



Horizon

A newsletter of Overeaters Anonymous — Region III

Summer 2005

GROW



Sept. 23-25, 2005

Region III Assembly and Convention:
Colorado Springs, Colorado



March 10-12, 2006

Region III Assembly and Convention:
San Antonio, Texas

www.oainsa.org

Please see the back page for many other OA Events coming in 2005

Re-



Region III Assembly
& Colorado State
Convention

September 23-25, 2005

Colorado Springs, CO

www.oaregion3.org



Come get watered & nurtured by a large group of compulsive eaters for an entire weekend of recovery! You are invited to Colorado Springs, CO:

“GROW”

**Grateful
Reliant
Open
Willing**



For more information contact:

**Barb #719-633-1474
or E-Mail: mbstophel@aol.com**

ATTENTION—
INTERGROUPS
Funds available for your needs:



From WSO:

Delegate Support Fund: Funding for Delegates to WSBC. Funding given based on need and availability. Must apply by November 1st 2005 for WSBC 2006.

Professional Conference Support Fund: Funding for booths at major professional conferences in your local area. Ask your Region Trustee for details.

From Region 3:

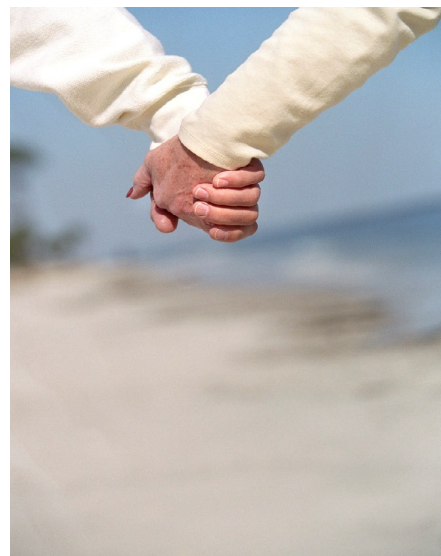
Pre-Regional Event Funding: i.e. “seed money.” This is \$500 provided to intergroups hosting a Regional Convention and Assembly. See Region 3 Vice Chairman

Regional Representative Funding: \$150 for the first representative sent to a Region 3 Assembly, \$50 / additional representative. Subject to the overall budget for the fund.

Non-participating Intergroup Fund: Up to \$250 to fund a representative to Regional Assembly provided the Intergroup has not sent a rep. for the

UPCOMING ELECTIONS FOR THE REGION III BOARD !!

- ◆ *Vice Chair*
- ◆ *Treasurer*
- ◆ *Communications Secretary*



Serving on the Region III Board is a tremendous opportunity for service and personal growth.

Contact Nola Whirlow, our recording secretary, at #325-655-2317 for applications or go to the front page of our website for details and the application—www.oaregion3.org. If you have any questions regarding the position, you can contact Andy, our chair at 303-340-0522, or the current board member.

From Marla - your Communications Secretary

I want to personally invite each of you to consider running for a position on the Region III Board. There are 3 positions available and they each offer a wonderful opportunity for growth. Since our theme for the next convention is GROWTH, this is a good time to look at the next step in service. Whenever I am making a choice for service on any level in my life, I go to my Higher Power and ask—“Where do you want me to be of service day?”

I am always guided to the answer. Please be willing to pray and ask about where your Higher Power needs



to-
you.

Marla Dee



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 to the communications secretary.

Whittling Away at Both Ends...



Thought for the day:

From Andy Smith, your "Humble" region iii chair

Time after time as I'm talking with other long-term recovered people in OA, we end up talking about how service is critical to long-term recovery. However, we never really talk about why it's important. Surely if it's that important, it must serve some sort of therapeutic function – it must be helping to make us better. But how?

A clue came to me when I remembered a saying I've heard more than once, that when we first come into recovery we're the "piece of crap that the universe revolves around." This exactly captures the bizarre combination of low-self esteem and hyper-inflated ego that we possess when in the throes of compulsive overeating. Bouncing back and forth between these two is maddening, to put it mildly.

What I now believe is that doing service attacks both parts of this problem. By making myself of service to others, I am subduing my over-inflated ego. At the same time, if I'm being useful, my low self-esteem is shored up. Over time, doing service whittles away at both ends of this maddening contradiction and allows us to live in a saner, middle ground – being neither a "piece of crap," or the "center of the universe."

This, I think is what service does for us and what pretty much nothing else can do quite so well. That's why those of us that have done lots of service in OA swear by it, or at least one reason. Service has many benefits, of course. But if you're wondering why so many of us long-timers seem to do so much of it, you just might want to give it a try and see yourself.



Region III - the place to be!

What does Region 3 do?—your Chair, Andy Smith

Well, our bylaws state, “The primary purpose of this organization is to aid those with the problem of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and Intergroups from which Region III is formed.” That’s pretty generic, so let’s talk about what really goes on.

First, we hold two Region 3 Conventions and Assemblies each year. Our convention serves as a serious form of 12th step work. We carry the message to newcomers, each other, and even members of the media or the professional community. Each convention can take advantage of speakers from all over the region who are attending the assembly at the same time.

The assembly is our business meeting. We meet all day Saturday at the convention site. First, we do the business things: we elect officers, set our budget, and handle any sort of organizational matters that come up. Our officers give reports on their activities between the assemblies. Our Region Trustee attends and reports on activities from the Board of Trustees and is available to talk to anyone about World Service or BOT-related issues.

Then we have committees. We have Bylaws, Ways and Means/Finance, Computer Committee, PI/HIPM, and a 12th Step Within committee at the region level. They hold meetings during the middle of the business day to plan activities between assemblies. They work a number of different projects between assemblies to help with their respective focus.

The officers are active between assemblies. The Communications Secretary edits the Horizon newsletter and works on our web page. The Recording Secretary edits the minutes from the assembly and revises our bylaws and policies and procedures manual as amended by the assembly. Plus they handle all official correspondence to and from Region 3. The Treasurer handles our money. They receive the 7th tradition donations, pay expenses, and all other income and expenses. They have to maintain the records so that they can be audited properly. The Vice Chairman serves as the primary contact point with the intergroups holding upcoming conventions. They fill in for the Chairman if necessary.

The Region Chairman, in addition to preparing the agenda and running the assembly and steering committee meetings, goes to as many as three additional meetings each year. They attend WSBC as a representative for the unaffiliated meetings in the region. This also allows them to serve as an unofficial point person for the region delegates at conference. They also attend up to three Region Chair Committee meetings. One is held at WSBC on the Tuesday of that week. Another is held in Albuquerque in conjunction with the Board of Trustees. A third is held at one of the regions’ regional assembly.

One of the functions of Region 3 is to serve as a channel for communication. We hear from WSO and WSBC. We hear from the representatives about their activities in their groups and intergroups. We help each other find ways to solve problems. We publish the Horizon newsletter and run our website.

Another function of Region 3 is to spread the message through our region. We have funds available for health fairs and to help send representatives from intergroups to the assembly. We also have significant funds available to pay for speakers to intergroup events. In many cases, we can pay all of the expenses for an out-of-town guest to travel in for the weekend. We also help pay the expenses of the representatives traveling to the assembly meetings.

In addition to all this, much of the good that happens through Region 3 is unofficial. It’s in all of the contacts we make with each other. We get to meet people in recovery from all around the region. We share our experience, strength, and hope with each other during our official functions. We meet people we can invite to our local area to speak at intergroup events. We can meet sponsors or just people with whom we can share recovery between region events. Sometimes just the experience of working side by side with other people who are serious about recovery as we are strengthens our own recovery. Just knowing there are people beyond our own local meeting or intergroup gives us a sense of not being alone with our disease. It’s always a great time. If you’ve never been to a convention or assembly, think about attending a convention or running for Regional Representative at your intergroup.



TWELVE STEP Exercise:

Identify a situation or condition in your life that is currently a source of resentment, fear, sadness or anger. It may involve relationships (family, work or sexual), work environment, health or self-esteem. Write a concise statement describing the situation and indicating your concern.

Use the following exercise to apply the principles of the Twelve Steps to the above:

STEP ONE: In what ways are you powerless, and how is this situation showing you the unmanageability of your life?

STEP TWO: How do you see your Higher Power as helping you to restore your sanity?

STEP THREE: How does being willing to turn your life over to the care of God assist you in dealing with this?

STEP FOUR: What character defects have surfaced? (e.g. fear of abandonment or authority figures, control, approval seeking, obsessive-compulsive behavior, rescuing, excessive responsibility)

STEP FIVE: Admit your wrongs, at least to God and yourself - and hopefully, one other human being.

STEP SIX: Are you entirely ready to have God remove the character defects that have surfaced?

STEP SEVEN: Can you humbly submit to God and ask Him to remove your shortcomings? If not, what is your resistance?

STEP EIGHT: Make a list of the persons being harmed.

STEP NINE: What amends are necessary and how will you make the amends?

STEP TEN: Review the above Steps to be sure that nothing has been overlooked.



Region III
Newsletter
c/o Marla Dee
924 East Lowell
Avenue

Please share this newsletter with your group

Upcoming 2005 Events:

Check out www.oaregion3.org for updated events listing!

- ◆ September 9-11, **Silent Retreat**, Northern New Mexico, Jane S. 505-474-6262

Eighth 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!
- ◆ Sept. 23-25, **Fall Region III Convention & Assembly** Colorado Springs CO
- ◆ Oct. 14-16, **Hand in Hand/Step by Step Retreat**, Glen Rose TX, Billie 817-460-3083
- ◆ Nov. 4-6, **"Into Action-Just Do It"**, Houston Metro TX, Brenda 832-434-4822
- ◆ Nov. 11-13, **Silent Retreat, "Relationships: God, Myself & Others"** Brain V. 8507 Falconet Circle, McKinney TX 75070-5825
- ◆ Nov. 11-13, **Big Book Retreat**, PPSI I.G. Colorado Springs, Jana S. 719-550-1684

Thanks to those who sent these items! For Future Events, please send to:
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