



Horizon

A newsletter of Overeaters Anonymous — Region III

Winter 2005

Desert Harmony



March 4-6, 2005

Region III
Assembly and
Convention
Tulsa, Oklahoma
Tamara
918-585-2019

Sept. 23-25, 2005

Region III Assem-
bly and Conven-
tion
Colorado Springs
Colorado

*Please see the back
page of this News-
letter for many
other OA Events
coming in 2005*

The Promise of New Growth

*You are invited to Tulsa,
Oklahoma for the next*

Region III Assembly & Con- vention,

March 4-6, 2005



www.tulsaaoa.org

*You are invited to Tulsa, Oklahoma for
“Springtime in Green Country—The
Promise of New Growth.. There is
simply nothing that can compare with
a Region III Convention for strong ex-
perience, strength and hope. Come
gather together with a large group of
compulsive eaters for an entire week-
end of recovery!*

For more information contact:

Tamara #918-585-2019 or E-Mail:
tj4295@earthlink.net
or Cathy S. (918) 245-8460



ATTENTION—INTERGROUPS

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

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Larry
at:

480-



tact
Rice

632-
1966.

Why attend a Region III Convention?

REPORTS FROM THE LAST CONVENTION IN TEMPE, ARIZONA



Desert Harmony Assembly in Tempe

The workshops were wonderful.
The meetings were magnificent. Hugs were heavenly.
Speakers were stunning. The assembly was awesome.
Region reports rocked. Business was brief. Committees carried the message.
Ways, Means, and Finance committee was much fun. Motions were made.
Reps were responsive. The Banquet was bountiful. The play was powerful.
Singing was soulful. Dancing was delightful. Fundraisers were fabulous.
The co-chairs caused chuckles. Recovery was resplendent. Fellowship flourished.
Experience was exchanged. Strength was stupendous. Hope keeps happening.

Region III, The Place to Be, MEMORIES ARE MARVELOUS!

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From Nola - Our Recording Secretary

When I first found OA, my sponsor asked me if I would replace her as Intergroup rep when she had to move away. She told me that she could never explain how awesome it was to be around so many recovering people at one time and she thought I'd love going to the assemblies. Was she ever correct! I, too, find it hard to articulate the energy and connection I feel at the conventions and assemblies. When we stand and show our years of abstinence at the grand opening, I am always overwhelmed at just how much recovery is present there! All of the unconditional love, acceptance, willingness, loving kindness and service blend together and seep into me like a soothing, healing tonic and I leave feeling energized, refreshed and highly motivated to continue healing and recovering in my own program like never before.

Thank you Region 3 for sharing so much with me!

OA Love and Highest Regards!

Nola Whirlow





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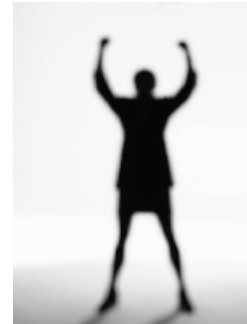
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Submissions to **HORIZON** are encouraged, including personal stories of OA recovery. Please send to the communications secretary.

Maintaining "fit" Spiritual Condition



Thought for the day:

MAINTAINING OUR SPIRITUAL CONDITION

Abstinence is a collaborative effort, I choose; HP empowers my choice. Then, to sustain my awareness of having received it, I must share it with others, thus reinforcing and strengthening it in myself, enabling the continuation of receiving the gift of abstinence one day at a time. This is what Bill W, and Dr. Bob referred to in our literature, where in they make the statement that "They realized very quickly after getting sober, that in order for them to stay sober, they would need to stay spiritually active", and in the next sentence, they define this by talking of the necessity of them working with other alcoholics.

"It is easy to let up on the spiritual program of action (going to meetings, sponsoring and doing service as part of the process of continuing to work The Steps) and rest on our laurels (our abstinence and weight loss). We are headed for trouble if we do, for compulsive overeating is a subtle foe. (Being both an alcoholic and a compulsive overeater, I can say that this is even more so the case for me in the case of compulsive overeating compared to drinking.) All we ever have is a daily reprieve, contingent on the maintenance of our spiritual condition."

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Recovery Rocks

Hello from Marla Dee—your Communications Secretary

Having just gone through an incredibly scary SLIP (Sobriety Losing its Priority) I wanted to share the following article written by a fellow OA Member that really helped me

Recovering Quickly From a Slip

Let's say you have a certain length of abstinence. It could be days, weeks, months or years. Suddenly you find yourself eating in a way that contradicts your food plan. You eat too much. You eat too little. You eat a food that you know – from your own experience and the promptings of your Higher Power – is harmful to you and from which you have committed to abstain. What do you do now?

Here's what I do:

- ◆ Right off the bat, I tell myself, "I made a mistake. That doesn't mean I AM a mistake. I want to recover and, by the grace of God, I CAN."
- ◆ Then I get out my Big Book and turn to page 84. I read the instructions for Step 10: "... continue to take personal inventory and continue to set right any new mistakes as we go along. ... Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly ..."
- ◆ I pick up my phone and call my sponsor or another OA member as soon as possible. I admit to God, myself and another human being that I've had a slip with food, and I reaffirm my desire and willingness to pursue recovery.
- ◆ I get busy and take an inventory. I ask myself these questions:
 1. Does my plan of eating need to be adjusted? Am I giving my body adequate calories and nutrition? Do I need to eliminate a "problem food," old or new?
 2. Do I even HAVE a plan of eating? If not, I need to get some help and get a food plan. Help could come from my sponsor, another OA member, a doctor, nutritionist, web site or book. Most important, I need to open myself to God's will for me and consult my own experience with food. If I'm honest and willing, I can easily identify the "killer" foods from which I need to abstain completely. (Big Book, page xxx, "The only relief we have to suggest is entire abstinence.")
 3. Did I go too long between meals? Was I hungry, angry, tired, lonely or bored?
 4. Is something missing from my daily practice of my program? Has it been too long since I attended a meeting, prayed, made an outreach call, read OA or AA literature, talked with my sponsor, wrote about my grudges or gratitude? Am I giving service to my fellow compulsive overeaters?
 5. Am I "stuck" on a step? Am I letting perfectionism or shame prevent me from completing my Step 4 inventory and giving it away in Step 5? Am I ashamed or scared to take Step 9 and clear out the wreckage of my past?
 6. Am I resting on my laurels?

7. Have I started isolating?
8. Am I keeping myself properly hydrated? Giving myself adequate rest? Getting enough exercise?
9. What's going on with me that I might not have recognized or been willing to face?

One thing is for sure: Whenever I slip from a plan of eating that's been developed in consultation with my Higher Power, then I'm running on self-will, not God's will.

I am honest and thorough with my "slip inventory," but I take it as soon and as quickly as I can. I don't get bogged down in "morbid reflection" (Big Book, page 86). I ask God to guide me in writing down a plan of action for what to do the next time I feel the urge to eat inappropriately and put self-will first. My slip recovery is not complete without a slip prevention plan.

I program the phone numbers of other OA members into my cell phone so that I can always call someone for an immediate intervention if I'm on the verge of eating inappropriately. I write down adjustments I want to make to my program, from attending more meetings to regular reading, writing, outreach calls, becoming a sponsor or offering service. If there are many adjustments to be made, I take it easy and tackle one item at a time, letting God guide me so I don't burn out on self-will and perfectionism.

One piece of OA literature that has been especially helpful to me in slip-prevention is a little pocket-size pamphlet called, "Think First." This little gem contains a list of specific actions to take when I'm confronted with the urge to eat excess or inappropriate food. It's short and sweet for daily reading, and easy to carry in a wallet or purse. I keep one copy at my bedside, one copy in the car, and a few spares to share with fellow compulsive overeaters.

I am happy and grateful to be able to tell you that the foods from which I completely abstain have become non-issues for me. By the grace of God and a commitment to abstinence, I've been completely freed of my "killer" foods and I don't worry about taking them back. Freedom from those addictive substances feels too good! I know that trust in my Higher Power and continued practice of the 12 Steps will ease or even erase my general excess-food urges, as well.

Works for me! I wish you well on your path to recovery. Progress, not perfection.

--MaryBeth C.

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	512-251-6973
	2004 Surrender Avenue	
	Austin, TX 78728	



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Please share this newsletter with your group

Upcoming 2005 Events:

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

- ♦ May 13-15, **Spring Retreat** in Camp Allen, TX,
- ♦ June 10-12, **Big Book Study**, Oklahoma City, OK. 405-378-9740
- ♦ 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

.Thanks to those who sent these items!

For Future Events, please send to:
Marla Dee, 924 East Lowell Avenue
Salt Lake City UT, 84102 or marla@clearsimple.com