



## Intergroup Problems/ Intergroup



*March 14—16*

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

**\*FLYER INSIDE\***

*April 30—May 3*

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

*August 7—10,  
2003*

**World Service  
Convention  
New Orleans, LA**

*October 17—19,  
2003*

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

Has your Intergroup ever had a problem that you never ran into before and really wished you could talk to someone to about it? How do you incorporate? What do you do with a group that consistently ignores the Traditions? How can we improve our intergroup meetings? You know that you can always call one of the Region Board or the Region Trustee, for help. But there is a way you may be able to receive advise from a number of Intergroups that have had the same or similar problems. This is the Intergroup Sharing Session at the Region Assembly.

The Sharing Session was started because many Intergroups do not know where to go when unusual situations arise. The combined experience of all the Intergroups in the Region was the answer. This session is not designed to provide the definitive answer to all of your Intergroup problems, but to let

you learn what other Intergroups have done under similar situations.

The Intergroup Sharing Session is scheduled directly after the Assembly on Saturday. It will be continued on Sunday morning if there is a need.

Even if your Intergroup does not have any problems, at present, this session can be very valuable. First, for your Intergroup, it allows you to see the situations that you may run across and allows you to help other Intergroups to solve problems that they have. For Intergroups with problems, it will give them some ideas on how to solve them.

I hope to see many of the Intergroup Reps there in Oklahoma City.

Larry Rice, Vice Chairman

**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](http://www.overeatersanonymous.org/ws_convention.html)

# From the Region III Chair

Hello Folks,

Well, here we are charging off into a new year and a new year of Region 3 activities. First, I want to say 'Thank You' to the assembly for electing me Chairperson. It's quite an honor and humbling at the same time. I'm sure it will provide many opportunities for growth as service work always does. I look forward to continuing to meet and work with people from around our region.

My only major activity as your chairperson so far has been attending the Region Chairs Committee and joint Board of Trustees meeting in Albuquerque in November. It was quite an experience. I got to meet all of the other region chairs from around the country and across the world as well as Board of Trustees members. I found it quite an inspiration to meet the people from other countries. My favorite memory is the night I was driving three other people to dinner and realized I was the only American in the car.

The Region Chairs met and discussed a number of issues, most of them being things that were under consideration by the Board. We talked and heard a bit about the new version of the Dignity of Choice pamphlet being developed for the 2003 WSBC. It should be very different from the last one. I've just seen the introduction so far, so I can't really say much about what it will look like.

Another subject discussed was 'Clarifying the Message.' That brought up a good bit of discussion, as you can imagine. The real point, as stated by a Board member, was that it would be a good mental exercise for each of us to go through. I recommend everybody ask themselves, 'What is my message that I'm carrying to other compulsive overeaters? What would I say to another suffering compulsive overeater if I just had a few minutes to tell them what the program is about?' The answer probably won't be that surprising, but it's worth thinking about. I look forward to seeing all the reps and all of you folks in Oklahoma City in March. If there's anything we at the Region level can do to help you at the group or intergroup level, please let us know. That's why we're here.

In service,

Andy Smith

# 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](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.

## THANKS!

We are grateful for the services of the outgoing members of the Steering Committee:

Anna Kay Hollon-Harris, Chair

Jenna Lewis, Comm. Secretary

Thank you for your service!

## A Few Words from the Editor

Greetings! I'm not off to the best start, getting this out later than anticipated. There's a Chinese curse: "may you live in interesting times." Well, my life's not boring! Since I accepted the position of Communications Secretary, the following have happened: I was laid off my job, had two surgeries, was appointed to the Board of Directors for Habitat for Humanity of Greater Round Rock, and accepted the chairmanship of the Heart of Texas Intergroup (no one else wanted it!) But through all this, I'm not bingeing! And have started working out at the YMCA. And best of all, got a good severance package that should, God willing, carry me through until the next job starts. My wife and I will celebrate our tenth anniversary in April; not bad for someone whose love affair with food precluded relationships with human beings for many years! I've got the four basics covered: food, clothing, shelter, and love. Now all I have to do is remember not to get to Hungry, Angry, Lonely, or Tired!

I'm a busy guy. And not just OA. I'm on the Board of my Church Group, Chairman of the Round Rock Area Pastors' Association (I'm not a member of the clergy, my church group doesn't have ministers), and Assistant Secretary for the recently formed Board of Directors for Habitat for Humanity of Greater Round Rock. I enjoy riding my motorcycle and my bicycles, listening to music, reading books, and also am a ham (Amateur Radio enthusiast).

Love,

Don Erickson

Communications Secretary

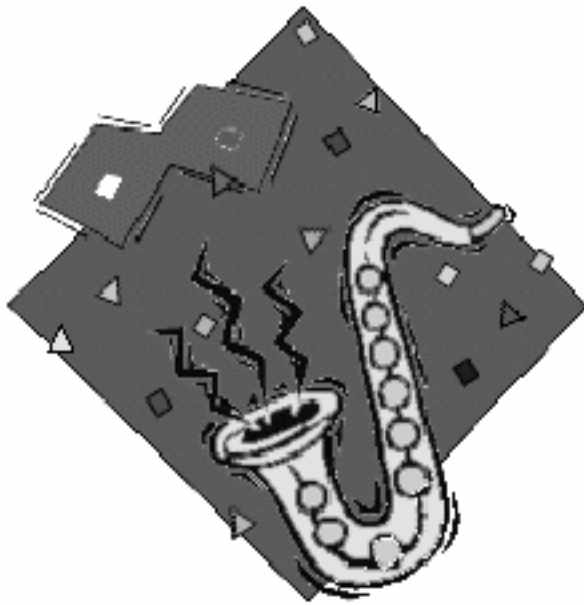
<http://www.oaregion3.org>

"The Place to Be"



# Happy, Joyous and Free in 2003!

*August 7 - 10, 2003  
New Orleans, Louisiana*



For more information,  
check the OA Convention  
Web site at

[www.oa.org/ws\\_convention.html](http://www.oa.org/ws_convention.html)

Overeaters Anonymous  
World Service Convention  
in New Orleans!

Stash the cash and break in those party shoes in  
preparation for a good time in bayou country in  
2003!

To be placed on the Convention mailing list, con-  
tact Sandy Allen at [sallen@oa.org](mailto:sallen@oa.org).



## On the Web:

<http://www.oaregion3.org>

New on the Region 3 web site since the last Assembly:

- ⇒ Spring/Summer 2002 Horizon newsletter, which was distributed at the Fall 2002 Convention but not mailed
- ⇒ Updated Policy Manual
- ⇒ Updated Bylaws
- ⇒ Information and Registration forms for the Spring 2003 Convention

⇒ Usage statistics

Still to come:

⇒ Audio!

Thanks to the many folks who submitted newsletters and articles, including Phoenix Metro Intergroup, Arizona HOW Intergroup, and Central New Mexico Intergroup.

Please send items for the web to the webmaster:

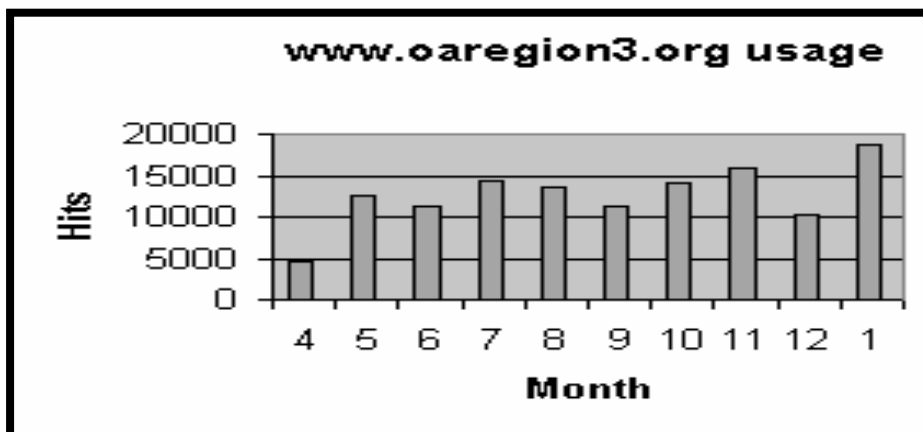
Don Erickson  
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Round Rock, Texas 78681  
donerick@swbell.net  
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## New Web Sites

It's wonderful to see Intergroups publish new web sites! Kudos to the following Intergroups:

- ⇒ Oklahoma City  
<http://www.oaokc.org>
- ⇒ Las Vegas  
[http://srd.yahoo.com/S=2766679:WS1/R=1/K=overeater+anonymous+intergroup+nevada/H=0/T=1045973080/F=c758ed7653b8bcc43b7f770f1a59dfe3/\\*http://www.communitylink.koz.com/servlet/lvrj\\_ProcServ/dbpage=page&GID=01315001051038445264393524&PG=01315001051038445264455036](http://srd.yahoo.com/S=2766679:WS1/R=1/K=overeater+anonymous+intergroup+nevada/H=0/T=1045973080/F=c758ed7653b8bcc43b7f770f1a59dfe3/*http://www.communitylink.koz.com/servlet/lvrj_ProcServ/dbpage=page&GID=01315001051038445264393524&PG=01315001051038445264455036)
- ⇒ San Antonio  
<http://users2.ev1.net/~oainsa>

These links are also published on the Region III web site.



### 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**  
**8020 Harbor Oaks Circle**  
**Las Vegas, NV 89128**

**702-243-4338**



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

Please share this newsletter with others

Hey New Orleans!

Are you ready for Region 3?

**August 7 - 11  
2003**