

Q: What do you do when two people of strong personalities split a group into two factions?

Suggested Solutions(s): The traditions talk of how apparently chaotic meetings can lead to recovery and "no amount of organization will prevent chaos in OA unless we live by the spiritual principles embodied in the steps and traditions" (OA 12x12, pg 178). We OAers can be opinionated folks; however, studying the traditions and learning to apply the principles in both the steps and traditions makes it possible to rise above personalities. Perhaps incorporating the traditions into the meeting by studying a tradition a month would help this situation. The

WSO Group Support WebPages offers both a Group Inventory and a Strong Meetings Checklist. Setting aside an entire meeting, or having a Day in OA to cover one or both of these might be a healthy way to reconcile the factions as well as assess how to improve the meeting.

HOT TOPIC: HAWAII

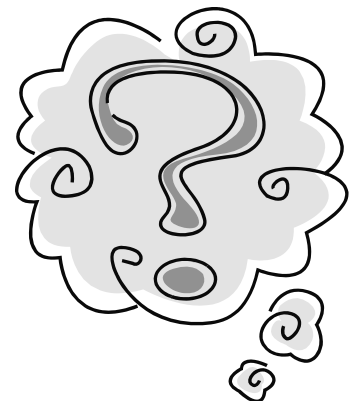
A rep noted that in some areas of Hawaii, OA is struggling. Some groups are folding, some islands have no OA meetings. How can we encourage OA growth?

Suggested Solutions(s): To ensure enough recovery opportunities, encourage members to supplement with open AA meetings, or bring in AA speakers at OA events. Consider Public Information events, such as a celebration of Unity Day (last Saturday in February) to bring in new or former members.

HOT TOPIC: INTERGROUP BANKS ACCOUNTS AND 501(c)3

Some US banking laws have become stricter, particularly with the advent of the Patriot Act. Some intergroups have encountered difficulty opening new bank accounts, and have had to file for 501(c)3 status because of banking requirements. Note that World Service and Region 2's 501(c)3 status does not cover individual intergroups for banking purposes.

Suggested Solution(s): To protect your intergroup, maintain your current bank accounts, and do not close them until you are certain new ones have been firmly established. If you do need to apply for 501(c)3 status, consider finding a member with accounting or tax experience to help. Contact the R2 board for more information.



Intergroup Outreach

The R2 Intergroup Outreach Committee continued, at the recent Fall Assembly, to move forward with previously stated goals as well as to set in motion new ideas for reaching Intergroups who are not currently participating in Region Assemblies. We plan to contact the Intergroups who have not sent delegates to at least three previous Assemblies, and are within 50 miles of the Assembly location, to let them know that R2 will offer them a one-night scholarship as well as \$30 incidental funds for Assembly attendance. The Committee entered a motion to raise the incidental funds to

\$50 and offer a two-night hotel stay for the Fall Assembly, as well as increase the distance from the Assembly location to 100 miles. The Board suggested that the motion be taken up by Policy and Procedures so the idea would not have to be revisited on a regular basis. It will be voted on at the next assembly. These absent intergroups will also be reminded that IFAP funding will also make it easier for them to attend.

On the horizon is an additional reason to encourage increased Assembly attendance. World Service has enabled all Region Chairs worldwide to travel to other

Intergroup Assemblies in order to learn and help OA grow together. The Region 2 Spring Assembly in Ontario is privileged to be the first worldwide host.

The Committee also hopes to contact by either telephone or email, all the R2 Intergroups to encourage participation and attendance at R2 events including assemblies and conventions as well as retreats and workshops held by neighboring Intergroups. The goal of increasing contact between neighboring Intergroups would be to strengthen support and the bonds of OA as well as to increase community exposure.

Twelfth-Step Within

It is the mission of the Twelfth-Step-Within committee to help individuals, groups, and intergroups carry the message of recovery to those within the OA Fellowship who still suffer. In that regard the committee just proposed a motion for the World Service Business Conference to designate December 12th as International Twelfth Step Within Day. This is the day we 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!

Here's a partial list of what you can do in your community according to the Twelfth-Step-Within Handbook:

1. Form a Twelfth-Step-Within Committee within your local intergroup if one does not exist.

2. Attend your intergroup meetings and suggest that relapse be addressed in your area.
3. To let others know there is a solution, write your personal story of relapse and recovery and send it to OA's *Lifeline* magazine, P.O. Box 44020, Rio Rancho, NM 87174-4020. Also submit your story to your area OA newsletter.
4. Plan and attend Twelfth-Step-Within events, especially if you're not in relapse. Formats may range from a full day, to an afternoon, to a one-hour workshop at an already established event.
5. Start a Twelfth-Step-Within meeting. The board approved Suggested Recovery from Relapse meeting format is included in Appendix A of the Twelfth-Step-Within Handbook.
6. Work with relapsers yourself and en-

courage others to do the same. Remember, relapse is not contagious.

7. Invite a "relapse and recovery" speaker to meetings and OA events in your area. Stress to those who attend that relapse may be part of the recovery process for some OA members; it does not mean permanent failure.
8. Start a tradition that recognizes length of time in program and encourages members to keep coming back until their miracle happens.
9. Continue to use the word "relapse" until it loses power to inflict hurt and shame.

Please let Region 2's Twelfth-Step-Within Committee know what's going on in your intergroup regarding relapse by communicating with Harold J., chair, (925)864-6711, hjcpa@sbcglobal.net.

Young People's Committee

An enthusiastic group of young (and young-ISH) OA members met in Ontario for the October Assembly to create new ways to reach young people! The action strategies targeted for the upcoming year include creating a Young Person's web link from the Region Two website.

We hope to include meeting lists, an "online Lifeline", full of young member

stories, and possible online meetings, or chat and message boards. Our magnificent web designer hopes to make the link colorful, and hip, and welcoming to the youth.

We also are continuing to research intergroups who hold successful young person's meetings, and to access their strategies and online materials, so we

can network and support one another across the Region.

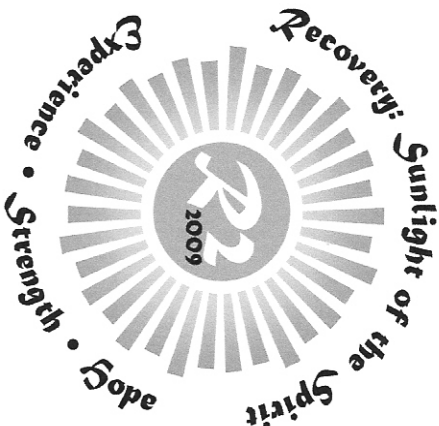
With the help of Hanna S, our beautiful R2 Board Liaison, we are making contacts with the 2009 and 2010 Convention Committees, and have hopes to support Young People's activities at the Ontario and San Mateo Annual Conventions. Many thanks to everyone for your love and support!

Diversity

The Diversity Committee continues to work on bringing OA to a variety of potential members such as Spanish-speaking and African-American compulsive overeaters. Members of the committee are working on ways to encour-

age more "mommy and me" meetings, and to include Spanish information on the region's new website, as well as plans to use Skype for an online Spanish meeting. OA members and intergroups are encouraged to spread the word that the Mexico

Intergroup's website, www.comedorescompulsivosmx.org, offers Spanish literature for sale, and information for people who want to contact Spanish-speaking OA members.



R2 Convention

June 26-28

Doubletree Hotel, Ontario Airport
222 N. Vineyard Avenue, Ontario, CA 91744

Please specify "REGION 2" when making hotel accommodations to obtain the special rate of \$99.00 per night plus tax. This rate is guaranteed only if booked no later than May 27, 2009. Call 909-937-0900.

Workshops*Marathon*Silent Auction*New 2 You Boutique*50/50 and QuiltAfghan Drawings*Breakfast*Dinner/OA Cabaret*Dance* And More!

1. Registration opens at 1 pm Friday and continues through Sunday.
2. Hotel check-in is from 3 pm.
3. Marathon and Special Focus meetings begin on Friday at 3 pm.
4. Grand Opening begins at 7:30 pm Friday.

Shuttle available from Ontario Airport. Use the courtesy phone in the baggage area.

This is Region 2's major annual fund-raiser. Funds generated from the Convention are used throughout the coming year to carry the message. All meal functions 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.

Visit www.oar2.org for current Convention news.

R2

Mail this registration form by **June 12, 2009**. After June 12th register on-site.

Registration (Chose only one)

- ☐ Registration postmarked on or before May 31, 2009 - \$35.00
- ☐ Registration postmarked after May 31, 2009 - \$45.00
- ☐ Guest (Non-Member) - \$15.00

Saturday "Sundown Serenade" Dinner/Speaker - \$45

(OA Cabaret and Dance Included in dinner price)

- ☐ Herb Roasted Free Range Chicken Breast (See website for additional menu details)
- ☐ Pan Seared Atlantic Salmon
- ☐ Eggplant Rolotini (Vegetarian)

Saturday Dance (No Dinner/Speaker/Cabaret) - \$10

Sunday "Here Comes the Sun" Breakfast/Speaker - \$25

- ☐ Breakfast Buffet (Includes eggs and oatmeal)

T-Shirts Sunshine Yellow - \$15

- ☐ S ☐ M ☐ L ☐ 1X ☐ 2X ☐ 3X ☐ 4X ☐ 5X ☐ 6X

Name on Badge: _____

Total \$ _____

- ☐ 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 to:

R2 Convention

P.O. Box 9026

San Pedro, CA 90734

Enclose SASE to receive a confirmation notice.

Registration info: 310-833-3756 or convention2009@mac.com

To use credit card, register online at www.oar2.org.

Service Information

I would like to do service at the convention.

- ☐ Timer ☐ Moderator
- ☐ Speaker (2 yrs current abstinence and completed 4th and 5th Steps required)

All Program Volunteers must be pre-registered.

_____ (preferred emphasis)
_____ (length of abstinence)

General Volunteers

- ☐ Wherever Needed ☐ Boutique
- ☐ 50/50 Drawing ☐ Hugger/Greeter
- ☐ Serenity Patrol / Info ☐ Literature
- ☐ T-Shirt Sales ☐ Registration
- ☐ Hospitality Room ☐ Decorations
- ☐ Silent Auction

Day & Time of Arrival: _____