



# Horizon

A newsletter of Overeaters Anonymous — Region III

Summer 2004

## Desert Harmony



August 27-29, 2004

Region III  
Assembly and  
Convention  
Phoenix, AZ  
[www.oaphoenix.org](http://www.oaphoenix.org)

September 10-12,  
2004

Silent Retreat  
LifeWay Center  
New Mexico  
Jane 505-474-6262

October 22-24,  
2004

Retreat—Sexuality  
and Body Image  
in Recovery.  
Southeastern AZ  
Call Barbara:  
520-586-3165

### Road to Recovery

You are invited to Tempe, Arizona for the next

Region III Assembly & Convention,

August 27-29, 2004



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

### For information & registration form

The Phoenix Metro, Arizona HOW and Arizona Valley wide Intergroups invite you to come set your feet on *The Road to Recovery*. There is simply nothing that can compare with a Region III Convention for strong experience, strength and hope. Come gather together with a large group of compulsive eaters for an entire weekend of recovery.

### For more information contact:

Donna Kidner #480-946-8037 or  
[donz02@att.net](mailto:donz02@att.net), 4231 N. Miller  
Raod, Scottsdale AZ 85251

To Register visit [www.oaphoenix.org](http://www.oaphoenix.org).  
We want to see you in Tempe, AZ!

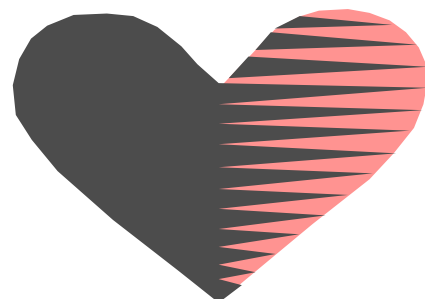


### ATTENTION—INTERGROUPS

There are Region III Funds  
available to help you get  
to the Convention!

Contact Larry Rice at:

480-632-1966.



## From Marla Dee—your Communications Secretary . . .

What would I want to say more than anything else in the world—OA WORKS! There is recovery from this seemingly hopeless disease.

As your communications secretary, I get to create this Newsletter. Please feel free to write to me with your “experience, strength & hope.” I would love to hear from you. Thank you to all the Intergroups I have spoken with these last months who are reaching out and asking for help.

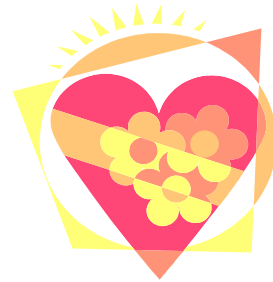
**\*\*\* WE ARE LOOKING FOR THE SPEAKERS LIST FROM THE FORMER ASSEMBLIES—PLEASE CONTACT ME IF YOU HAVE IT AND DON E. WOULD LIKE TO GET IT ON THE WEBSITE. \*\*\***

Lastly, PLEASE, PLEASE attend the Convention in Arizona. I have seen people’s lives and recovery transformed from a Convention. This program works and you are not alone. If you or your intergroup needs help, please call us. You never have to eat compulsively again!!!

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*From Wanda - Our Recording Secretary*



*This will not be a formal Secretary's report, but instead a report from my heart to you, the members of Region III. Ever since my election to this office in Tucson, Arizona, at the Fall 2000 assembly, I have been amazed at the work that goes on in Region III. I am grateful to have been a part of that work and to see the Region operating from a close-up viewpoint. As I began to sort through some of the boxes of the Region's files which were delivered to me shortly after my election, I felt that I got in touch with the heart of the Region. Looking over some of the information reminded me of the trusted servants of years past who had worked in order that we might enjoy the Region that flourishes today. Thank you to all those who have served the Region in any capacity before me -- you know who you are.*

*Some of the blessings I have enjoyed during the past four years from this service are that twice a year I am privileged to attend the assembly and see so many of you there, and to see the time and effort devoted to carrying the message of the hope of OA. Working together with the steering committee, the representatives, the parliamentarian and others has given me a deeper knowing of who I am in recovery and why I continue to do service to carry the message. I am blessed to see some of you year after year, to see how recovery works over the long term in your life, to enjoy the friendship and fellowship of what has become my OA regional family.*

*At the fall assembly in Tempe, elections will be held and a new recording secretary will be elected. If it is on your heart to submit your application, please do! I will leave you with the advice given to me by a former trusted servant - that God does not call the qualified but qualifies those that are called.*

*Thank you, Region, for a wonderful term as your Recording Secretary. Thanks for your confidence in me, your kind words, your patience, and your love. You will always be remembered.*

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**At the Fall Assembly in Tempe, elections for Recording Secretary and Chairperson will take place. If you desire to submit an application, ask your Intergroup secretary for an application, or go online at [www.oaregion3.org](http://www.oaregion3.org) and print out a copy. These need to be completed and returned to the Chairperson before July 14.**



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)

### Region III Steering Committee

**Andy Smith, Chair**  
[aandrewsmith@attbi.com](mailto:aandrewsmith@attbi.com)

(303) 340-0522

**Larry Rice, Vice Chair**  
[lrice39@earthlink.net](mailto:lrice39@earthlink.net)

(480) 632-1966

**Rhonda Jordan**  
[rgpw30@freescale.com](mailto:rgpw30@freescale.com)  
2004 Surrender Avenue  
Austin, TX 78728

(512) 251-6973

**Wanda Stayton, Secretary**  
[wanstay@taylortel.com](mailto:wanstay@taylortel.com)

(915) 529-3720

**Marla Dee,**  
**Communications Secretary**  
[marla@clearsimple.com](mailto:marla@clearsimple.com)

(801) 560-6165

**Debbie Wilson,**  
**Region III Trustee**  
[Debbie.Wilson2@oneok.com](mailto:Debbie.Wilson2@oneok.com)

(918) 425-3152

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

# SPONSORS NEEDED!



## WE NEED YOU!!!

BE AN E-MAIL SPONSOR AND CONNECT WITH A STILL SUFFERING COMPULSIVE OVEREATER

**REGION 3**  
IS SETTING UP AN E-MAIL SPONSOR LIST AND WE NEED YOU!

### CONTACT:

LEESA MYERS (801) 824-0774 OR E-MAIL [leesa-myers1@juno.com](mailto:leesa-myers1@juno.com)

If you would like to be included on the sponsor list  
and reap the rewards

# Highlights

## Spring Assembly, March 13, 2004, Salt Lake City UT

### REPORT OF CHAIR:

Chair, Andrew Smith, gave his report. He thanked the Dallas Metroplex IG for hosting the Fall 2003 Assembly and thanked the Salt Lake City IG for hosting this Assembly and for making these recovery weekends possible.

The Chair reported on his attendance at the joint Board of Trustees/Region Chairs Committee meeting in November. He stated that most of the Region Chairs in attendance were newly-elected Chairs who were attending their first joint BOT/Region Chairs meeting. He stated some of the items under discussion were about WSBC motions first going through regions and preparing for WSBC in April. He stated the proposed Dignity of Choice pamphlet would once again be presented to the WSBC for vote.

### REPORT OF VICE CHAIR:

Vice Chair, Larry Rice, gave his report, thanking the IGs who have hosted the Region, including this Assembly. He reported the next Region Assembly/Convention will be held August 27-29, 2004, in Tempe, Arizona. He stated that there had been no bid for an Assembly/Convention for the Spring of 2005. He stated that the Bylaws stated the Assembly would meet twice a year and discussed options for this meeting in the event there was no host city to combine it with a convention. He then asked the representatives to consider the many benefits of having their IG host the Region and stated that there was still time for planning a combined Assembly/Convention.

He reported that the Fall 2004 Assembly/Convention will be in Phoenix/Tempe and that the Spring 2006 Assembly/Convention will be in San Antonio.

### REPORT OF RECORDING SECRETARY:

Wanda Stayton, Recording Secretary, stated that all Representatives need to sign the sheets being passed around, giving complete information as to address, phone, email and committee information. She made note of the fact that in WSO we have "Delegates" but that in Region we have "Representatives."

She stated that after the committees meet she will need a copy of their report. She asked that IGs keep their meeting lists up to date with WSO as she gets address changes from WSO. She stated that the Region III website also has a list of the IGs and addresses there should be kept up to date. She stated that she had brought with her a copy of the meeting lists from WSO for representatives to check to be sure their mailing information and meeting lists were up to date.

She stated that at the fall assembly there would be elections for the board positions of Chair and Recording Secretary. She stated she would not be up for re-election and requested the representatives to consider putting application in for this position. She stated she has application forms available at this assembly, which must be completed and returned to the Chair by July 14 in order to be considered for election at the fall assembly.

## **REPORT OF COMMUNICATIONS SECRETARY:**

Marla Dee, Communications Secretary, gave her report. She expressed her gratitude for the opportunity to do the service of getting out the region newsletter, the *Horizon*. She stated her experience in getting out her first issue and gave her goals for the next newsletter. She asked for articles to be submitted to her.

## **REPORT OF TRUSTEE:**

The Region 3 Trustee, Debbie Wilson, gave her report. Among the items shared in her report are:

The new literature catalog

The OA 12x12 is now in pocket size

"A word from our Cofounder" is now available on CD

New OA recovery recording available

Look for OA on American Medical Review

Service and Traditions workshops available to IGs

Improvements on OA's website

IG bylaws are being reviewed by Marilyn B. and must conform to OA, Inc.

## **REPORT OF FOCUS QUESTION GROUP:**

The report of the Focus Question Group "Simplicity and Balance in Service" which was held on Friday was given by Wanda Stayton. She stated that the members present discussed their experiences, benefits and thoughts on service, how to keep it simple, where and how to serve, etc. Some things discussed were:

- ⇒ Suggestions for reading the chapter "Working With Others" from the Big Book
- ⇒ Staying focused on working your own program when doing service
- ⇒ Starting small -- carrying the key, putting up the chairs -- sharing
- ⇒ Levels of service include Meetings, Intergroup, Region and World Service
- ⇒ Service promotes growth, accountability, responsibility and acceptance
- ⇒ Put service at the top of the tools list

⇒ Realizing God is in control of meetings and OA

## **COMMITTEE REPORTS:**

### **Ways and Means/Finance:**

Carol Spizman, Chairperson

The Committee showed the new mouse pad now for sale at \$5.00 each.

The Committee finalized a mission statement:

⇒ "Create innovative ideas to generate revenue to facilitate carrying the message to the compulsive overeater within Region III and monitor the financial stability of Region III funds."

Members: Mike Koechner, Andrea MacDonald, Francene Adcock. Board Advisors: Marla and Rhonda

### **12<sup>th</sup> Step Within:**

Julie Anne Young, Chairperson; Allison Blanchard, Vice Chairperson

The Committee's short range goals were :

⇒ To familiarize themselves with OA literature and materials regarding 12th step within, relapse, welcome back and keep coming back literature.

⇒ To contact each intergroup to invite them to initiate or strengthen their 12th step within efforts.

Members: Jan Kellogg, Elisa Riesgo, Joyce Kaye, Lori Goodrich.

### **Computer:**

Junardi Armstrong, Chairperson; Leesa Myers, Vice Chairperson

The Committee's short range goals were:

- Junardi will bring prototypes for website enhancement to fall assembly
- To contact all Region 3 intergroups as to who has websites (for posting local information on Region 3 website).

The Committee's long range goals were:

- To create links on website to intergroups websites or set up a web page for their information.
- To create an online sponsor list
- To present a motion to enhance website and if passed, to enhance website.

Mission Statement:

"To maintain and update Region III website, making available information on all Intergroups to the Region, creating the ability of the Intergroups to network within Region."

Members: Holly Mathews. Don Erickson, webmaster. Board Advisor: Larry Rice.

**HIPM/PI:**

Greg Moore, Chairperson

The Committee's short range goals were:

- To obtain current Intergroup contact information
- Each committee member to choose 3 or 4 Intergroups to contact.
- Each committee member to read the HIPM/PI Manuals.
- The Committee's long range goals were:
- To contact all Region III Intergroups HIPM/PI contact.
- To contact academic institutions and student support professionals.
- PI Outreach: contact radio stations with letters, CD or PSA explaining OA; continue regular newspaper meeting announcements; suggest each Intergroup review HIPM/PI manuals annually.

Mission Statement:

"To serve as a connecting hub for communicating our HIPM/PI collective knowledge and strategies among Intergroups in Region III."

Members: Rita Shea, Maxine Maxfield, Barbara Chapple, Bob Jorgenson, Terry Fitzsimmons.

**Bylaws:**

Barbara Lightheart, Chairperson; Jeannie Powell, Vice Chairperson

The Committee's short range goals were:

- To create a mission statement.

**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: Rhonda Jordon**  
**2004 Surrender Avenue**  
**Austin, TX 78728**

**512-251-6973**



Region III Newsletter  
c/o Marla Dee  
780 S 900 E #2  
Salt Lake City, UT 84102

Please share this newsletter with your group

## Upcoming Events:

**Check out [www.oaregion3.org](http://www.oaregion3.org) for updated events listing!**

⇒ August 27-29, **Region III Convention** in Tempe, AZ, Carol or Jim #623-931-2231

⇒ September 10-12, **Silent Retreat**, Northern New Mexico, Jane S. 505-474-6262

**Seventh Annual Silent Retreat at LifeWay Glorieta Conference Center:**

*Silence has a long history as a tool in spiritual growth. A silent period of twenty-four hours can deepen one's spiritual connection and provide a touchstone for personal peace and serenity. Please join us!*

⇒ October 22-24, **Sexuality & Body Image in Recovery**, Southeastern AZ,  
call Barbara 520-586-3165 or Junardi 520-323-2788, limited to 50 people.

**Thanks to those who sent these items!**

For Future Events, please send to:

Marla Dee, 780 S 900 E, #2