



## YOU CAN MAKE A DIFFERENCE!



*January 22, 2002*  
**Deadline to apply for representative funding, Spring Assembly. (Contact treasurer Lynn K.)**

*February 5, 2002*  
**Deadline for early registration for Las Vegas**

*March 8 - 10, 2002*  
**Region III Assembly and Convention, Las Vegas, NV**

*September 27 - 29, 2002*  
**Region III Assembly and Convention, Albuquerque, NM (more information to follow in Spring 2002 Horizon)**

**WE NEED YOUR HELP!** You may perform service at your local meeting or Intergroup (IG) level, but did you know that there are many things that you can do to strengthen Overeaters Anonymous (OA) at other levels. Some suggestions gathered:

**HELP INSURE THAT GROUP INFORMATION IS KEPT UP TO DATE:** When each group registers with World Service Organization (this can be done easily online at the World Service OA site at <http://www.overeatersanonymous.org>), the registration includes the name and address of a group secretary.

And sometimes those folks move on but World Service is not provided with the contact info for the new group secretary. Or sometimes the secretary moves and fails to update address information with World Service. Since both Region III and WSO use labels printed from group information, a very high percentage of our mailings are returned due to out-of-date information. And this wastes money that really isn't there to waste. Our dollars just don't go as far as they used to. Every dollar wasted is a dollar not available for other needed activities.

**SHARE YOUR IDEAS WITH REGION III:** Did you know that Re-

*(Continued on page 2)*



**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**



## ***You can make a difference***

*(Continued from page 1)*

Region III has committees that work at the Region III assemblies (and in between, too) on projects such as Public Information (carrying the message) or 12th Step Within (outreach to those in relapse)? If your group or intergroup is experiencing problems in a specific area, needs assistance, or if you have something “that works” to share with others, tell your IG Representative or Region III representative. We at Region III can offer no miracle cures, but we can certainly work with local groups or IGs. And all “good ideas” are welcome! OA is about sharing our experience, strength, and hope. For more information on Region III committees, go to <http://www.oaregion3.org/reg3comm.htm> at our Region III website. There is also a problem solving session where folks can exchange ideas. What an important part Region III provides in exchange of ideas.

**SHARE THIS NEWSLETTER WITH OTHERS:** It would be great if others could become familiar with the workings of our Region – and OA as a whole.

**INCREASE YOUR DONATIONS IF POSSIBLE:** \$1.00 just doesn't go as far as it used to. There is a suggested breakdown of group net income: 60% to IG, 30% to Region, and 10% to World Service. Groups are dependent on donations for rent and operating expenses, including (but definitely not limited to) outreach and public information and travel expenses for speakers. A donation form for Region III is printed in this newsletter. Personal donations are accepted, too!

**MAKE DONATIONS ON A CONSISTENT BASIS:** Make your weekly donation to your group(s) even if you cannot attend a meeting. Most groups become dependent on donations for those ever increasing expenses. Of course, extra donations are always appreciated. Celebrating an OA birthday, make an extra donation — something extra for each year in recovery that you have experienced? or a special gratitude gift for the recovery that you have received. No special occasions are needed. And you need not restrict your special love offerings to your local group or intergroup. World Service and Region III also have expenses.

**HELP SEND A REPRESENTATIVE TO THE NEXT REGION III ASSEMBLY:** There are a large number of IGs who are not sending representatives to Region III assemblies. Only 25 of 35 IGs were represented at the Region III assembly in Galveston. Experienced assembly goers would be more than happy to share cost cutting ideas if that is what is holding your IG back from sending a representative to Assembly. And although it is competitive, there are funds available for IGs that have not sent representatives in the past 5 years. Region III can normally assist all IGs requesting funding with at least some financial assistance. And your group or IG can engage in such fund raising activities as workshops where net proceeds may be donated directly to your Delegate fund. Contact Lynn, our Region III Treasurer, to request such funding for Region III assemblies. (Checks will be mailed to the IG address of record so make sure that your Intergroup information is updated with both Region III and WSO). Our next assembly will be in Las Vegas in March. Hope to see someone from your intergroup there!

**CONTRIBUTE ARTICLES ON YOUR RECOVERY TO LOCAL NEWSLETTERS, HORIZON, AND LIFELINE.** Part of why this fellowship works is that we share our experience, strength, and hope. Do you have something to offer? Then do it! Although all articles may not be used because of space limitations, just writing and contributing should make you feel good that you are willing to do a much needed service. Giving back what we have so generously been given — that's what it's about! Take that extra step!



The newsletter of Region III  
of Overeaters Anonymous

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

[www.oaregion3.org](http://www.oaregion3.org)

Region III Steering Committee

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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 III Family,

What a wonderful recovery weekend I experienced in Galveston, Texas this fall! Thank you Galveston Bay, Houston Metro, and Houston HOW Intergroups for hosting such an awesome OA weekend! Your love, hard work, cooperative spirits, humor, flexibility and recoveries are greatly appreciated. You gave so much!

We are off to a great year with four new Steering Committee members as we say good-bye and thank you to Prue, Bill and Mary. Please welcome Larry R. (Vice-Chair), Lynn K. (Treasurer), Jenna L. (Communications Secretary), and Mike K. (our new trustee!) who have joined Wanda S. (Secretary) and me to serve YOU, and we are ready to roll with YOU!

Important work was accomplished at the Fall Assembly. As you know, Dodie H., who was our trustee, resigned her position due to family responsibilities. Mike K. graciously submitted his trustee application to the Board of Trustees who so wisely selected him to fulfill this year through May '02 of Dodie's term. Thank you from the bottom of our hearts, Mike. Consequently, there is still one remaining year left of her unexpired term that will begin May '02 through May '03, and the fellowship unanimously approved Mike K. and Sallie G. to submit their trustee

applications to the World Service Office to be voted at next year's WSBC '02. The person who is selected will serve that one remaining year. Dodie, thank you for your years of service to Region III as our trustee. We wish you God's blessings and strength as you give to your family. You and yours are in our prayers.

There was a wonderful spirit of giving at the assembly. Since there were no applications submitted for treasurer, nominations were taken from the floor. And guess what...there were three people who wanted to serve! It was so great to have so many be willing to raise their hand and say "I'll do whatever I can." Thank you for being willing to serve --- that enthusiasm carries over to your committee work, your living, your carrying the message!

The Computer Committee is such an important area of service, as are all of our committees. But the difference is that Don E. has been a committee of one! He has devoted his energies to updating Region III's website and he is making it a vital and functional tool for information and recovery. Please visit <http://www.oaregion3.org> to find out more about our wonderful region. Thank you, Don, for your continuing service in this area. There is so much potential!

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For more information about the Assembly accomplishments, please see your intergroup representative for details. Thank you to all for your hard work, time, commitment and love for Region III.

There will be some changes that we will encounter at the next Region III Assembly that will be held in the great city of Las Vegas, Nevada March 8-10, 2002 hosted by the Las Vegas Intergroup. On Friday afternoon from 3-5 p.m., we will have a workshop titled "Focusing your Passion!!" This will spotlight all of the committees that we currently have, and I am encouraging all of us to 'think outside the box'. Where do you want to serve? What is your passion within OA? The Steering Committee members will each choose a committee in which to be a part (following our passions). That evening, beginning at 6:30 p.m. there will be a 'Green Dot' Reception for all of the new Region Representatives. Then on Saturday, we will begin Assembly at 8 a.m., focusing most of the morning on committee work. We will hear committee reports that afternoon, then our unfinished and new business, etc. This will give us much more time to focus our passions on committee work -- carrying the message to the compulsive overeater within and outside of the fellowship of Overeaters Anonymous. We will conclude at 5 p.m. So please make plans to send your region representatives to this

Assembly to represent your intergroups so that YOU will have a voice in carrying the message to compulsive overeaters on a regional level. Region III provides funding for representatives up to \$100 per representative. Please contact Larry or Lynn for more information.

If you are not a region representative, make plans to come and experience the recovery workshops, fellowship, fun, raffles, and who knows what Las Vegas is planning for us! I don't want to miss any of it! REGION III --- THE PLACE TO BE!

Thank you to Central New Mexico Intergroup who will be hosting the Fall 2002 Assembly in Albuquerque September 27-29! We look forward to being with you!

You will be sending me to the joint meeting of the Region Chairs and Board of Trustees weekend in Albuquerque November 29 - December 2 to represent our region. I look forward to representing you and reporting back to you what I learn.

I want to encourage all intergroups to not only support sending a region representative/s to your assemblies, but a delegate to the World Service Business Conference in May, 2002 so that your intergroups will have a voice. We all have a responsibility to be there for those who reach out for help --- for this we are responsible.

I am so grateful to be recovering compulsive overeater! I love Overeaters Anonymous, for it has given me a Higher Power and a fellowship that has pulled me from the depths of the pit of compulsive overeating and has restored me to a sane way of living and responding to life one day at a time without having to use food on a daily basis. Thank you, OA! And thank you, Region III for being there for me!  
In loving service,  
*Anna Kay H-H*  
Region III Chair



**Plan on coming to Las Vegas to the Las Vegas Convention/Region III Assembly. Additional information available in this newsletter on pages 9 and 10.**

## LETTER FROM DODIE H. REGION III LOSES VALUED TRUSTEE

Dear Region Three Friends,

How I wish I was in Galveston with all of you, sharing the excitement and challenge of a Region Three Assembly. But, God has given me a different path to follow.

My beloved son-in-law has had a recurrence of a malignant melanoma with tumors in many major organs. He is undergoing intensive bio-chemotherapy at Johns Hopkins Hospital in Baltimore on a monthly basis for at least six months. During these hospitalizations and the subsequent recuperation period, my daughter Cara needs help with their 3 children who are only 3.5 and 6. Even at the end of treatment, they will need much family help and support for an indeterminate period of time.

I prayed long and hard over what course to take that would be best for all concerned. My decision was that there are many qualified persons in Region Three who could fill the trustee position. Cara has only one Mom. So, with heavy heart, I submitted my resignation.

Thank God I have program to help me through the uncertainty of the months ahead. I ask your prayers for my family during this difficult time. My very best wishes to all of you.

With great affection,  
Dodie H



### From the Communications Secretary



It was with great enthusiasm that I sought the position of Communications Secretary for Region III. I have enjoyed working with the Horizon and with the Board and look forward to continuing to do so. I do owe serious amends, though, as the newsletter is late due to serious family problems. My apologies to all; I hope that the lateness of the newsletter does not adversely affect anyone. I commit to doing better next time with the Spring issue.

I want to reiterate that this newsletter is the newsletter for Region III. As such, we can use it to communicate upcoming OA events to others as well as sharing our experience, strength, and hope. I do request that all e-mailed submissions be marked "HORIZON" in the subject line. For submissions, it would be much easier if they were submitted in a digital format (e.g., Word). This would save time and insure accuracy.

If you have any suggestions for what you would like to see in Horizon, please let me know. (I think that I am finally beginning to understand the software that I am using).

I also encourage you to submit information on all upcoming conventions within the Region. If you don't have all the info, you can send the date, general location, and contact person. They say that "willing to go to any lengths" is true willingness. There are many who have the opportunity and resources to travel. Travelling offers a way to pick up extra experience, strength, and hope and to share what you have.

I can always adjust font sizes (to a certain degree) to accommodate extra information.

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## Region III Website: <http://www.oaregion3.org>

Want to find the address and phone number for your intergroup? A calendar of events for the entire region? A listing of the Region's committees and their description? The region's officers (and their e-mail addresses)? The region's acting trustee? A copy of the horizon? Information on the next Regional Assembly? A brief description of OA? An explanation of the OA structure? Workshop outlines? Links to other OA sites, including WSO? Look at the web site for Region 3 at <http://www.oaregion3.org> for this and more.

One site can't have everything, of course. Use the link to WSO's site, <http://www.overeatersanonymous.org>, and find an online listing of all OA meetings registered with WSO, organized by city and state. And a listing of all the OA literature and the ability to order it online. The Lifeline link provides information on ordering Lifeline and even has a sample issue. Registration forms, WSBC information, copyright information, and special

dates are also provided. Two newsletters, ***A Step Ahead*** (news from and about WSO) and ***The Courier*** (news and information for the professional community, especially counselors and doctors), are also available for your reading enjoyment.

We've had two outages this past year on the Region 3 site, but each time, it's ended up saving us money. When our registration expired, we were able to renew it for \$35, Vs the \$120 it cost us two years ago. And when our web service ended, we were able to use a new service, at a cost of \$50 per year Vs the \$120 per year we were paying.

The quality of the Region III web site is directly dependent on the OA members to provide information: if you have material on upcoming events, please send it to the webmaster:

**doner-[ick@swbell.net](mailto:ick@swbell.net)**

Thank you.

Your servant, Don E.

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★ Visit our ★  
★ website: ★  
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★ <http://www.oaregion3.org> ★  
★ "The Place to Be" ★  
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### From the Communications Secretary (Continued from page 5)

I also encourage you to share this newsletter with others. This is a newsletter for the Region. That means all OA members within the region. We will be posting it at <http://www.oaregion3.org> so that it will be available to all. That should cut down on copying costs and offer opportunity for viewing. However, having it on the website will not help if folks don't know about the website. Please make sure you pass this information on. Please see Don's article above.

Love in Recovery, Jenna L.

## REGION CHAIRS & BOARD OF TRUSTEES MEET

**[Here's what our Region Chair, Anna Kay, had to say about the meeting that took place in Albuquerque in late November]**

I have just returned from the Region Chairs/Board of Trustees annual meeting in Albuquerque which your funding provided. Thank you for the opportunity to represent Region 3, the place to be!

On Friday, November 30, the two groups met together for a 'Leadership' workshop, which proved to be more significant than I had expected, because we as region chairs, were able to interact with the trustees. You know, we are all recovering compulsive overeaters, no matter what our service positions are. So we explored ideas together, learned more about one another which helps us work more effectively, and gained knowledge of how best to work with different types of people, which none of us are alike! Mike and I plan to share some of what we have learned with our committee chairs and with the workshop that will be held in Las Vegas, NV. Friday, March 8 that begins at 3 p.m. 'Follow your Passion' will explore ways of finding which committee best

meets individuals' passions, and this can be taken back to your intergroups. So start saving your money for the spring Assembly/Convention March 8-10, 2002.

On Saturday, December 1, the Region Chairs met all day. We were able to have time for questions and answers with several of the World Service Office staff. Included in that discussion was a plan that will be launched to encourage groups to update their meeting information and contact persons. If we have incorrect information, then people cannot find us, and that hurts OA as a whole (Tradition 4). Each group will be receiving a mailing with this new program for updates. Stay tuned. In the meantime, please keep making those changes on the form that WSO sends, and be REAL clear with your info. And only one person should be responding. Very confusing when more than one sends updates, and the info is different!

They strongly recommend that the Steering Committee, and especially the treasurer, be bonded, and have liability insurance. Currently, the Steering Committee does not have coverage, and we will be discussing this in the near future.

Restructuring Overeaters Anonymous has been dis-

cussed for some years, and now the Board of Trustees passed a motion that will take this important topic to the fellowship via the motions that will be mailed to all intergroups mid December. If the motion passes, it will allow restructuring to go forward for further discussion to see if it merits a better way of carrying our message.

WSO will be mailing to all intergroups around mid-December the list of motions that individuals, intergroups, committees, and/or trustees have submitted for consideration for the 2002 World Service Business Conference. They encouraged all region chairs to ENCOURAGE all intergroups to discuss the motions and if needed, consult with your region representative for more clarification. Vote. And then mail the motions BACK to World Service by the stated deadline. Region 3's percentage of intergroups voting and mailing back to WSO was 58% in 2001, and 53% in 2000. This is an opportunity to have an important voice in OA. What we do counts!

We discussed how regions do committee work, budgets, innovative ideas in carrying the message. One example from Region 7 is 'CALL FIVE TO STAY ALIVE'. Very effective. Many regions combine Public Information and HIPM with their computer

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committees, and that has been a most significant benefit. Our own Jenna mentioned that suggestion for our region to consider! Thanks!

I had breakfast with Dodie!!! And she asked me to carry a message of love and appreciation back to region 3 --- Thank you, Dodie, for being such an effective trustee for us! (Please see her letter in the Horizon.)

Mike represented us well at the meetings. Thanks, Mike!

Again, thank you for sending me to these important meetings. I think it does benefit Region 3 by learning from other regions' experiences, putting 10 heads together instead of one, and having more appreciation for what our Board of Trustees does for OA. They really work hard!

In love and service,

Anna Kay  
Region 3 Chair

## *Help throw out a lifeline*

***Did you know that Overeaters Anonymous has its own International Monthly Magazine? Well, it does!***

***And participating in the "OA Lifeline" experience is a great way that you can help to throw a lifeline to others in the fellowship as well as helping yourself. Participating in this experience is a great way to give service and to recover.***

***Purchase a subscription to "Lifeline." You can get a paper subscription or an online subscription. There is something for everyone.***

***And when you are finished reading your issues, you can pass them on to newcomers or others less financially well off. Some folks give them away at workshops, marathons, and conventions. Others***

***leave them in doctor's offices.***

***You or your group can donate subscriptions to local medical professionals. You can put one in your break room at work — attaching a meeting list prior to donating the issue to your fellow employees.***

***Did you know that OA solicits articles from its members? Although they do accept all articles related to recovery, each magazine has an individual focus. Specifics on upcoming issues can be found at [www.overeatersanonymous.org](http://www.overeatersanonymous.org). For example, the June "Lifeline" focuses on "Service: It Begins with Me (deadline for articles is February 15th). Although all articles may not be used due to space limitations, just writing them should enhance our own recovery.***

***Focus a meeting using the current "Lifeline" for a topic.***

***All in all, the "Lifeline" ex-***



## WHERE YOU STAY WILL MAKE A DIFFERENCE

When booking your hotel room for the Las Vegas Region III Assembly and Convention (or any other conventions you plan to attend), please remember that your choosing the host hotel will save local Intergroup and Region III money that can be used to help carry the message. The cost to OA (meeting rooms) is routinely affected by the number of sleeping rooms that are booked. Please make sure that you mention Overeaters Anonymous when booking your room (book prior to February 14th for the special room rates).

For information on the host hotel for the Las Vegas Convention, please see the flyer reprinted later in this newsletter.

**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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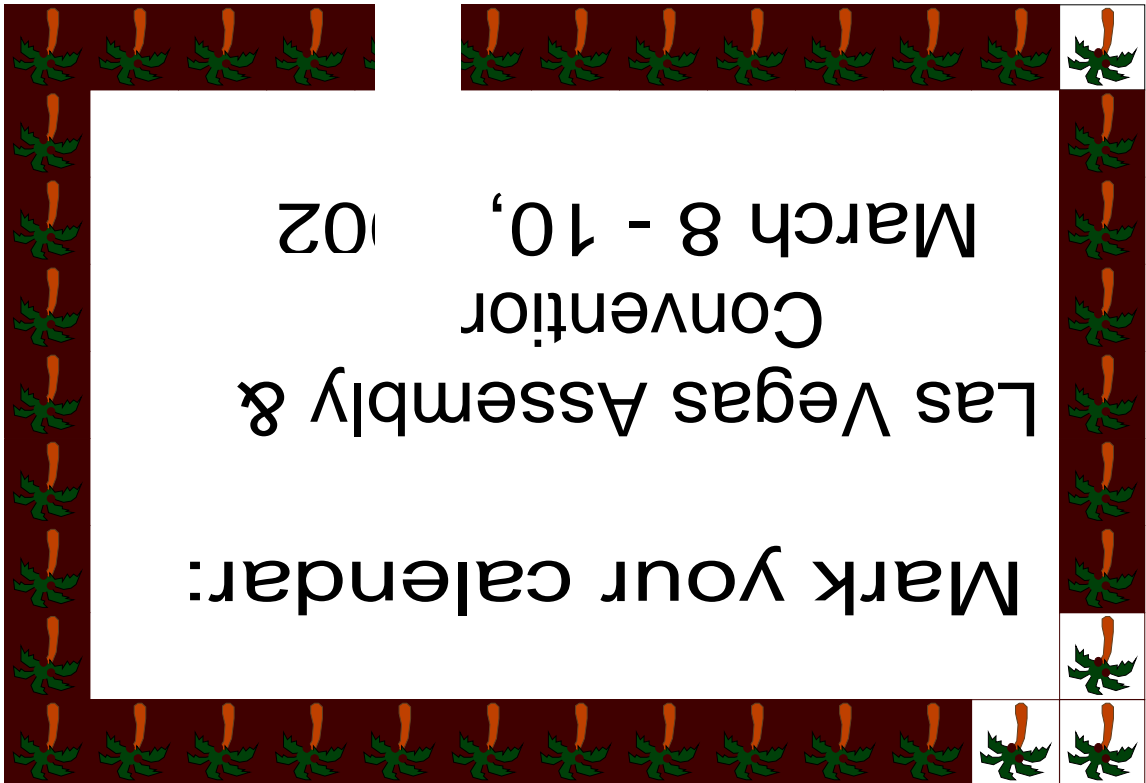
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Mark your calendar:  
Las Vegas Assembly &  
Convention  
March 8 - 10, 2012



Region III Newsletter  
c/o Jenna Lewis  
5303 Wild West Drive  
Arlington, TX 76017

Please share this newsletter with others —  
And distribute copies of the flyer  
for the Las Vegas Convention

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