



Horizon

A newsletter of Overeaters Anonymous Region III

Spring 2009



April 3 - 5, 2009
Region 3 Convention
Oklahoma City, OK

May 4 - 9, 2009
OA World Service Business
Conference
Albuquerque, NM
505-891-2664

October 16 -18 2009
Region III Assembly and
Convention
Albuquerque, NM.
Sarah R. ocean-
wavesnh@aim.com

August 26 - 29, 2010
OA World Service Conven-
tion
50th Anniversary
Los Angeles, CA.

Key to the Future



It's better to be Sooner than later, so make plans now to join the The Greater Oklahoma City Intergroup for the Region III Spring Assembly and Convention, April 3-5 at the Holiday Inn, (soon to be Wyndham Gardens), 101 S. Meridian, Oklahoma City. This year's theme is "Key To the Future."

Room rates for the convention are \$92.00 per night, plus 14 percent tax. A maximum of four people can share a room and each room will receive two free breakfast coupons. The hotel is located just three miles from the Will Rogers World Airport. A limited number of rooms are available at the special rate. Call 800-622-7666 or 405-685-4000 and ask for the Overeaters Anonymous special.

Convention registration is \$80 before March 14 and \$90 after that. For more information, email pamfrank@sbcglobal.net.



The newsletter of Region III
of Overeaters Anonymous

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

<http://www.oaregion3.org>

**Region III
Steering Committee**

Francene A.
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Andrea M.
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Juda S.
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Mary H.
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Wanda S.
Region III Trustee
r3trustee@oaregion3.org

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

Region III in your inbox!

The secret to staying “in the loop” for Horizon and other Region III news is to have your meetings properly registered with WSO, including an e-mail address.

A printed copy of Horizon can still be obtained by writing to Mary Hoover at 5700 Joe Sayers Ave., Austin, TX 78756. Or help out a fellow sufferer by offering to be your group or intergroup's Designated Downloader.

To be added to or removed from the Horizon notification list, send e-mail to oar3horizons@gmail.com.

Sometimes you get what you want

I came out of the downtown Austin library with two canvas bags packed with books, my jacket open to the raw winter wind. I had scored a prime parking spot and with ten minutes remaining on the meter, I had more than enough time to get to my noon Going Sane meeting. Just as I neared my car, I spotted something orange. As in fluorescent “Don't Drive This Car Away Per Order of the Austin Police Department” orange. They caught some poor devil, I thought. Then – hey, wait a second. Securely attached to the left front wheel of my 2003 Corolla was one of those “boot” contraptions the police use to make sure your car stays put.

There's got to be some mistake, I thought, as I did a quick mental inventory of my driving record. I knew I had received a parking ticket two years ago. Only I had paid it. Maybe it was for my former car, the 1992 Corolla, that was still running well enough to collect a string of violations in Houston a few years ago. But we had straightened out the problem with the title shortly after that.

“I need to get this taken care of right now,” I told my husband, half sobbing, half-ranting. He was eating lunch and said he'd finish up in the next five minutes. Not good enough, I fumed to myself. stood shivering under the eaves of the library, moving far enough away to disavow myself from the car. When my husband finally got there, I

launched into my conspiracy theories for several blocks until I realized we were heading away from the city courthouse. “Hey, you're going the wrong way,” I said.

“We're going to the meeting first,” he said. “You need a meeting. You need to calm down down.”

**Region III Committee
Chairs**

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“Fine,” I muttered. I didn't have a choice.

My fury gradually abated as I sat in the circle and then i realized there were other feelings lurking behind it. Confusion. Fear. And sadness. “It's like when I was a little kid,” I choked out when it was my turn to share. “Like I've been falsely accused of doing something wrong, but nobody will believe me. and there are no grown-ups in charge.”

Fortified by hugs, I set out to do battle. Moving quickly and surprisingly through the maze of city bureaucracy, we were soon ushered into the office of a seen-it-all administrator, who dutifully punched in my license plate number.

“Are you Christine So and So?” he asked me.

“No.”

”Do you drive a white Pontiac Sunbird?”

“No.”

“Is your license plate ...”

“No.”

“Do you have a criminal warrant out for your arrest?”

“No!”

He frowned and pushed his chair back. “There's apparently been some kind of mix-up. I'll be right back.”

What it turned out to be was a classic case of automotive style mistaken identity. Two white cars parked side by side in the library parking lot. Somebody didn't double-check the license plate. The wrong car got the boot.

“We're so sorry,” the administrator said. “We've contacted the police traffic division. It will be removed by the time you get there.

“I knew it!” I crowed to my husband as we drove back. “I think I even saw Christine make her get-away.”

Mounted on my my high horse of righteous anger, I spun out my revenge fantasy. I would call the mayor's office. The police chief. I'd contact the humor columnist for the Austin newspaper, a former colleague. I'd be vindicated. I wanted the person responsible to be available for the righteous tongue-lashing they deserved. As is the way of my Boston Irish Catholic heritage, I wanted street justice!

When I got back to the parking lot, I was relieved to see the boot had been removed. I was a couple of hours late getting lunch, but still well in time to pick up my daughter from school.

“Ma'am, is that your car?”

An older woman, wearing the blue polyester uniform of the city's traffic enforcement approached me. “I was the one who called it in. I gave the other license plate number, but the police office put it on the wrong car.” Her eyes filled with tears. “I just wanted to wait around and say how sorry I was that you had to go through all that trouble.”

I looked at her and I felt my anger and resentment flow away, like some emotional stopper had been popped loose. Dang this amends process, I thought, only a little peeved.

“It's okay,” I said and gave her a hug. “Thanks for saying that and staying, but I'm okay. And I'm not going to do anything about it. It ends here. “ Like it never happened.

Along with my serenity, I got another thing out of the whole episode – a pretty good story. And here it is.

-Mary H.

A message from your trustee

It has been an honor to serve as your trustee and attend meetings of the Board of Trustees (BOT) in Albuquerque to participate in the work of OA at the board level. So many of you are in my thoughts when I am in those meetings, and I can feel the support of the region.

I have learned a lot since that day in Denver when I said “yes” to putting in my application for trustee, and I am still learning! Sometimes I smile when I think of what I used to think trustees did – I thought they visited intergroups and gave service and traditions workshops. That is true, that is one very important part of what trustees do – and to act as guardians of the Twelve Steps and Twelve Traditions, insuring that they are not altered in any way, and as guardians of the Twelve Concepts to promote the understanding and implementation of the Twelve Concepts at all levels of service. So the service, traditions and concepts workshops are much of what trustees do.

However, after serving awhile, I realized that was just one part of the work of a trustee. There are ten regional trustees and six general service trustees on the BOT and each one is to represent OA as a whole. Therefore, trustees do much committee work on all matters pertaining to OA and are charged with making decisions which affect the entire fellowship. I want you to know that I do not take these duties lightly. It is an awesome responsibility to realize that I not only want to do what is best for my home group in Abilene, Texas, but also for groups around the world whose language I do not speak. The fact that you all, my region, have given me the opportunity to do this still amazes me!

There is much to report to you which I will do my best to do during the Region 3 assembly in Oklahoma City, but one of the newest developments, one which much work has gone into, is the new OA

website: www.oa.org. Please check it out and give us feedback, as the staff at the World Service Office is open to your comments and suggestions. Having a website that is easy to use, informative, and full of the OA message is something you, the fellowship, can have a part in and be proud of.

I look forward to seeing as many of you as possible at the Region 3 Assembly and Convention in Oklahoma City in April.

In OA Service,
Wanda S.
Region III Trustee

Financial Responsibility: Reaping Dividends For Your Recovery

Is your program feeling a bit poverty-stricken? Is your intergroup or meeting treasury taking a downward spiral like the stock market? Are you feeling like you are a little light on spiritual riches? Then be sure to attend the workshop “*Financial Responsibility: Reaping Dividends For Your Recovery*” on Friday, April 3, from 3 – 5 p.m. at the Oklahoma City Convention.

In addition to talking about budgeting, financial visioning, the 7th Tradition, and the 60/30/10 concept for donation, the program will also introduce the new 7th Tradition pamphlet: *Give As If Your Life Depends On It.*”

The latest must-have fashion accessory

Hi to everyone! Your Region III Finance/Ways & Means Committee has been busy since September! Our Region fundraiser has been finalized and will be available for purchase at the Spring Assembly in Oklahoma City on April 3-5, 2009.

Here is what the pin looks like:



The lapel pin is designed to reflect the Horizon logo, a blue crown trimmed in gold on a white background and with the “III” in blue and gold, nestled under the crown. It is approximately 1” across and 1/2” high. Blue and white were chosen as they are Region III’s colors.

Why are we sharing this information with you now? Because we are giving you a little teaser now so that the Regional Representatives will have time to obtain some guidance from their Intergroups on how many to purchase. The Reps will have to come prepared to pay for the order at the Assembly. And,

the great news is that the lapel pins are selling for \$5.00 - which is a real bargain considering the Region nets some money to help carry the message – and the Intergroups could charge a little more to their members if they choose to – thus increasing their revenues as well. What a fun way to help carry the message to the still suffering compulsive overeater!

See you in OKC! Your Region III Finance/Ways & Means Committee:

Prue O. Chair, prue@asu.edu

Juda S., okfoxx@aol.com

Anita M., anitamay@cox.net

Joanne M., macdonald45@msn.com

NEED A SPEAKER? HAVE WE GOT ONE FOR YOU!

Contact Mary R. at r3commsec@oaregion3.org for an up-to-date list of Region III Speakers

MINUTES REGION III OVEREATERS ANONYMOUS, INC. SEPTEMBER 20, 2008 TUCSON, ARIZONA

Chairperson Francene A. called the meeting to order at 8:05 AM. She called for a moment of silence followed by the Serenity Prayer. Delores C. read the Twelve Steps. Jan B. read the Twelve Traditions. Darlene S. read the Twelve Concepts. Joanne M. read from For Today and Ellen R. read from Voices of Recovery. The steering committee members were introduced and Karen S., convention chair, welcomed the Assembly to Tucson. Roni B. was appointed as timekeeper.

CREDENTIALS REPORT

Region III Treasurer Juda S. called the roll. The total number of voting members was 30. It was moved and seconded that the credential report be accepted as presented. The motion passed.

PARLIAMENTARY PRODEDURE

Parliamentarian Louise H. spoke briefly about the importance of parliamentary procedure and expressed her pleasure at being a part of Region III Assemblies for 8 years.

STANDING RULES

The proposed standing rules were presented by Region III Recording Secretary Nola W., who moved that the standing rules be adopted as presented. A second was received and the motion passed with a 2/3 vote in the affirmative.

AGENDA ADOPTED

The proposed agenda was presented by Region III Recording Secretary Nola W., who moved that the agenda be adopted with adjustments to be made as necessary. A second was received and the motion passed.

MINUTES APPROVED

The minutes from the Spring 2008 Assembly were included in the packets. There being no correction or additions, the minutes were accepted as presented.

REPORT OF TREASURER

Treasurer Juda S., gave the Treasurer's Report and presented the proposed budget, explaining that the budget would be approved after the committee reports in the afternoon. One correction was made to the Treasurer's Report adding \$1000 received from Region III for the NBNA exhibit. The Treasurer's Report was filed for audit.

REPORT OF VICE CHAIRPERSON

Vice Chair Andrea M. gave her report. She pointed out that the next Assembly would take place on April 3-5, 2009 in Oklahoma City. The Fall 2009 Assembly will take place Sept 19-21 in Albuquerque. She explained the amount of speaker funding that is available.

REPORT OF RECORDING SECRETARY

Nola W., Region III Recording Secretary, expressed her deep gratitude and honor after having been privileged to serve at the Region level for the past 4 years. She put into circulation a blue notebook that each member present needed to sign, explaining that all the contact information would be provided at the end of the day for any who signed up and paid the \$3 for informal notes. An envelope was circulated for the Informal Notes fund.

REPORT OF COMMUNICATIONS SECRETARY

Communications Secretary Mary H. gave her report. She explained that the Horizons newsletter had been published and distributed online and that each member present had received a printed copy in the rep. packet. She explained that a new ISP through SEANIC would be obtained in October and the cost would be only \$47 per year with an initial expense for software. The new ISP will be much better for Region III. She expressed thanks to Richard Fisher for the great work he has done on the Region III website.

REPORT OF CHAIRPERSON

Region III Chair Francene A. presented a green notebook to circulate during the Assembly. The notebook included much information that she wished to share and she explained that members could contact her for information on how to get any materials they need. She expressed her ideas on a buddy system between intergroups and how to increase representation at Region Assemblies in the future. She expressed her gratitude for the wonderful job Tucson had done in preparation for this Assembly.

REPORT OF TRUSTEE

Region III Trustee Wanda S., gave her report. She explained that she had been to Albuquerque twice since the Spring 2008 Assembly in Austin and that we could read about that in her written report which had been provided in the packets. She said that the new 7th Tradition slogan will be "Give as if your Life depends on it." The new manual for Service, Traditions and Con-

cepts is now available. She is available to come to do these workshops. All intergroups are able to order literature at a discount through Wanda. Contact her for more details.

ELECTION OF OFFICERS

The Chair explained that a simple majority is needed to elect officers. Applications from Francene A. for the position of chair and from Beth M. and Marcia F. for the position of Recording Secretary were provided in the packets. She explained why she was running for this position and took questions from the group. Marcia F. also explained why she was running for a steering committee person and took questions from the group as did Beth M. Wanda S. also spoke to the Assembly, explaining her reasons for desiring to run again for the position of Region III Trustee. She answered questions. Thanks to Roni B. for timekeeping during the elections process. A teller committee was appointed and ballots were passed out and collected. Francene A. was elected as Chairperson with a total of 28 votes. Marcia F. was elected to be Region III Recording Secretary since she received 15 votes and Beth M. received 13 votes. Congratulations to those elected and to those who have the courage to step forth to do service at the Region level. Wanda S. was again affirmed by the Assembly. She received 29 votes.

COMMITTEE MEETINGS

A brief description of the purpose of each committee was read and representatives were asked to select a committee to work with during lunch. The committee chairs were asked to return to the Assembly 15 minutes prior to the beginning of the afternoon session of Assembly business.

COMMITTEE REPORTS

12th Step Within

Chairperson Lynn G. gave the report. She explained that the committee was close to finalizing the Relapse and recovery Workshop format and wanted Region III to be able to present the manual as a piece of literature to be approved by World Service. They are gathering a list of Intergroup contacts and hope to get the local groups involved in presenting workshops. Their long range goal is to get the Relapse and Recovery Workshop manual accepted by World Service as a piece of Conference Approved Literature.

PI/PO

Chairperson Barbara V. gave the report. Short term goals are to distribute committee contact information and to create a PI/PO event report form that includes outcomes and expenses. Long range goals are to add the new event report form to the Region III website and to participate in a Colorado Springs event. Accomplishments included writing a motion to amend the Policy Manual. After an amendment to the motion was passed, the original motion was adopted and \$1200 per year will be put aside for the Professional Exhibit Fund.

Communications and Technology

Acting chair Kim G. gave the report. Short range goal were to provide passwords for Heidi. B. and Mary R.H. and to decide on the new ISP for the website. Since this committee has a proposed budget of \$600 and will only need \$100 of it for the ISP expense, and because they will be asking webmaster, Richard F., to set up new role specific email addresses, downloadable and searchable archives, Intergroup email addresses and to post newsletters, they agreed to pay

Richard F. \$500 from their budget. Their long range goals were to draft 2 motions to take to WSBC in May and to create an interactive calendar and registration forms to be posted on the website. Accomplishments included drafting the 2 motions and deciding on the new ISP.

Ways and Means/Finance

Chairperson Prue O. gave the report. Their short range goals were to audit the books since the Spring 2008 Assembly in Austin, to select a fundraising item and have it available at the Spring 2009 Assembly in Oklahoma City. A lapel pin for Region III was one idea and she asked for members to please submit design ideas to her by the end of October. The committee will choose a design in November. If your design is selected, you will get a free pin. Contact Prue at prue@asu.edu. Long range goal was to bring back a quilt idea. A motion was made to instruct the Treasurer to set aside a \$1200 annual line item for the Professional Exhibit Fund. The motion passed.

Bylaws

Chairperson Ellen R. gave the report. Their short range goals were to prepare a bylaws and policy manual change for the next Assembly. Long range goals were to continue to review and revise the Region III Bylaws and Policy Manual as needed. She read the motions that were in the rep packets. The Policy Manual change was adopted making electronic transmission of all Region III documents and communications acceptable was adopted. Also, a bylaws change creating a Unity With Diversity Committee was adopted.

Their accomplishment was to write a motion amending the Policy Manual by adding XVIII regarding the temporary suspension of standing rules and general policies. After discussion, the motion passed and the Policy Manual was amended.

LIFELINE DRAWING

Wanda S., Region III Trustee stated that a total of \$45 was collected and she drew for three Lifeline subscriptions. The recipients were Sheila C., Barb V. and Jan S.

SEVENTH TRADITION

Region III Treasurer, Juda S. announced that the total collected for Seventh Tradition was exactly \$107.00.

BUDGET APPROVAL

Region III Treasurer Juda S. announced that the proposed budget of expenses had increased from \$18,995 to \$20,995. She added the extra \$2000 proposed income to the intergroup donations line item and the budget was then approved. The fiscal year runs from November 1 through Oct 31 each year.

UNFINISHED BUSINESS

None

NEW BUSINESS

Announcements:

Bernie W. congratulated the PR people from the Tucson Convention committee on a wonderful televised interview about OA that was shown both Friday morning and again Friday night! An-

drea M reminded members to hand in their evaluation forms before leaving. She also stated that we are going to be asking about interest in planning a Region III cruise soon. Reminders were given about the Oklahoma City Spring 2009 Assembly and the Fall 2009 Assembly in Albuquerque.

GOOD OF THE ORDER

Nola W. was thanked for her 4 years of service to region III as Recording Secretary and was given a going away gift. She expressed once again her gratitude and deep sense of privilege and honor at being able to serve on the steering committee.

ADJOURN

There being no further business, the Assembly was adjourned. Sine die.

REGION III GROUP DONATION FORM

WSO Group # _____
Group Name _____
Meeting Day and Time _____
Meeting Place _____
Name _____
Phone _____
Address _____
City _____ State _____ Zip _____
Amount Enclosed _____

Make checks payable to **Region III OA**

Send to:

Juda S.
10157 Goldenrod Lane
Midwest City, OK 73130

Thank you for your group's contribution towards carrying the message of OA!