



Horizon

A newsletter of Overeaters Anonymous — Region III

Fall 2003

From Our Trustee



October 17-19

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

March 19-21, 2004

**Region III
Assembly and
Convention
Salt Lake City, UT**

April 27-

May 1, 2004

**World Service
Business Conf.
Albuquerque, NM**

Fall 2004

**Region III
Assembly and
Convention
Phoenix, AZ**

A little more than a month ago I was elected Region III Trustee. How has that changed my life? Well, I still wake each morning, look in the mirror and see the same face as always, nothing changed. I take off the same shoes, brush the same teeth, hear the same “Mama, Mama,” and “Honey, did you pay the paper boy?” The same immaterial quibbling from family I heard before I went to assembly and was voted region trustee. “Didn’t anybody tell them I am now a celebrity?” I come home from the assembly and nobody seems to notice my excitement, or see the glow I feel, inside. As usual, my same cheering committee of one, my husband, meets me at the airport, (kids aren’t enthused enough to show up even though I’ve been gone a week)... no reporters are flashing bright lights in my face, no articles in the Sunday morning news about me. Life continues to play out, without even considering what’s going on with me.

Everybody at World Service congratulates me, affirms my ability to do the job, assures me of the growth I will experience and the friends that will develop during my term. My Region is so very loving and supportive during the whole week. I do believe you can go anywhere in the world and find love and acceptance in OA meetings, just like at home. Our members share a common bond that unites us, I feel that love.

Today, I sit at my computer pausing for a moment, as usual, to recollect when I got my last OA meetings and when can I get to the next meeting. Okay, today is Wednesday, there’s a meeting tonight, then Saturday morning, I’ll get my home meeting. Another mental note, “when was the last time I called my sponsors,

or wrote a 10th step? I need to talk about food and issues that can cause a “wince” in my spirit. I don’t want to eat over them, later.

Now, I receive bunches and bunches of e-mails. “You’ve got mail” constantly pops up on the screen. My first thought is, “Okay, I see ya. No, read it later, at a time set aside for doing OA business.” Second thought, “Nope, I gotta know, now (isn’t that just like us?) ... what’s being discussed, and who’s it from? I can’t wait. I have so much to absorb and so many helpful people around me, bidding “the best” for me.

I am just getting the idea (I haven’t even been to Orientation, don’t I sound green?) of just how much there is to absorb. The Board and Staff of OA contain so much knowledge and they are so willing to give me all of it. I am so wanting to have their wisdom yet, just like in working my program, I can only receive knowledge, wisdom, and recovery, one day at a time, (and more so) one minute at a time. There is an abundance of lessons and blessings sometimes obtained piecemeal, (that’s an “old folks” term), from God and others in this program.

I’ve been wrestling with a sinus infection, off and on since January, (can you believe that?) At times, like last night, I have to stop and go to bed early. As usual, my body needs good fuel, exercise, and plenty of rest. No matter what’s going on outside of me, I still am a compulsive eater, who has to practice HALT, and work a program that includes all the Tools and Steps. I must remember abstaining from compulsive eating is what re-

(Continued on page 2)

stored me to life, and now allows me to do service at a higher level, (be available to help more, share more often my experience, strength, and hope, learn a deeper level of humility (more teachable), and experience the awesomeness of how God works through this program. How about that?

Today, I am happy. I feel what I am doing is a work that stimulates me (everyone can't say that). What a blessing. And guess what comes to my mind when I think of all that is happening for me? I was at an evening meeting, perhaps my second or third one. A member, Ginger was her name, had gone up to receive her 5-year abstinent token. I was amazed, it was hard for me to comprehend someone could be abstinent for that long. On her way back, I stopped her and asked how did she do it? "One Day At A Time" was her reply. She added, "If I can do it, anyone can." I have never forgotten her words, and have used those phrases many times in every phase of my recovery and service work, when asked. Alone I can't but, with God, this program, and my OA family, whether at Meeting, Intergroup, Region, or World Service level, I can, and, if I can, you can.

Thanks for letting me share,

Debbie W. Region III Trustee

From Our Secretary

What a wonderful Assembly/Convention the Region experienced in Oklahoma City in March! By now all the representatives and intergroups should have received copies of the minutes and revised policy manual. If you have not and would like me to send you a copy, please let me know.

I also included a copy of the applications for Steering Committee positions of Vice Chair, Corresponding Secretary and Treasurer. Please give consideration to running for a place on the Steering Committee by returning your completed application to Andy Smith by September 3. In serving on the Steering Committee, as with all service positions, you are carrying the message of recovery to those who still suffer.

I have been thinking a lot lately about why we carry the message. Why don't we just let someone else carry the message?

When I think of doing this service, I am always reminded of the words from the Big Book (p. 124, paraphrased) "we think each person who has been relieved owes something to those who have not...." This sentence has greatly influenced me in doing this service for the Region, as I owe OA such a debt of gratitude for being there for me when I was so desperate in my overeating. I can still remember that November day back in 1983 when I went to my first OA meeting after hitting bottom one more time with the food. There I heard the OA message and left with hope. Perhaps by doing this service, the OA message will continue to be carried to those who are still suffering.

Wanda S., Secretary



The newsletter of Region III
of Overeaters Anonymous

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

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

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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

Hello Folks,

Pretty much the big news of the last few months would be the goings-on at WSBC 2003. Much of my time off of the main business meetings was spent either in the Region Chairs Committee and the Service Structure Committee.

The Region Chairs Committee spent pretty much all day Tuesday meeting. Discussion topics included duplication of services at different levels of OA, the new Loner Program, the Service Structure Committee, and region websites. We did decide to all go to the Region 9 Assembly and Convention in Ciney, Belgium. It's September 10-14, so it's getting close. Then when we had elections for our committee for the next year, I didn't duck under the table fast enough and got elected chair of the Region Chair committee for the next year. <grin> It's not that big of a job, just have to lead a few more meetings.

The Service Structure Committee did quite a bit of work. They distributed their report from the questionnaire and obtained even more feedback. Quite a few hours were spent collating that feedback and developing an action plan for the next year. The short version of the outcome is that there aren't any really drastic changes being planned, just a bit of tuning up.

Of course, the proposed Dignity of Choice pamphlet was the topic of much discussion. The pamphlet wasn't ready to be voted on, so there was a draft version passed around for comment. It's very different from the last version. It had a good bit more discussion of abstinence and several different version of food plans. It pretty much covered the range of what people in OA do. Several motions were proposed to stop working on it, but none of them passed. It should be up for a vote next year.

We elected a new batch of trustees. Debbie Wilson of Tulsa, Oklahoma is our new Region 3 Trustee. Please congratulate her if you get a chance.

We're about at the time we start thinking about the Fall Region 3 Assembly and Convention in Dallas. We'll be electing three board positions this time. They include Vice Chairman, Treasurer, and Communications Secretary. I encourage anyone who's eligible to consider running. Applications are available on our web page. Also, we're planning a workshop on communications. I'm hoping it generates some good ideas for improving our ability to get the word out around Region 3 about the goings-on around OA.

Yours in service and recovery, Andy Smith

Highlights

Spring Assembly March 2003, Oklahoma City

Officers:

- ⇒ **Chairman:** Andrew S., Chair reported on his attendance at the joint Region Chairs and Board of Trustees meeting, including a report from the proposed service structure committee he is serving on. He will be at WSBC this year and will serve on the reference subcommittee.
- ⇒ **Treasurer:** Lynn K., Treasurer, gave a detailed accounting of the spending: Income of \$9317, outgo of \$5973, ending balance of \$14,816. (All figures rounded to nearest dollar.) She also stated that funding is available for any intergroup who has not sent a delegate to WSBC in three years, up to \$250.
- ⇒ **Vice Chairman:** Larry R. reported on the arrangements for the Fall 2003 and Spring 2004 Assemblies
- ⇒ **Secretary:** Wanda S. gave the minutes for the previous Assembly
- ⇒ **Communications Secretary:** Don E. reported that 554 copies of the *Horizon* were mailed out and only two were returned because of address changes. It is also on the Region III website, <http://www.oaregion3.org>
- ⇒ **Trustee:** Sallie G. gave a report on the Focus group held Friday "Share the Joy". She will finish her term as Trustee at the next WSBC.

HIPM:

- ⇒ Accomplishments: Old Lifelines have been distributed; bus bench and bus shelter ads; ads and articles in newspapers; health fairs; wellness centers at colleges, and offers to transport youth or people without transportation.
- ⇒ Chair: Linda E.; Members: Brett K., Donna K., Barbara S., Barbara C., Leigh F.; Advisor: Larry R.

12th Step Within:

- ⇒ Accomplishments: Region III IGs have held retreats, recovery fests, relapse and recovery meetings, Idea Day, Unity Day and have sponsored workshops on: Sponsorship, Recovery Fest, Promises, Gifts, Relapse/Recovery, Big Book, Surviving the Holidays Abstinently, Service and Traditions, Spirituality, New Beginnings, Holiday Feelings, and the 12 Steps of OA.
- ⇒ Co-Chairs: Lynne C-M and Katie B. Members: Gloria G., Rebecca M., Dorothy T., Debbie W., Evelyn L., Ann V., Sharleen G., LeeAnn B., Andy S., Rita S. and Pauline. Advisor: Larry R.

Computer:

- ⇒ Accomplishments: the website has been enhanced. New information, such as the applications for steering committee and calendar of events are on the web.
- ⇒ Chair: Richard F.; Vice Chair, Holly M.; Advisor: Don E. (Don E. is Webmaster and Richard F. is Assistant Webmaster.)

Ways and Means and Finance:

⇒ Accomplishments: finalized fund raising product, pricing and distribution details (2) submitted a motion to implement funding for Region 3 Trustee nominee (3) submitted motion to amend funding for speakers to include any qualified OA member (4) submitted motion to amend Policy Manual to change the funding amount given to Region III representatives; (5) established a plan for one-on-one communication with IGs to inform and encourage participation at Region III conventions and WSBC.

⇒ Chair: Marla D.; Members: Carol S., Billie S., Francene A., Junardi A., Pat J. Advisor: Lynn K.

Bylaws:

⇒ Accomplishments were that the committee reviewed and revised wording of Region III Policy Manual to make ambiguous wording into clearer and briefer wording and suggested editorial changes that were acceptable to the Assembly and these were presented to the Assembly.

⇒ Chair: Nola W.; Vice Chair: Jody K.; Members: Marilyn B., Barbara L.

Motions Passed:

⇒ Funding up to \$500.00 shall be made available to cover expenses of Region III Trustee nominee to attend the WSBC Trustee election, except current delegates.

⇒ Region Funding of Delegates was increased.

⇒ Many wording changes to the *Policy Manual*.

⇒ That the Regional Assembly and Convention for Fall 2004 be held in Phoenix, Arizona, sponsored by the three area intergroups.

⇒ That Region III affirm the expenditure of monies for Region III Chair to attend the Region Chairs' meeting in Brussels, Belgium

(Compiled by the Editor with the help of Wanda's minutes and Nola's notes: Thanks Guys!)

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



Region III Newsletter
c/o Don Erickson
P.O. Box 1028
Round Rock, Texas 78680

Please share this newsletter with your group

Upcoming Events:

10/17-19: Region III Assembly and Convention, Dallas, TX: www.oadallas.org

10/25: Kingman Workshop, Kingman, AZ

10/31-11/2 HMI-GBAI Annual Fall Convention, Victorian Condos, Galveston, TX: www.oahouston.com

11/22, 2-4pm: "Hope for the Holidays", OASIS Club, Houston

11/22: I.D.E.A. Day: Many locations, including Phoenix.

12/5, 7pm: "The Promises by Candlelight", Our Saviour's Lutheran Church, Phoenix, AZ

1/30-2/1 2004: Annual Winter Retreat, Cook College, Tempe, AZ

4/2-4, 2004: HMI Annual Spring Retreat at Camp Allen: www.oahouston.org

Thanks to those who sent these items!