



Horizon

A newsletter of Overeaters Anonymous Region III

Summer 2006



September 8-10

Silent Retreat,
Glorieta, NM
Katherine (505) 699-8780
Laura (505) 983-4316

October 6-8

Region III Assembly and Houston
Metro /Galveston Bay IG Annual
Convention,
Houston TX

October 13-15

Tulsa Green Country Intergroup
Retreat
Near Bartelsville, OK.
Karen@pecook.com

October 13-15

McKinney Care & Share Group
Silent Retreat,
Lewisville, TX
Brian V. (972) 658-5413

Spring 2007

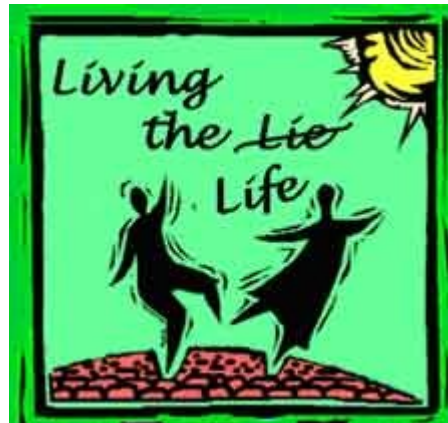
Region Three Convention
Las Vegas, NV

April 30 – May 5, 2007

2007 World Service Business
Conference (WSBC)
Albuquerque, NM

August 30 – September 2, 2007

World Service Convention,
Philadelphia, PA



Houston, We Have A Problem – But We Also Have The Solution

Join us for “**Living the Lie Life**”, the Region III Fall Assembly and Regional Convention October 6-8, 2006, in Houston, Texas at the Holiday Inn Houston Intercontinental Airport.

The convention is co-hosted by the Houston Metro Intergroup and the Galveston Bay Area Intergroup.

Room rates are \$85 per night. You must mention the special “Region III Assembly and OA Convention Rate” when calling – deadline for this special price is September 24.

For more information, contact Cathy Knapp at 713-877-8626 or by email at agnesw@ha1-pc.org. A registration flier is included in this Horizon.

Among the highlights of the convention will be the election of a new Region III Chair and Recording Secretary. For applications, see the Region III web site <http://www.oaregion3.org>. Application deadline is **August 24**.



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>

Region III Steering Committee

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Chair

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Debbie Wilson
Region III Trustee
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Submissions to HORIZON are
encouraged, including personal sto-
ries of OA recovery. Please
send to the communications
secretary.

I CAN DO THAT!

Those words flashed through my mind as I sat in our Intergroup meeting one Saturday morning last year. Our Region III alternate representative had just announced he was stepping down and nobody else was rushing to take the job. Hey, I've already put in my time at Region, I told myself, and have the refrigerator magnets, luggage tags and embossed pens to prove it. But as the silence around the table grew even more uncomfortable, I decided to trust that out-of-left-field thought and slowly raised my hand. Besides, I knew it was highly unlikely that I'd ever be called upon to do any kind of service. Our first-string Region reps had rarely missed an assembly or World Business Conference for years. I felt like a back-up bullpen catcher for the Boston Red Sox - I might never crack the starting lineup, but I still got all the bragging rights and a pretty cool uniform to go along with it.

Fast forward to October 2005. Far from the winds and rain of Hurricane Rita that were threatening to pound the Texas coast, I found myself sitting in the opening session of the Colorado Springs assembly. Through a series of events so coincidental they could have only been orchestrated by a Higher Power (nearly free airline tickets, full intergroup funding for expenses, a can't-miss work event inexplicably postponed), I made it. It seemed like God did everything for me but drive me to the airport. Surrounded by OA friends new and old, I looked at the full agenda in front of me and thought, I can do this!

At the gathering of the OA tribe in San Antonio the following February, my Higher Power put another challenge in my path: Would I consider running for the vacant post of Communications Secretary? I read the job description, consulted with a couple of OAs who had performed service work at the Steering Committee level, then talked it over with my husband who is member of this fellowship as well as a Steering Committee alumnus. I think I can do this, I told my HP, but you'll have to make your will for me in this case so clear that even *I* cannot miss it. Having turned it over, I did the next right thing - which in this case was taking my 7-year-old daughter swimming in the glacial waters of the hotel pool. By the time hypothermia had set in, I had my answer: Go for it.

Once the post-election excitement had died down and I was back home in front of my computer and actually facing the amount of work in front of me, I was gripped with a severe case of buyer's remorse. What were you thinking? I told myself. You were crazy to put yourself out there. You can't possibly do this.

So for a while, I didn't.

Fortunately for me, OA and the steps advocate vigorous action. When I talked to my sponsor about my paralysis, she suggested we review my handy-dandy list of character defects. Surprise! Top-ping the list were fear, procrastination and perfectionism. Okay, I

**Region III Committee
Chairs**

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12th Step Within

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can't do this, I told God, but together we can. And once I had admitted my powerlessness, help suddenly came from many quarters: Web Master Richard, other Austin and Region III friends and especially my husband who helped me with all the technical aspects of the newsletter production.

Now holding the final product, I realize the truth. I can do this. And I never had to do it alone.

Mary H.
Region III Corresponding Secretary
Horizons Editor

COMING SOON TO THE REGION III WEB SITE:

Updated copies of the by-laws and the Policies and Procedures Manual.

NEED A SPEAKER? HAVE WE GOT ONE FOR YOU!

Contact Mary R. at kitka11@swbell.net for an up-to-date list of Region III Speakers

ATTENTION 12-STEP-WITHIN CHAIRS AND COMMITTEE MEMBERS

Tired of re-inventing the wheel when it comes to planning events and carrying the message? Share your successes with the fellowship. Find out what has worked for others in Region Three. Send your name and email to Mary R. at kitka11@swbell.net if you are interested in starting and/or using a mailing list devoted to 12-Step Within work.

**MINUTES
REGION III OVEREATERS ANONYMOUS, INC.
MARCH 10-12, 2006
SAN ANTONIO, TEXAS**

Chairman Andrew Smith called the Assembly to order and the Assembly recited the Serenity Prayer. Emily read the Twelve Steps, Mary read the Twelve Traditions, Vicky read the Twelve Concepts, Maureen read from For Today and Jane read from Voices of Recovery. Connie welcomed the Assembly to San Antonio. The Chair introduced the Steering Committee: Vice-Chair, Francene Adcock, Recording Secretary, Nola Whirlow, Treasurer, Rhonda Jordon, and Region III Trustee, Debbie Wilson. He also introduced Parliamentarian, Louise Hall. Sallie volunteered to take informal notes.

CREDENTIALS REPORT:

Treasurer Rhonda Jordon called the roll. The total number of voting representatives was 29 plus 3 steering committee members for 32 and 33 in case of a tie. Rhonda made a motion that the credentials report be accepted. An adjustment was made to add Sallie G as a rep from the unaffiliated group in Marshall, TX. Motion was seconded and carried.

PARLIAMENTARY PROCEDURE:

Parliamentarian Louise Hall explained that the purpose of parliamentary procedure was to keep business flowing in an effective, orderly and efficient manner. She expressed her pleasure at being part of our Region III Assembly.

STANDING RULES:

Recording Secretary Nola Whirlow, read the proposed Standing Rules for the Assembly and made a motion that the Standing Rules be adopted as presented. The motion was seconded and carried.

AGENDA ADOPTED:

The Recording Secretary presented the Agenda and moved that it be accepted with the following amendment: After item VIII after the word "Trustee" insert "Nomination and Election of Communications Secretary." The Agenda was amended and the motion to accept was seconded and carried.

MINUTES APPROVED:

The Chair stated that copies of the minutes from the Fall 2005 Assembly were in the packets and asked for additions or corrections. There being no discussion, the minutes were approved as presented.

REPORT OF TREASURER:

Treasurer Rhonda Jordon presented the Treasurer's Report. She explained the documents included in her report and the Treasurer's Report was filed for audit. She began circulation of an envelope for 7th Tradition contributions.

REPORT OF CHAIR:

Chair Andrew Smith gave his report. He explained that our communications secretary, Marla D had resigned due to family issues and that an incoming communications secretary would be elected at this Assembly. Karen S volunteered to serve on the reference subcommittee at WSBC. He explained that the terms of steering committee positions for Chair and Recording Secretary will expire at the next Assembly and that applications for those positions must be to him by August 24, 2006.

REPORT OF VICE CHAIR:

Vice-Chair Francene Adcock gave her report. She thanked the Colorado Springs Assembly for their efforts and expressed appreciation for the efficient and timely manner in which all business was finalized. She asked that dates of upcoming Assemblies and Conventions be sent to her as soon as possible so that other events of groups could be planned and not overlapped.

REPORT OF RECORDING SECRETARY:

Nola Whirlow, Recording Secretary, explained that she would be passing around a book for all representatives to sign so that contact information could be included in the informal notes as well as sent out to all in an email.

REPORT OF TRUSTEE:

Debbie Wilson, Region III Trustee, reviewed her report and called attention to reduced literature rates for major professional meetings where an OA booth is maintained. She explained that Lifeline is now a 10 month publication and controversial issues are again being welcomed by the editors. She began circulation of an envelope for chances to win a Lifeline subscription in a drawing to be held after lunch.

NOMINATIONS AND ELECTION:

The Chair appointed Barbara, Chris and Lucille as the Tellers. Four people accepted nominations for the position of Communications Secretary. They were: Vicky Wilcox, Andrea Macdonald, Jackie Wilcock, and Mary Hoover. Each nominee spoke for five minutes about their qualifications, experience and willingness to serve. Mary Hoover received 16 of the 32 possible votes. All other nominees withdrew their nominations and Mary Hoover was elected.

ADJOURN FOR LUNCH AND COMMITTEE MEETINGS:

Committee chairs reconvened at 2:15
Assembly reconvened at 2:30

SEVENTH TRADITION:

Debbie Wilson, Region III Trustee announced that the amount of 7th Tradition contributions collected was \$145.

COMMITTEE REPORTS:

12th Step Within

Chairperson: Vicky Wilcox

Vice-Chair: Maureen Eason

Co-Chair: Andrew Smith

Members: Tammie Pursely, Kathy Collins, Andrew Smith, Teresa Lapeyrouse, Juanita Maddox and Lilly Abel

Maureen presented the report.

Short Range goals are:

1. Update the list 12th step within contacts.
2. Have the committee called 12th Step Within-Keep Coming Back Committee.
3. Ask Pat from Tulsa to be a liaison for the 13th week R and R workshop.
4. Contact WSO to ask for an approved Big Book Study for OA and 5)to update and maintain the speaker list.

Long range goals are:

1. Put 12th Step Within contact info for each intergroup in the Horizon newsletter,
 2. Write and submit a letter to Lifeline, and
 3. Maintain membership through use of the Horizon newsletter.
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HIPM/PI

Chairperson: Jan Blue

Vice-Chair: Emily Schovanec

Co-Chair: Francene Adcock

Members: Francene A, Hallie D., Jackie M. and Kellie G.

Jan presented the report.

Short term goals are:

1. To complete and review the list of HIPM/PI chairs and other contacts.
2. To draft a short questionnaire to go out to all HIPM chairs by web or newsletter.
3. To put the HIPM committee on the website.

Long range goals are:

1. To challenge each group to do a HIPM/PI event and report back to the committee about it.
 2. To post best practices of events on the website and in the newsletter.
-

Communications and Technology:

Chairperson: Richard Fisher

Vice-Chair: Sallie Gullion

Co-Chair: Mary Hoover

Members: Jane S.

Richard presented the report.

Short range goals are:

1. Gain control and conduct the web changeover to new committee members.
2. Consult with the past communications secretary.
3. Bring web information up to date.
4. Distribute a committee contact statement.
5. Copy each committee members on all emails.

Short range goals are:

1. Develop a comprehensive Region III email list.
 2. Make progress in the blending of Communications and Technology.
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Ways and Means/Finance

Chairperson: Mike Koechner

Co-Chair: Rhonda Jordon

Members: Lynn O., Lorrie D., Lori G., Andrea M., Jackie W., and Leesa M.

Mike presented the report. The profit from the previous fundraiser was \$323.19.

Short range goals are:

1. Promote sales of the current fundraising item.
2. Appoint a new fundraising coordinator (Andrea M).
3. Bring forth a motion to establish a prudent reserve.

Long range goals are:

1. Sell every key chain.
 2. Dispose of unsold previous fundraising items.
 3. Continue to research appropriate fundraising items.
 4. Put the Ways and Means/Finance committee on the website.
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Bylaws

Chairperson: Cathy Knapp

Vice Chair: Karen Sullivan

Co-Chair Nola Whirlow

Members: Marilyn B and Barbara V.

Marilyn presented the report.

Short range goals are:

1. Bring forward proposed bylaws amendments
2. Review the bylaws after WSBC.

Long range goals are:

1. Review bylaws and policy manual after **each** WSBC to assure conformity.
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LIFELINE DRAWING:

There was enough money collected to give away four subscriptions to Lifeline Magazine. The four winners were Jane S., Sallie G., Marilyn b., and Jan B.

UNFINISHED BUSINESS:

NONE

NEW BUSINESS:

The bylaws committee brought forth a motion to correct wording in a proposed amendment. The motion passed.

Mike K presented motions that were proposed and included in the packets. The motion to amend the policy and procedures manual by adding a new **Section VI Committees** was seconded and passed.

The motion to amend the bylaws in Article XI Committees to change wording of names of HIPM/PI to Hospitals, Institutions, Professionals and Military (HIPM?PI)/Public Information (PI) and Computer to Communications was seconded and passed.

The following amendments to the Bylaws were approved (removed text is ~~struck through~~ and new text is in **bold**).

Article IX - Duties of Steering Committee Members

B. Vice - Chairperson

1. Shall assume the duties of the Chairperson until the next Region III Assembly in case of absence or resignation of the Chairperson.
2. Shall serve as the liaison between the Steering Committee and the Intergroup hosting an upcoming Region III Assembly.
3. Shall serve as the Convention Coordinator and work with the host city committee of any Region III event on matters of policy, finance and planning.
4. ~~Shall keep a calendar of upcoming events taking place within Region III and act as liaison between Region III and all Intergroups and lone groups in Region III to disseminate information concerning these events.~~
Shall be responsible for updating and maintaining Region III Bylaws and Policy Manual.
5. **Shall serve as co-chair of the Bylaws committee.**

C. Treasurer

1. Shall receive, deposit, record and acknowledge on Assembly financial reports, all donations made to Region III.
2. Shall establish a business checking account in the name of Region III of Overeaters Anonymous, Inc. with signatories being the Treasurer, the Chairperson and other Steering Committee member(s) as needed and designated by the Chairperson.
3. Shall disburse funds following written request and/or submission of bills for which reimbursement has been approved by the Region III Assembly or Steering Committee.
4. Shall present a written and oral Treasurer's report at each Region III Assembly.
5. Shall make available, on an annual basis, Region III financial records and books to the Finance Committee at the Fall Assembly.
6. **Serve as co-chair of the Ways and Means/Finance Committee.**

E. Communications Secretary

1. Shall serve as editor of the Region III newsletter.
2. Shall be responsible for the publication and distribution of the Region III newsletter.
3. **Shall serve as editor and coordinator of website content,**
4. **Shall maintain control of all passwords and information necessary to access and maintain the Region III website,**
5. **Shall keep a calendar of upcoming events taking place within Region III and all Intergroups and lone groups in Region III to disseminate information concerning these events, and**
6. **Shall serve as co-chair of the Communications Committee.**

Another motion was made by Mike K. which dealt with motion forms being made available on the website so that all motions could be prepared in advance of Assemblies. That motion was withdrawn for further consideration and rewording.

Cathy Knapp, chair of the next convention and assembly in Houston invited us all to come to Houston in October 2006 and passed out a nice packet of materials regarding Houston. Thanks for the bandannas!

GOOD OF THE ORDER

Andrew Smith, Chairperson, read from pp.350-351 in Robert's Rules of Order, which explained this part of our Parliamentary Procedure. Each representative introduced him or herself and told where they were from. One rep advertised the tee shirt she was wearing as a fundraiser for her expense to WSBC.

ADJOURN

There being no further business, the meeting was adjourned.