



INTERGROUP FUNDING

For What? How to get it? How much?



*September 27 - 29,
2002*

**Region III
Assembly and
Convention,
Albuquerque, NM**

*March 14—16
2003*

**Region III
Assembly and
Convention
Oklahoma City,
OK**

*August 7—10,
2003*

**World Service
Convention
New Orleans, LA**

*October 17—19,
2003*

**Region III
Assembly and
Convention
Dallas, TX**

There has been some confusion about Region funding policies for Intergroups and how to apply for these funds. Lately, there has been a decrease in the use of these funds so this article is to advise you of their availability.

The purpose of these funds is to increase participation in Regional events and the WSBC and to help the Intergroups spread the message. All of these funds are limited by the Region's Prudent Reserve and the availability of sufficient Operating funds. The maximum amounts available in each category are stated in the Yearly Budget.

REGIONAL EVENT FUNDING (Assemblies and Conventions)

There are two different funds available for these events. The first is for new Intergroups or Intergroups that have not attended an Assembly in 5 years, and second is for all other delegates.

In order to increase the participation Intergroups the Region may fully fund a representative of a new Intergroup, up to \$250, for each assembly. The Intergroup will be chosen by the Region Vice

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MARK YOUR CALENDARS NOW! Start saving your pennies. Line up your room mates and travelling companions. Start thinking about how you will get there!

World Service Convention, New Orleans, LA
August 7 - 10, 2003

Check out: http://www.overeatersanonymous.org/ws_convention.html

Where's the Money?

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Chair from those Intergroups closest to the location of the Assembly. If no Intergroups apply, any intergroup with less than 20 groups may apply for the \$250 if they haven't received one in 3 years. In this case a drawing will be held.

Any Intergroup, in the Region, may apply for the normal representative funding. The first delegate will be funded up to \$100. If there is money remaining when all requests are funded, all other delegates in the requesting Intergroups will be funded on a pro rata basis, maximum of \$75 per delegate. Requests for this funding must be made to the Region Treasurer not later than 45 days in advance of the event.

SERVICE AND TRADITION WORKSHOPS

Any Intergroup can request Region III to provide one. Funding for this event is limited to \$250 subject to the total limitation of \$1,000 per year.

INTERGROUP SPEAKERS

The Region will fund up to \$250 per quarter for speakers at Intergroup events. The speakers must live within Region and an itemized list of their expenses must be returned to the Region together with any unused portion.

WORLD SERVICE BUSINESS CONFERENCE (WSBC)

This is a new funding initiative proposed by the Region Ways and Means and Finance Committee and passed at the Assembly in Las Vegas. This Allows the Region to fund one delegate from any Intergroup, in the Region, which has not participated in WSBC within the last 3 years up to a maximum of \$250. The funding will be on a first come first served basis with a maximum of \$1,000 per year. Requests for these funds must also be sent to the Region III Treasurer.

Requests for any of this funding, with the exception of normal Assembly representatives and WSBC delegates, will be sent to the Region III Vice Chair. The others will be sent to the Region Treasurer.

Larry Rice

Vice Chair, Region III

Donations help.



The newsletter of Region III
of Overeaters Anonymous

Serving OA in
Arizona, Colorado, S. Nevada,
New Mexico, Oklahoma,
Texas and Utah

www.oaregion3.org

Region III Steering Committee

Anna Kay Hollon-Harris, Chair

254-772-8078

Larry Rice, Vice Chair

lrice39@earthlink.net

480-632-1966

Lynn King, Treasurer

golffor2@skylink.net

(702) 243-4338

Wanda Stayton, Secretary

wanstay@taylortel.com

915-529-3720

Vacant

Communications Secretary

Check the web for more information on
how to submit articles to Horizon

After the Fall Assembly.

www.oaregion3.org

Sallie Gullion

sgullion@shreve.net

903/938-3858

Submissions to **HORIZON** are encouraged, including personal stories of OA recovery. Please send your items to the communications secretary.

From the Region III Chair

Dear Region Three Family,

Thank you to the Las Vegas Intergroup for hosting such a recovery- filled weekend last March! The fellowship, speakers, raffles, sharing, assembly meeting, meeting newcomers, and making new friends was such a powerful experience for me. Thank you, Las Vegas, for making us feel so welcomed!

We look forward to meeting in Albuquerque September 27- 29 for our fall assembly/ convention. Thank you to New Mexico for your ongoing preparations and commitment to Region Three in wanting to host us in your beautiful city! I hope that all intergroups will have regional representation so that you will have a voice on how best to carry the message to those who still suffer from compulsive overeating within and outside of our fellowship on a region level. Our individual recovery is vital in assuring that we will have an Overeaters Anonymous on a group, intergroup, region and world service level. We ARE the message. Abstinence is THE

most important thing without exception because without that, how can we work the steps which is what replaces the obsession of the food. And the Twelve Steps is our foundation in living abstinent one day at a time. So I hope to see you in Albuquerque!

We have a new Region Three trustee - Sallie Gullion!!! I did not know how much I have been affected by NOT having a region trustee until Sallie was elected. And I think that as a region, we have all felt that loss. Thank you Sallie for loving OA - for your passion for recovery - for your service. (Please see my notes in the WSBC highlights).

The Ways & Means/Finance Committee did an outstanding job in making the photo magnets available at the World Service Business Conference! Hopefully, your delegate was able to bring some back to your intergroup to sell. They are just great! I've bought several for

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sponsees. This is our major fundraising project for the year - so important in carrying the message.

Our work this past assembly was exceptional! Committees were passionate about following through with new ideas in how to carry the message to professionals, the public, those within and outside the fellowship, making our website a tool for service and communication with one another and linking us to other OA websites, raising money to make these new ideas become reality! We are moving in a healthy and dynamic direction - we just need to continue following through and helping one another! If you have not served as a region representative, please consider doing so. It is an experience that will enhance your recovery!

My HP and I have made a decision that I will not be running for chair this fall. With my increased professional work responsibilities (next two years) and my parents' poor health, my priorities have changed. I have loved being your region

chair and I plan returning to region level service at another time. It has been one of the most wonderful and rewarding experiences of my OA recovery. I believe in the work that we are doing as a region - the commitment and passion is so evident. We need your service, and if I can do it, YOU can to!

The positions of region chair, secretary, and communications secretary will be open this fall. The applications are on our website - www.oaregion3.org for your convenience. If you meet the qualifications or will have by the August 13 deadline, please strongly consider sending your application - serving Region Three - on this level. The more applications, the better! It will be a reflection of the passion and love of OA that you have - the more the better! [The editor of Horizon apologizes for the failure to publish in a timely manner.]

I am so appreciative of Wanda, Lynn, Larry and Jenna for the service that they give to Region Three

on the Steering Committee level. They are dedicated and devoted to carrying the message -- of working together!

Please refer to our former BOT chair's conference report that was included in our WSBC '02 packet. It is imperative that you know what he believes is the state of Overeaters Anonymous - and I felt after WSBC - that there was a passion for insuring that OA lives on. Sharing this with your group and intergroup is vital.

I love each of you. Let us continue walking hand in hand - being abstinent one day at a time - serving each other by carrying the message to those who still suffer from the deadly illness of compulsive overeating. We know there is hope - for we live it one day at a time - WE ARE THE MESSAGE!

In OA service and love,
Anna Kay Hollon- Harris
Region Three Chair

LETTER FROM SALLIE G. REGION III LOSES VALUED TRUSTEE

May15, 2002

Dear Sister and Fellow OAers of Region III,

I'm just back from annual WSBC (World Service Business Conference) in Albuquerque. Although there were some difficult issues and decisions, the delegates and conference seemed to me to be cool, calm and collected. The proposed new pamphlet named "Dignity of Choice," which contained specific food plans did not pass. The overall feeling this year was either OA should have no written food plans or to consider reinstating the old Dignity of Choice pamphlet after updating it nutritionally.

The issue of restructuring the flow and process for OA service was sent back for reconsideration.

Anna Kay and I roomed together and had many good visits. What a super extra blessing from WSBC! She agreed to tell you more about WSBC and as the newly elected and as of 5-15, 3 day old R3 Trustee, I would talk to you about what's to come. I hope.

My Goals and OA's and I trust yours also:

1. Please, **EVERY** group and Intergroup look at the OA, Inc. Web site and check your listed information. Please send WSO (World Service Office) corrected information as needed. (Corrections may be made at the website!)
2. Collect e-mail addresses for each group and IG. Please send to me (for OA use only). This will greatly speed flow of information and save money on printed materials.
3. I hope to visit all 34 intergroups in Region 3 in the next twelve months. Impossible? Maybe not if two or three IGs will get together to sponsor a workshop, retreat or whatever and invite me to come. If the date(s) are open, I promise to come!
4. My personal passion is learning and living the principles in the Steps, Traditions and Concepts. This eagerness started when it dawned on me that these guidelines are also for ME, my personal recovery program toward saneness, not just for the group or World Service. What a godsend they have been to me and many others as a three-fold set of conduct instructions toward a life of peace and productivity.

My pledge to you is to do the best I can, to be honest with you and to always reply when you contact me.

With hugs and much OA love & service,
Sallie Gullion, Region III Trustee
217 Dolores Drive Marshall, TX 75672
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903/938-5762FAX
sgullion@shreve.net

Spinning the Web:

<http://www.oaregion3.org>

What's been added to the Region 3 web site since the last Assembly?

- The committee chair's names, with a link to email them, was added to the committee page.
- Many flyers were placed on the calendar of events.
- The Intergroup addresses were updated as changes occurred.
 - ⇒ The Links page was updated to include links to all 10 OA Regions worldwide.
 - ⇒ The Officers page was updated to include the new officers and their email addresses, and the form for group contributions to the Region.

Thanks to all the individuals, groups, intergroups, Region 3

officers, and others for the wonderful submissions to our Region's web site. There have been more items listed this year so far than in all of last year! But the year's not yet half over, and I'm sure there are more items that you'll all want to submit. How is this done? Use one of the following:

Email them to Don Erickson:
donerick@swbell.net

Mail them to: Don Erickson,
2012 Oak Pl., Round Rock,
Texas 78681 USA



<http://www.oaregion3.org>

"The Place to Be"

FROM YOUR EX-COMMUNICATIONS SECRETARY:

I sincerely regret having to resign as Communications Secretary for Region III. I thrived (and my program thrived) doing service. Participating on the Region III Board was a great way to give back. But it was something that just didn't work out for me at this time in my life. Since being elected to this service position, I have inherited a 2 year old (now 3), an adult son recovering from a breakdown, a new job with lots of travel and extra hours, a new home (including the move that keeps giving), a sister diagnosed with cancer and going through chemo, and a lot of bizarre health problems. I have focused more on my family and my job — and less on my program. As a result, my program suffered—lots! My program needs lots more attention than I have given it recently. And Region III has suffered, too. How many didn't hear about the Albuquerque Region III Assembly and Convention because I did not get this newsletter finished and mailed? I have failed in this service position — and you have my apologies. I have dreaded saying these words to you—perhaps that is why in my heart I have not found time to finish this newsletter. I know that I have been busy, but if I am honest, I must say that I could have found a minute here and another minute there. I just couldn't face the computer. I couldn't face admitting that I am less than perfect. That my abstinence is relapse based on the type of abstinence I need. I love you, Region III. You are my friends. You are my lifeline. You offer me life. Please accept my heartfelt apologies. And please send me your prayers. You have mine.

Love and hugs, Jenna

How we get the money!

REGION III GROUP DONATION FORM

WSO Group # _____ Group Name _____
Meeting Day, Time & Place _____
Name: _____ Phone: _____
Address: _____
_____ Amount Enclosed _____

Make check payable to: **Region III OA**

Send to: **Lynn King** **702-243-4338**
8020 Harbor Oaks Circle
Las Vegas, NV 89128

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Las Vegas, NV 89128



Region III Newsletter
c/o Jenna Lewis
5111 El Rancho Ct
Arlington, TX 76017

Please share this newsletter with others

Hey New Orleans!

Are you ready for Region

**August 7 - 11
2003**