



Horizon

A newsletter of Overeater's Anonymous Region III

Fall 2007



August 30 – September 2, 2007
World Service Convention,
Philadelphia, PA

September 14 – 16, 2007
Galveston Bay Area Intergroup
& Houston Metro Intergroup
Annual Convention
Galveston, TX
Contacts: Donna Summers
(409) 935-5663
donna-summers@sbcglobal.net

Chris Robertson
(713) 494-5375
christopher_robertson1@yahoo.com

October 12 – 14, 2007
Tri-County Intergroup Fall Re-
treat
Glen Rose, TX
Contact:
Rene - 817-219-3270
renepoe@charter.net

October 19-21, 2007
Region 3 Convention
Denver, CO
Contact: **Marcia V. (303) 278-3422, Pat S. (303) 909-4575**

November 9 – 11, 2007
4th Annual McKinney Care &
Share Silent Retreat
Lewisville, TX
Contact: Sandra 903-883-2397.

2007
REGION III ASSEMBLY AND COLORADO
CONVENTION



BEYOND OUR WILDEST DREAMS

IN THE WILD, WILD WEST

YA'LL COME TO

DENVER

COLORADO

OCTOBER 19 – 21, 2007

"Cowboy up" and come to Fall, 2007 Region III Assembly and Convention October 19-21 in Denver, Colorado. The theme is "Beyond Our Wildest Dreams in the Wild, Wild West" at the Red Lion Central, 4040 Quebec St. in Denver.

Region III reps will tackle a full agenda of business items including elections of a Vice-chair and Treasurer.



The newsletter of Region III
of Overeater's Anonymous

Serving OA in
Arizona, Colorado, S. Nevada,
New Mexico, Oklahoma,
Texas and Utah

<http://www.oaregion3.org>

Region III Steering Committee

Francene Adcock
Chair

w84acceptance@cox.net

Andrea McDonald
Vice Chair

andreamacd@msn.com

Rhonda Jordon
Treasurer

rgpw30@freescale.com

Nola Whirlow
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nwhirlow@zipnet.us

Mary Hoover
Communications Secretary
kitkall@swbell.net

Deborah L. Wilson
Region III Trustee
Debbie.Wilson2@oneok.com

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

Remembering "Bob"

"Hello, everybody. My name is A.G., and I'm a glutton, a compulsive eater. If I make through today by my Higher Power and the help of the Fellowship, I will have so many years, months and days of abstinence and a weight loss of over a hundred pounds for which I am deeply, deeply grateful."

For nearly 23 years I was privileged to sit in OA meetings with the late A.G. At the time I met him, I was green in the program myself, having only about three years under my shrunken belt. This old guy came in, fat like I had been only a couple of years previously and introduced himself as "Bob", while admitting that was not his real name. By that time I had gotten used to people proclaiming that a doorknob was their Higher Power, so I thought, "Okay, wonder what's up with that?" and thought nothing more of it.

He was a returning member, having been gone for nearly as long as I had been alive at the time. The fact that he was coming back after a lifetime out there really impressed me. Gradually bits and pieces of his story came out in the Austin meetings I encountered him in. Seemed that he had been in OA a long time ago, back in the early days. That impressed me a bit, but A.G. was not big on impressing people - in fact he went out of his way not to tell the most interesting things about his life, some of which I did not learn until after his untimely death in June.

Finally after a few months he let slip a few of bits of his life: He was the "first man in OA", and there was in fact a vote on whether men should be allowed in what was then a women-only Fellowship. Fortunately, A.G. won the day and the door opened for me to skulk through in 1982. Then I learned he was one of the "co-founders" in that he took the 12 steps and created Gluttons Anonymous right here in this corner of Texas at about the same time that Rozanne was sparking the first embers of Overeaters Anonymous out in Los Angeles. All this he told in a manner-of-fact way, when one could get him to talk of it at all.

Soon "Bob" let us know that his real name was "A.G." and became one of the stalwarts of OA in Austin and beyond. But he took the tradition of anonymity seriously and in meetings he was just another overeater, a self-proclaimed glutton whose epitaph should read, he often said, "Here lies a man who never let a hot donut get cold."

Over lunch one day so many years ago, A.G. explained to me that those of us who have success in OA have an obligation to tell the newcomers that the program works and to remind ourselves as well. As a person with a nearly infinite capacity to take miracles for granted, I saw his point. Since that day I have qualified when I introduce myself, and I can tell the other people in my groups with whom I suspect A.G. had the same conversation.

Region III Committee Chairs

Ways and Means / Finance
Jackie Wilcock
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PI / PO
Beth Marlatt
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Communications
Richard Fisher
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Bylaws
Cathy Knapp
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12th Step Within
Marcia.fisher@sbcglobal.net

Through him I learned the value of silence, keeping my mouth shut and heart open for a mere 24 hours of a weekend-long retreat. I attended as many retreats he led as I could for I know I would always leave with something precious and powerful – not that he was responsible, no – but I found he was a channel. He showed how it was possible go through tumults the likes of which I cringe at the mere thought of with abstinence intact.

Needing a meeting in the town in Mexico near his mountain home, he started one and leaves a legacy of strong recovery there. He kept a piece of paper and pencil in his shirt pocket and merely wrote down his calories for the day and turned it all over to his Higher Power. He made it all seem so simple, so easy.

There are people in Austin OA who spent more time with A.G. than myself, and who would undoubtedly be better to write this remembrance. I only hope that I have done justice to this man, who in the end was just another compulsive eater, living one day at a time, up until there were no more days forthcoming.

That is surely the best I could hope for myself.

Clyde H., Austin, Texas

A.G. Ainsworth, the "first man in OA", died on June 30, 2007, with 21 years, 6 months and 22 days of abstinence.

The treasures of service

To all the Region III Members, Meetings, and Intergroups....Thank You! Thank You! Thank You!

I was elected Treasurer in October, 2003 and this has been the most wonderful four years serving as Treasurer for Region III. In the beginning, it was a bit of a challenge setting up the bank account and working through all the details of computer financial reports but when it was all complete the blessings started pouring in with each trip to the mailbox. It is hard to express how much I enjoyed picking up my mail each day, opening each envelope, and reading the notes written by the various treasurers in different cities and states. Each Assembly I attended was a new experience that simply built on the previous wonderful trips. I have had the privilege of attending Region III Assemblies in each of the seven states that make up our Region. Each Assembly/Convention was exciting and energizing to my program and each one increased my dedication to OA and Region III.

I would encourage anyone considering the position of Region III Treasurer to submit an application. It is a marvelous way to enhance your program with service to others in OA in other states. The opportunities to grow and the opportunities to meet others within the Region far outweigh the initial challenge of setting up a bank account. The Big Book tells us on page 102 "Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful." Service work at every level within Overeaters Anonymous is helpful to another person. I personally believe being available to God and serving others is the best way to live life.

I loved doing this service work and I love the people that belong to OA and Region III. Thank you for all the blessings and memories.

Yours in Service,
Rhonda J., Austin, Texas

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.

REGION III NEWS

Region III will sponsor a Service and Traditions workshop on on Friday, October 19 from 3:00-5:00 pm at the convention in Denver. Make plans to arrive early and join us.

The OA groups of Scottsbluff, Nebraska, and Torrington, Wyoming, have recently withdrawn from Region IV and become part of Region III. While everybody knows that Region III *is* the place to be, don't expect mass defections – the two groups have made the switch in order to save on travel expenses.

Interested in doing service at the Region III level? Then consider applying for one of these three Steering Committee positions: **Vice Chair**, or **Treasurer**.

All of the jobs require:

1. Being a member of OA for at least two years and regularly attending meetings in Region III.
2. Having served at the Region III level for at least six months or participated in at least two Region III assemblies.
3. Having current abstinence from compulsive overeating (with each person being the sole judge of this) for at least one year and have competed Steps Four and Five in OA.
4. Making a commitment to adhering to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service, and maintain abstinence while in office.

You must be present to win: Candidates must attend the Denver Assembly to be eligible for election.

Duties of the Steering Committee positions include:

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 committee of any Region III event on matters of policy, finance and planning.

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 Overeater's 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. Shall serve as co-chair of the Ways and Means/Finance Committee.

If you are interested in applying for one of these positions, you can download an application from oaregion3.org and mail it to:

Francene Adcock
1338 E. Calle de Arcos
Tempe, AZ 85284

MINUTES
REGION III OVEREATERS ANONYMOUS, INC.
March 23-25, 2007
LAS VEGAS, NEVADA

ELECTIONS

Vice Chairperson Francene Adcock of Arizona stepped up as Chair to fill out the remained of Mike Koechner's term. Andrea McDonald of Colorado was elected to serve the remainder of Francene's term as Vice-Chairperson.

COMMITTEE REPORTS

12TH Step Within

Chairperson: Vicky Wilcox

Members: Dave Hansen, Lynne Cockrun-Murphy, Connie Telley, Marian Gray, Marcia Fisher

Short range goals:

1. Address or adapt purpose that aligns with WSO's 12th Step Within purpose.
2. Review existing Relapse and Recovery material available for Region III approval.
3. Determine Region III literature approval protocol.

Long range goals:

1. Get a Relapse and Recovery workshop adopted by Region III at March 2008 assembly and permission to use WSBC-approved material.

Public Information/Professional Outreach

Chairperson: Beth Marlatt

Co-Chairperson: Barbara Vervenne

Members: Jan Blue, Laura Merkle

Short range goals:

1. Update website with current description of PI/PO and recent events. Committee members will report to chair about recent PI/PO events for inclusion on the web site.

Long range goals:

1. Gather success stories from other intergroups in Region III and put them on the website. Explore possibility of professional exhibits organizationally supported by Region III.

Communications and Technology

Chairperson: Richard Fisher

Vice Chairperson: Sallie Gullion

Members: Michelle Park, Delane Schiller

Short range goals:

1. Update and keep web current.
2. Transfer web ownership and billing to Region III.
3. Redesign and hand over web site.
4. Publish Horizon.
5. Develop template for new intergroup web sites.

Long range goals:

1. Develop comprehensive Region III e-mail listing.
2. Move focus of Horizon from hard copy.
3. Look into online payment system.
4. Enhance value and communications for Region III.

Bylaws

Chairperson: Cathy Knapp

Vice Chairperson: Ann Blackwell-Clement

Members: Nola Whirlow, Marilyn Bredeson, Bernie Weingarten

Short range goals:

1. Move forward on Bylaw and Policy Manual changes.
2. Revise donation form per IRS law change.
3. Add language to Bylaws regarding Chairperson resignation.

Long range goals:

1. Continue to review and revise Region III Bylaws and Policy Manual as needed.

Ways and Means/Finance

Chairperson: Jackie Wilcox

Vice Chairperson: Connie Chase

Co-Chairperson: Rhonda Jordon

Members: Lori B. and Lessa M.

Short range goals:

1. We selected our next fund raiser - tote bags embossed with the Serenity Prayer. The bags cost \$3.00 a piece and are being sold for \$6.00.
2. Sell 200 of the new tote bags at this Assembly. Select a fund raiser item by 11/7/07.

Long range goals:

1. Have the financial records of Region III for 2005-2006 audited after the fall assembly in Denver when Rhonda J. completes her term. An electronic copy will be available on the website at the future date.

Proposed Bylaws Amendment Motion

Proposed Bylaws Amendment to be voted on in Denver at the Fall Assembly:

Amend Article VII - Nomination and Election of Steering Committee by adding at the end of Section H: "If the Chairperson resigns, or is unable to perform the functions of his/her office, then the Vice Chair will immediately assume the duties of the Chairperson and will appoint a person to assume the duties of the Vice Chair. Elections for those two positions will be held at the very next Assembly at which the new Chairperson presides. The Treasurer will serve as Chairperson during the election. The newly elected Chairperson and Vice Chair will hold their offices until the next regularly scheduled elections for those offices are held.