



# Horizon

A newsletter of Overeaters Anonymous Region III

Summer 2009



**October 16 - 18 2009**

Region III Assembly and Convention  
Albuquerque, NM.

Elections will be held for the following Steering Committee positions:

- Vice-Chair
- Communications Secretary
- Treasurer

Applications are available on Region III website, [oaregion3.org](http://oaregion3.org).

**September 25 - 27, 2009**

Colorado State Convention  
Boulder, CO  
[Roseandcats@hotmail.com](mailto:Roseandcats@hotmail.com)

**March 12 - 14, 2010**

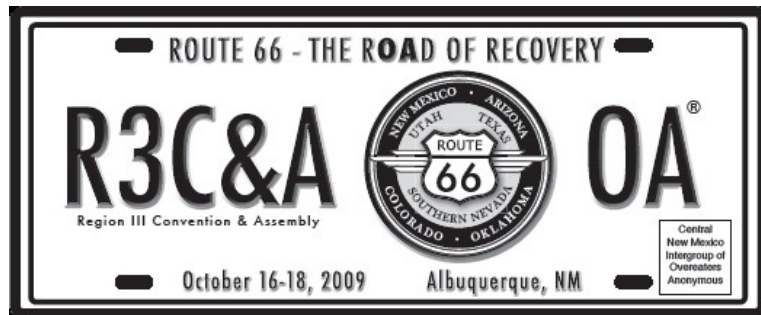
Spring 2010 Region III Assembly and Convention  
Salt Lake City, UT

**August 13 - 15, 2010**

Fall Region III Assembly and Convention  
Tempe, AZ

**August 26 - 29, 2010**

OA World Service Convention  
50<sup>th</sup> Anniversary  
Los Angeles, CA.



Get your kicks – and your recovery – on Route 66 when the Central New Mexico Intergroup of Overeaters Anonymous hosts the Region III Assembly and Convention Oct. 16-18 at The Hilton Albuquerque.

The hotel, located at 1901 University Blvd. NE at the junction of I-40 and I-25, offers rooms at \$129 plus tax, and includes amenities such as a pool and fitness center, free WiFi, high-speed internet and sleeps up to four people. Twenty-five of the rooms have refrigerators and Fido and Miss Kitty can stay with you provided they are maintaining a weight of under 75 pounds (and you pay a \$75 pet deposit).

The rate is good for three days before and after the convention, so call 1-800-236-1767 and ask for the “Central New Mexico Intergroup of Overeaters Anonymous” rate. The deadline to register is September 17, so call today.

Registration before September 1 is \$80; after that date it rises to \$90. Service opportunities are also available during the convention. For more information, contact Sarah at [oceanwavesnh@aim.com](mailto:oceanwavesnh@aim.com). Also visit <http://groups.google.com/groups/CNMIR3> for networking and other info.



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.**  
Chairperson  
[r3chair@oaregion3.org](mailto:r3chair@oaregion3.org)

**Andrea M.**  
Vice Chairperson  
[r3vchair@oaregion3.org](mailto:r3vchair@oaregion3.org)

**Juda S.**  
Treasurer  
[r3treasurer@oaregion3.org](mailto:r3treasurer@oaregion3.org)

**Marcia F.**  
Recording Secretary  
[r3recsec@oaregion3.org](mailto:r3recsec@oaregion3.org)

**Mary H.**  
Communications Secretary  
[r3commsec@oaregion3.org](mailto:r3commsec@oaregion3.org)

**Wanda S.**  
Region III Trustee  
[r3trustee@oaregion3.org](mailto: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](mailto:oar3horizons@gmail.com).



## At your service

As I sit here wrapping up this edition of Horizon in the all-too-brief break between summer school grading sessions, I think about the half-completed application for Region III Communications Secretary that is pulsating on my other screen. Do I really want to fill it out and commit to another to year term if I am re-elected? After more than three years on the Steering Committee, it would be an honorable time to step down from doing service. And this column, with only a few editorial changes, could serve as my parting manifesto, Mary's Farewell Message to the Region III troops.

Instead I sigh, switch screens, and pray for the willingness to work on the next question on the application.

I'm frequently amazed that I end up doing any kind of service, let alone service at the Region III level. It's just not in my DNA. My dad, a World War II veteran, warned his kids that the first rule of life in the infantry was “Don't Volunteer For Anything.” But that didn't stop my parents from loaning their seven kids out as a modern-day press gang. “Sure, they'll be glad to help” led to unpleasant things like climbing on rickety ladders to pick grapes from vines, canvassing for politicians we never heard of and shoveling my brother's clunker cars out of

snowbanks after blizzards. Keep your eyes down when they ask, I discovered, and someone else will do it. Happily, there were plenty of untreated Al-Anons in my immediate circle so the jobs got done.

As I grew in recovery and learned to construct those magical, mystical things called boundaries, I learned I didn't have to weasel my way out of every service opportunity. When I learned to say no, I be-

**Region III Committee  
Chairs**

**Ways and Means / Finance**  
Prue O.  
[prue@asu.edu](mailto:prue@asu.edu)

**PI / PO**  
Barbara V.  
[r3\\_pi\\_po@oaregion3.org](mailto:r3_pi_po@oaregion3.org)

**Communications**  
Kim G. and Mary H.  
[r3commsec@oaregion3.org](mailto:r3commsec@oaregion3.org)

**Bylaws**  
Ellen R.  
[r3\\_bylaws@oaregion3.org](mailto:r3_bylaws@oaregion3.org)

**12<sup>th</sup> Step Within**  
Lynn G.  
[r3\\_12stepwithin@oaregion3.org](mailto:r3_12stepwithin@oaregion3.org)

came free to say yes. I don't want to be the soccer team mom, but I will sign up to bring snacks to a game. I don't want to serve on the parish council, but I am willing to lector at Mass. I'm too math-impaired to serve as Region III treasurer, but I'm happy to carry the message via the website and this newsletter. I can do my part.

Doing service at the Region level has at times been intimate, intimidating, humbling frustrating, It has pushed my buttons and touched my heart. It has left me weepy and laughing so hard I almost went into bronchial spasms. It has given me a whole new set of sisters (hey, potential brothers, you can do service too) and a renewed connection with my Higher Power.

This fall in Albuquerque, Region III has three openings on the Steering committee: Vice-Chair, Treasurer and Communications Secretary. There's still time to sign up – check the website for an application – and the deadline is September 1. Present and previous officeholders have put together a list of best practices that are printed elsewhere, so read through them and see if any of these jobs match your interests and experience level.

And if my H.P. wants someone else to take this job, I'll happily pass along my materials as well as my experience, strength and hope to the next person. At the very least, I'll save a fortune on airport Webkins, t-shirts and memorabilia for my 10-year-old.

As always, thanks for the opportunity to do service.

-Mary H.

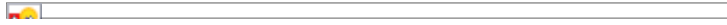


**A message from our retiring treasurer**

I have been so privileged to be the Region III Treasurer for the last 2 years. The trip to the mailbox has been the best part of my day; most days I receive at least one letter from the groups or intergroup. I can look forward to having mail that isn't a bill or junk mail.

It has been a learning experience for me to see how the Region funds work to carry the message. I have been blessed to have this service work to do for Region III. I wish I felt healthy enough to continue this service to OA, but there comes a time when one must slow down. That time has come to me. I will still attend the Assemblies when I can so this is not good-bye but so long for a while.

A Big OA Hug to All  
Juda S.



## **Reach out, Recommit, Recover**

The “3 Rs” for those struggling within program.

Start a Relapse Prevention/Relapse Recovery workshop in your area - the format is available at [http://www.oaregion3.org/misc/relapse\\_recovery\\_workshop.pdf](http://www.oaregion3.org/misc/relapse_recovery_workshop.pdf).

Contact us at [r3\\_12stepwithin@oaregion3.org](mailto:r3_12stepwithin@oaregion3.org) for support or to share your experience, strength and hope of recovery from relapse.

Region III 12<sup>th</sup> Step Within Committee



## **Kick it up a notch (or two)**

At the upcoming Albuquerque assembly, elections will be held for the Steering Committee positions of Vice-Chair, Treasurer and Communications Secretary. These are excellent opportunities to advance your service work to another level.

### Vice-Chair

- Serves as the Convention Coordinator for the upcoming Region III Assemblies/Conventions.
- Serves as the interface between the Assembly and the host body during the convention.
- Handles speaker funding requests for the Region.
- Presides over the Assembly in the absence of the Chair.

### Treasurer

- Handles all donations to Region III.
- Manages the Region III bank account.
- Handles disbursement of Region funds.
- Co-chairs the Ways and Means/Finance committee.

### Communications Secretary

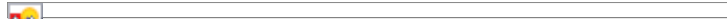
- Publishes the Horizon newsletter twice a year.
- Manages the Region III web site.
- Answers public queries by e-mail or telephone – typically about meeting locations and times.

Please refer to the [Region III By-Laws](#) or contact the current officeholders for more information (see the Steering Committee directory on Page 2).



## **NEED A SPEAKER? HAVE WE GOT ONE FOR YOU!**

Contact Mary R. at [r3commsec@oaregion3.org](mailto:r3commsec@oaregion3.org) for an up-to-date list of Region III Speakers



### **MINUTES SPRING ASSEMBLY REGION III OVEREATERS ANONYMOUS, INC. APRIL 3-5, 2009 OKLAHOMA CITY, OKLAHOMA**

Chairperson Francene A., called the Region III Assembly to order at 8:00A.M. She called for a moment of silence, followed by the Serenity Prayer. Priscilla L. read the Twelve Steps. The Twelve Traditions were read by Ellen R. Janis R. read the Twelve Concepts. Joanne M. read from *For Today* and Barbara V. read from *Voices of Recovery*.

The chair introduced the Steering Committee:

Chair: Francene A.  
Vice Chair: Andrea M.  
Recording Secretary: Marcia F.  
Communications Secretary: Mary H.  
Treasurer: Juda S.  
Trustee: Wanda S.

The convention chair, Dianne W., welcomed the Assembly, and the Region Chair expressed appreciation for their hosting the Assembly.

The Chair appointed Barbara R. to take informal notes. The Chair appointed Roni B. as timekeeper.

#### **CREDENTIALS REPORT**

Juda S., Treasurer, gave the credentials report, moving that it be accepted. There are 21 voting representatives present, four Steering Committee members who can vote, making a total of 25 voting members. Prue O. seconded the motion. It having been moved and seconded that the Credentials Report be accepted as presented, the vote was unanimous, "Aye."

#### **MINUTES OF THE FALL ASSEMBLY**

The minutes have been distributed to the representatives. The minutes were approved as presented.

#### **PARLIAMENTARY PROCEDURE**

The Chair introduced Louise Hall, our Parliamentarian, and she spoke briefly about parliamentary procedure.

#### **STANDING RULES**

The proposed standing rules were presented by the Recording Secretary, Marcia F., who moved that they be accepted as presented. Barbara V. seconded.

A motion was made by Bernie W. to change the standing rule # 8 to read "The secretary may tape the meeting (if the Recording Secretary chooses) for the purpose of clarity in transcribing the minutes." The Standing Rules were adopted as amended.

## **AGENDA**

The proposed agenda was presented by the Recording Secretary, Marcia F., who moved that it be adopted as presented. The motion was seconded and adopted.

## **CHAIR'S REPORT**

Chair Francene A. gave her report. Three positions are open for election at the fall 2009 Assembly: vice chair, treasurer, and communications secretary. Applications are to be made online at [oaregion3.org](http://oaregion3.org). A Buddy List was given to each Intergroup.

## **VICE CHAIR'S REPORT**

Vice Chair, Andrea M. gave her report. The Albuquerque Assembly will be Oct. 16th-18th, 2009. Salt Lake will be March in 2010. Phoenix will likely be August 13-15, 2010.

Two funding requests were made for public information or professional outreach. An Assembly Liaison position may be added to the manual.

Andrea answered questions about email aliases and Intergroup access.

## **RECORDING SECRETARY'S REPORT**

The Recording Secretary, Marcia F. passed around an envelope for informal notes which may be received by email or a hard copy. She passed around the sign in book requesting an email address, as all information will be transmitted electronically for the next Assembly. Updates should be sent to [recsec@oaregion3.org](mailto:recsec@oaregion3.org).

Marcia thanked Barbara V. and Christine S. who have been appointed to the reference committee at WSBC 09.

## **COMMUNICATIONS SECRETARY'S REPORT**

The Communications Secretary, Mary H. gave her report. She reported that the aliases for the Steering Committee are on the website, and they are also listed in the *Horizon*. Check [oaregion3.org](http://oaregion3.org) for the current copy.

## **TREASURER'S REPORT**

Treasurer Juda S., introduced the runner, Katrina, for the morning errands and then she gave her report.

She stated as of Feb. 28, 2009 the balance is \$4,424.08. Money will be used to fund representatives, pay for chair to go to WSBC, and expenses of steering committee. Juda requested that contributions include the name and number of the group and Intergroup.

The treasurer's report will be filed for audit.

## **TRUSTEE'S REPORT**

Wanda S. stated that she had attended the February board of trustees meeting in Albuquerque. Wanda serves on the *Lifeline* committee and passed out an envelope for the drawing. Wanda also serves on the translation committee. She will be running for a 3-year term as trustee at WSBC.

## **BREAK**

The 7<sup>th</sup> tradition envelope will be passed this afternoon.

## **COMMITTEE MEETINGS**

Francene introduced the committee chairs and read a brief description of each committee. Representatives were asked to select a committee to work with during lunch. Committee chairs will meet 15 minutes prior to the time the Assembly reconvenes.

The Chair announced a conference call for committee chairs and the Steering Committee will be July 25 at 12:00 noon Arizona time.

## **COMMITTEE REPORTS**

Unity with Diversity: Eric B. chair:

Statement of purpose is to encourage and promote acceptance and inclusivity embracing tradition of unity. Race, creed, nationality, gender, sexual orientation, other traits create perception of minority.

Ways, Means and Finance: Prue O. chair .

She talked about pins to sell for \$5.00 as a fundraiser and discussed the audit to be done this afternoon. The committee looked at budget guidelines and will help Juda S. prepare the budget for Albuquerque. The committee is considering a cruise for R3 to go out of Galveston or Houston and cost \$500-\$800 for a 4 or 7 day cruise.

A motion was made by Prue O. to continue to plan an Assembly for 2011 Spring Assembly which would be a one day followed by a cruise out of Galveston/Houston to include our usual convention. Motion passed.

Bylaws: Ellen R. chair.

Short range goal is to amend the bylaws and Policy manual. Long term goal is to make sure R3 and WSO bylaws are coordinated.

A motion was made by the Bylaws committee. Amendment to XIII – Committees; B adopted to read: "Special committees may be established by the Steering Committee or Region III Assembly as needed, and those committees may be dissolved when their stated purpose has been accomplished." The motion was amended by Bernie W. to read: "committees will be dissolved when their stated purpose has been accomplished. The amended motion was adopted. A motion was made by Ellen R. for a proposed amendment to change the Policy Manual XII-Treasurer's Books to read: "The Region III financial records shall be made available to the

Finance/Ways and Means Committee no later than 60 days before the next Assembly for audit". Vote 13 for, 10 against – Chair ruled that motion fails, as there was no prior notice and it requires a 2/3 vote.

Public information/Professional Outreach (PI-PO): Barbara V. chair.

Short range goal is to distribute internal contact information and create a flier for intergroups of Region III.

Long term goals are to send out press releases to Intergroups and devise a template for Intergroups to use for a professional information/outreach event to report to the committee.

Accomplished: Dallas Intergroup sponsored billboards, wrote to “Dear Abby” and referenced in her column, 2 professional outreach events ( Food Addiction Professionals in Houston, and Colorado Springs manned a booth at an Addictive Disorders group). Austin brought information to the Austin Recovery center.

Twelfth Step Within: Lynn G. chair.

Short range goals: advertise committee in *Horizon*, use technology for committee’s benefit.

Long range goals: Compiled list of local committee chairs, speakers list to be updated yearly, trying to get Relapse and Recovery Workshop published at WSO.

Communications/Technology: Kim G. chair.

Short term goals: Present motions at WSBC and Heidi will show R3 Recording Secretary how to update R3 aliases.

Long term goals: Develop email etiquette guidelines and explore adding features to website (event calendar, archive capability). Accomplished: shared password to website. A motion was made by Heidi B. to make “webmaster” an “ex-officio” member of the Steering Committee. Chair, declined this motion and referred it to the bylaws committee for investigation.

A motion was made by Heidi B. to reimburse webmaster’s expenses to R3 spring 09 and fall 09 Assemblies, rather than paying for web services, from the remaining \$500 Technology and Communications already approved fall 2008. Motion adopted.

## **WSBC BUSINESS**

Two motions to be heard at WSBC from Region III were affirmed by the Representatives. The motions were read in the amended form as they will be presented at WSBC with possible amendments as suggested by the Reference Subcommittee at WSBC. Kim G. presented the two motions to be presented to WSBC and practice sessions about concerns followed.

## ***Lifeline* DRAWING**

Wanda S. reports we collected enough money for three subscriptions. Winners were: Jan B., Joanne MacD., and Joanne W.

## **REPORT ON 7<sup>TH</sup> TRADITION**

Seventh Tradition envelope contained \$128.

## **UNFINISHED BUSINESS**

None.

## **NEW BUSINESS**

None.

## **ANNOUNCEMENTS**

- Andrea M. reported on the Friday workshop about the Seventh Tradition and the Region III inventory part 2.
- Denver formally put forth the bid for fall 2011 Assembly. Vote: approved.
- Fall Assembly on October 16<sup>th</sup>-18<sup>th</sup>, 2009 in Albuquerque.
- Fall Assembly August 13<sup>th</sup>-15<sup>th</sup>, 2010 in Tempe, Arizona.

There being no further business, the meeting was adjourned at 4:10, sine die.

Marcia F, Region III Recording Secretary

## *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!