



Horizon

A newsletter of Overeaters Anonymous — Region III

Winter 2004

Serenity in The Rockies



March 12-14, 2004

**Region III
Assembly and
Convention
Salt Lake City, UT
www.oautah.org**

April 27-
May 1, 2004

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

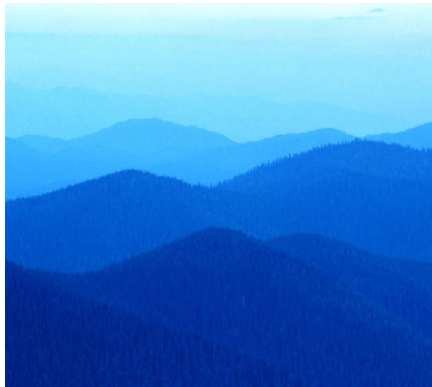
August 27-29, 2004

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

Serenity in the Rockies!

“One Day at a Time”

Come to Salt Lake City, Utah for the next Region III Convention, March 12-14, 2004, www.oautah.org



Would you like to experience Serenity in your life this year? Come join us for a weekend of “experience, strength and hope” to support your recovery. The AA Big Book promises us that by working the 12 steps we will learn how to live life on life’s terms without using food. What a miracle this is.

Come gather together with a large group of compulsive eaters for an entire weekend of recovery.

ATTENTION: The zip code on the brochure is wrong—it should be 84147-0902!

You can look forward workshops on:

- ◆ Easy Does It (but Do It)
- ◆ Freedom From Bondage
- ◆ A Daily Reprieve
- ◆ Let Go & Let God
- ◆ One Day at a Time
- ◆ Using the Serenity Prayer Daily
- ◆ Freedom From Bondage
- ◆ Abstinence & Rigorous Honesty
- ◆ We Will Know Peace

To Register visit www.oautah.org or call Allen at 801-521-4736 or Marla D. at 801-560-6165. We hope to see you in Salt Lake City!



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 new Communications Secretary . . .

I love Overeaters Anonymous with all my heart. My disease is life & death for me, so I believe strongly in giving service and spreading the message that there is recovery from compulsive eating. [OA offers Hope and abstinence is a miracle.](#)

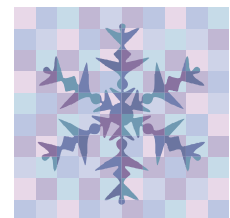
I always ask GOD what service I am needed for. God has never led me astray. However, I was shocked & delighted when Lynn K. nominated me for Communications Secretary for Region III. I have tremendous respect and gratitude to the Board of Region III for all they do for us. I have been attending Region Conventions for 3 years and they always fill me up. They give me something different from my weekly meetings. There is such strength when you gather together 7 states of people in recovery. As a delegate and the Utah Soaring Intergroup Chair, I have learned everything I know about working together and running a smooth meeting from watching what happens at the Region & World Service level. What an honor and privilege to work on the Board.

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.

Lastly, PLEASE, PLEASE come to the Convention in Salt Lake City. We want to share our enthusiasm & hope with you. Give yourself and your recovery this gift. 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



What a wonderful Assembly/Convention the Region experienced in Dallas Texas in October, 2003. 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 will be bringing application forms Steering Committee positions of Chair and Recording Secretary to the Convention in Salt Lake City, March 12-14, Please give consideration to running for a place on the Steering Committee by returning your completed application to Andy Smith. In serving on the Steering Committee, as with all service positions, you are carrying the message of recovery to those who still suffer. I am grateful for the years I have been able to serve you as your Recording Secretary.

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)

Region III Steering Committee

Andy Smith, Chair
aandrewsmith@attbi.com

(303) 340-0522

Larry Rice, Vice Chair
lrice39@earthlink.net

(480) 632-1966

Rhonda Jordan
rgpw30@email.sps.mot.com
2004 Surrender Avenue
Austin, TX 78728

(512) 251-6973

Wanda Stayton, Secretary
wanstay@taylortel.com

(915) 529-3720

Marla Dee,
Communications Secretary
marla@clearsimple.com

(801) 560-6165

Debbie Wilson,
Region III Trustee
Debbie.Wilson2@oneok.com

(918) 425-3152

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

O.A. Works!

HAPPY, JOYOUS & FREE IN REGION III

Today I know my Higher Power wants me to be Happy, Joyous & Free! In Overeaters Anonymous I have found this. No matter what is happening in my life or those around me, I am at peace. This is a miracle! Before, O.A. nothing could fill me up, nothing could make me happy, nothing could give me peace and nothing could bring me freedom from the obsession to kill myself in food. How does this happen? I still don't know and today I don't care. All I know is that I am free to live my life, to connect with my loved ones, to live life on life's terms, to be ME and to grow as a human being. What a beautiful Life.

I also know that the miracle lies in the Twelve Steps of Overeaters Anonymous. It is only in rigorously working the 12 steps with a sponsor, that I have found freedom from the hell of the disease. If the compulsion is in my life then there is a step I need to work. It is this simple. My experience, strength and hope is this:

- ⇒ Get a Sponsor
- ⇒ Work the Steps NOW! Be honest and rigorous.
- ⇒ Go to three meetings a week.
- ⇒ Make an outreach call each day.
- ⇒ Get into service. Ask your higher power what to do.



Re -

member, that OA works! It has worked for me & it can work for you.

Highlights

Fall Assembly, October 2003, Dallas TX

Officers:

⇒ **Chairman:** Andrew S., Chair reported on his attendance at the WSBC in May and that he had been elected the Chair of the Region Chair's Committee. He stated that some of the work done at the WSBC was working on The Dignity of Choice pamphlet, the service structure of OA and the possibility of motions at WSBC to have first gone through the regions.

The biggest news for Region III was the election of our new Trustee, Debbie Wilson!

The Chair also shared that he had attended the World Service Convention in New Orleans and that there is not another World Service convention planned.

Lastly, the Chair stated that his biggest adventure in service and recovery came about by his attendance at the Region 9 Assembly and Convention in Ciney, Belgium. The folks in Region 9 were most appreciative of the efforts of the regions in sending the region chairs to this event.

⇒ **Treasurer:** Lynn K., Treasurer, gave a detailed accounting of the income & expenses for 2003 to date. 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 Spring (in Salt Lake City UT) and Fall (in Phoenix AZ), 2004 Assemblies. He also stated there had been six requests for funding speakers to intergroups since March but no request for first time Assembly funding.

⇒ **Recording Secretary:** Wanda S. gave the minutes for the previous Assembly

⇒ **Communications Secretary:** Don E. reported that the *Horizon* had been mailed out and thanked the Region for the opportunity to serve. The Horizon Newsletter is also on the website, www.oaregion3.org

⇒ **Trustee:** Debbie W. reported on the WSBC held in Albuquerque, NM in May where she was elected as Trustee. She stated that the theme of the next WSBC in April 27-May1, 2004 will be "Unity, Together We Can!" Some of the items covered in her report were: Delegate support program, OA Loner program, PI contest and Idea Day contest. She also stated that the OA website has been updated. Specifically, the group registration forms are now secure and can be updated online. There is an updated suggested meeting format online which may be downloaded and used in meetings.

There are 6,609 registered OA meetings worldwide, 347 registered intergroups, and 642 unaffiliated groups. Life line circulations is approximately 9,900.

STEERING COMMITTEE ELECTIONS:

⇒ Larry Rice was re-elected as Vice Chair

⇒ Rhonda Jordan was elected for Treasurer.

⇒ Marla Dee was elected as Communications Secretary.

COMMITTEE REPORTS:

HPM/PI

⇒ The committee came up with 6 strong Goals/Actions to take before the next Assembly, including communicating with all the chairs of intergroups not represented on their current PI.

⇒ Chair: Greg M.; Members: Sally D, Evelyn L, Leigh F, Barbara S., Sheila C., Rita S., Doris P. Advisor: Larry R.

12th Step Within:

⇒ The committee goals are 1 - To get the speaker list updated and add more people, 2—Make the speaker list available by request via the website from 12th step within chairperson, 3– To increase membership through return and retention of members, and 4—To increase communication via some sort of central electronic communications center.

⇒ Chair: Julie Anne Young and Vice Chair: Allison Blanchard; Members, Gloria G., Andy S., Lee Ann L.B.

Computer:

⇒ Accomplishments: the website maintained, updated links & events, Horizon online, updated policy manual and forms for region officers online,

⇒ Chair: Richard F.; Vice Chair, Junardi A., Members: Allen C., Sallie G., Don E., Advisor (Don E. is Webmaster and Richard F. is Assistant Webmaster.)

Ways and Means and Finance:

⇒ Accomplishments: Wrote basic wording for committee purpose, description of duties and suggested guidelines. The review of the financials for 10/01-10/02 complete.

⇒ Will continue water bottle project and chose new product of R3 mouse pads.

⇒ Chair: Carol Spizman; Vice Chair: Michael Koechner; Members: Rhonda J., billie S., Donna K., Francene A., Marla D.

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 Jordan
 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 for updated events listing!

- ⇒ March 12-14, Region III Convention in Salt Lake City—www.oautah.org
- ⇒ April 2-4, HMI Annual Spring Retreat at Camp Allen: www.oahouston.org
- ⇒ June 11-13, Big Book Recovery Retreat in Salt Lake City, Barbara #801-266-4995 or look on www.oautah.org (after March 1, 2004) for details.
- ⇒ August 27-29, Region III Convention in Tempe, AZ, Carol or Jim #623-931-2231

Thanks to those who sent these items!

For Future Events, please send to:

Marla Dee, 780 S 900 E, #2

Salt Lake City UT, 84102 or marla@clearsimple.com