



# Horizon

A newsletter of Overeaters Anonymous Region III

Spring, 2010



**March 12 - 14, 2010**  
Spring 2010 Region III Assembly and Convention  
Salt Lake City, UT

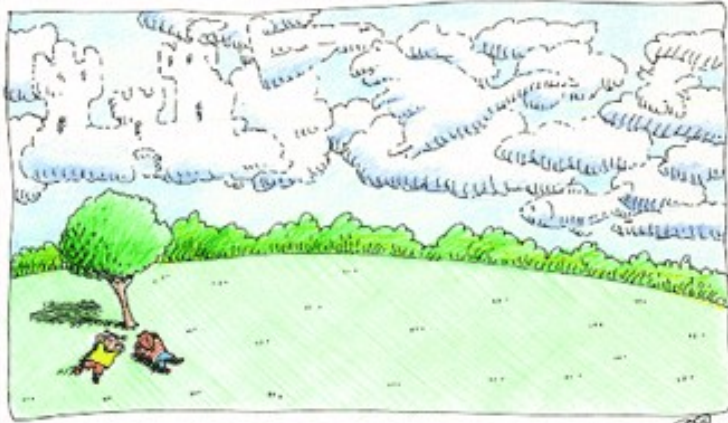
**August 13 - 15, 2010**  
Fall Region III Assembly and Convention  
Tempe, AZ

**August 26 - 29, 2010**  
OA World Service Convention  
50<sup>th</sup> Anniversary  
Los Angeles, CA.

**March 20 - 27, 2011**

Region III  
"Recovery at Sea"  
Cruise

For the latest list of upcoming events, see the Region III calendar at [www.oaregion3.org/calendar](http://www.oaregion3.org/calendar) and the WSO Calendar at <http://www.oa.org/date-book.php>.



The Utah Soaring Intergroup is hosting the Region III Spring Assembly and Convention with the theme "*A Place Called Acceptance*", March 12 - 14 at the Hilton Garden Inn in Salt Lake City, Utah.

Registration for the convention is **\$80** and increases to **\$90** after February 1. Participants have the choice between an all-day retreat on Saturday called "Acceptance Is the Answer Today" or a more traditional track of workshops titled "A Place Called Hope, Trust, Peace, Strength and Fellowship."

Accommodations at the Hilton Garden Inn, 250 West 600 South in Salt Lake City are **\$79** per night with single to quad occupancy. All rooms include a refrigerator and microwave. The rates are available from March 3 to March 18, but reservations must be made by *February 25*. Call *801-364-5200* for reserve a room and be sure to ask for the special OA convention rate.



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)

**Jan B.**  
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.

## **Recovery is a Click – Or a Stamp – Away**

Are you isolated from other OA members because of life circumstances or schedule? Would you like to help others who cannot get to meetings, yet want to be part of the solution?

Then you need to be part of OA's Service-by-Mail/Email program. Become a sponsor, find a sponsor or correspond with another member as a pen pal – or do all three. Sponsors are especially needed.

To sign up, fill out the Service By Mail/Email Application Form and submit it to the WSO with your \$10 fee.

For more information contact the WSO at 505-891-2664, fax to 505-891-4320, or by email at <http://www.oa.org/services-for-members/service-by-mail.php>.

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## **A Vision for Everyone**

Even when I was locked in the dark cave of my disease, I never lost faith in Someday. As in, someday when I grow up and magically lose 100 pounds, I will be transformed into a famous author. Or be elevated to my rightful place as Supreme Overlord of the Galaxy. Or at the very least, bat clean-up for the Boston Red Sox. Those really weren't harmful day dreams and they helped me survive some grim times as a teenager. But given the realities of my life at that time, they would never be anything more than fantasies.

As I started to heal from my disease by working Steps One through Nine, the hemorrhaging wound of addiction faded into a ropey scar. The healthier I became,

the less important some of those old dreams became. I'd never play at Fenway Park, but I could join a fitness class. I'd never be Ultimate Ruler of the Universe, but with my ego shrunken to its proper size, I no longer wanted the job. The one

**Region III Committee  
Chairs**

**Ways and Means / Finance**  
Prue O.  
[r3wmfchair@oaregion3.org](mailto:r3wmfchair@oaregion3.org)

**PI / PO**  
Barbara V.  
[r3pipochair@oaregion3.org](mailto:r3pipochair@oaregion3.org)

**Communications**  
Kim G. and Mary H.  
[r3ctchair@oaregion3.org](mailto:r3ctchair@oaregion3.org)

**Bylaws**  
Ellen R.  
[r3blchair@oaregion3.org](mailto:r3blchair@oaregion3.org)

**12<sup>th</sup> Step Within**  
Lynn G.  
[r3tswchair@oaregion3.org](mailto:r3tswchair@oaregion3.org)

**Unity With Diversity**  
Eric B.  
[r3uwdchair@oaregion3.org](mailto:r3uwdchair@oaregion3.org)

thing I still held onto was my dream of writing. And within that last fantasy I saw the underpinnings of a vision.

I soon came to see that there is a huge difference between a fantasy and a vision. A fantasy is ethereal, futuristic, dependent on rescue or bailout. It's mentally calculating my royalty checks from my best-sellers, but never actually writing a word. A vision is more concrete, more manageable, and part of a process. It evolves thorough writing, prayer, discernment, accountability and action. It requires faith and movement. It's made up of small steps – committing to writing, finding a critique group, sending out queries. It is the ultimate outcome of working Steps Ten, Eleven and Twelve and it is infinitely more satisfying than any fantasy could ever be.

Visioning can also be a useful process for intergroups, whether they are struggling just to attract members or are an active, thriving body eager to improve the way they carry the message. The vision

quest starts when intergroups ponder this question: How would this service body look if we operated it under God's perfect plan for us? What would this look like and what steps would we need to take to get there?

The success of the visioning process was highlighted in a workshop presented by Roni and Janis of the Southeastern Arizona Intergroup (SEAZ) at the fall Albuquerque Assembly. They explained how the Tucson intergroup had undertaken a five-year plan for improving service in four areas: *Strong Meetings, Committed Service Bodies, Public/Professional Awareness* and *Financial Health*. The intergroup used a spreadsheet to break down process into the following headings: **Vision, Goal, Objective, Tasks, Responsibility** and **Status**.

For example, for the vision of financial health, SEAZ listed its objectives as: "Sufficient contributions to enable SEAZ OA to grow: sufficient contributions to do outreach to the public and professionals; all levels of service structure are fully self-supported.

The **Goal** was to "increase OA awareness of the 7<sup>th</sup> Tradition."

Under **Tasks**, the group came up with a variety of suggestions including writing articles for the newsletter, performing the "What It's Worth" skit at meetings, circulating the new 7<sup>th</sup> Tradition pamphlet, educating all group treasurers on the 60/30/10 split, contacting treasurers of groups who have not made any recent do-

nations (when appropriate), and reviewing its visions and goals once a quarter.

These tasks were assigned to a variety of intergroup members and officers. The final goal, Creative fund raising, was to come up with suggestions for new funding sources, including a raffle at the once-a-month speaker meeting. The responsibility was given to a Special Events/Ways and Means Subcommittee.

Both Roni and Janis stressed that the process worked by prayerful consideration of God's will for the intergroup, using meeting time to generate visions and goals, and making specific members and committees accountable for competing various assignments. The last column, **Status**, was a handy way to keep track of the action items progress.

If you are spend time in your intergroup fantasizing about all the wonderful things you could accomplish if only Someday, something would miraculously happen – direct your focus on the visioning process. And be open to what God will show you.

-Mary H.



## ***We Are Also Your Trusted Servants***

Having a problem with a meeting in your intergroup? Frustrated by declining membership? Concerned about tradition violations? We are at your service! The Steering Committee, in addition to our Trustee, are available to help with your problems and concerns. Contact the chair, vice-chair, treasurer, communication secretary and the recording secretary by using our handy-dandy email aliases listed at the front of this newsletter as well as on the [Region III web site](#). Recovery is standing by!

### **Answers at your fingertips**

- How should my meeting address its problem with service burnout?
- What should we do when a leader focuses the meeting on a piece of non-Conference approved literature?
- Can we mention specific foods during the meeting?
- Is it a tradition break for members to make God non-gender specific when reading the Steps, Traditions or other OA literature?

These are not new questions – but now the answers can be easily accessed on line. Check out [Lifeline's Ask-It Basket Archives](#) at [oa.org](#).

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## ***A Message from your Trustee***

Here we are in a brand new year – a brand new decade – and I hope that it is going well for you. Many exciting service opportunities are coming up this year, and I hope that we can all take advantage of as many as possible through attendance at local workshops, retreats, intergroup, regional assemblies and conventions, and the world service business conference.

We are gearing up for the next region assembly and convention to be held in Salt Lake City, and I know that the Utah Soaring Intergroup is working hard to make this a wonderful weekend in “A Place Called Acceptance.” Wouldn’t it be wonderful if each intergroup could send at least one representative to this assembly! I well remember my very first assembly, which was held in Austin. I went as an alternate, as we knew that our intergroup’s representative would be rotating out of that service. I am so thankful I had the experience of going as an alternate and just observing the process. I watched the process closely so that when it came my time to serve as a representative, I had some idea of what to do. Which brings me to the point – I want to encourage alternates to come and observe the assemblies. What a difference it could make in the rotation of service to have someone ready to step in and do that service. Anyone who is coming to the convention can also come in the assembly to observe the process and perhaps become the next representative for your intergroup.

Of course, I want to encourage everyone to come to be a part of the recovery weekend. This week I have been recovering from eye surgery and I have had a chance to listen again to the recordings of the workshops from the last convention. What I heard was many stories of re-commitment to abstinence and program, finding sponsors, and being rejuvenated in spirit. I hope to see you in Salt Lake City!

In November I attended the Board of Trustees meeting in Albuquerque. There is much work being done to prepare for the World Service Business Conference,

### **Changing Intergroup Chairs?**

Help us keep the *Region III Intergroup Loop* functioning by notifying by our Recording Secretary Marcia F. at [r3r-sec@oaregion3.org](mailto:r3r-sec@oaregion3.org). of any chairperson changes at the local level.

Be sure to include the new chair's first and last name, phone number and email address. Since many intergroups run on a calendar year, this is very important to keep us updated.

Region III will not use your personal email; instead we will create an email alias. Remember, while anonymity is a foundation of our program, we are not anonymous within the fellowship.

and by now you should have received the Conference Mailing #2 containing the proposed new business motions and proposed bylaw amendments along with the Agenda Questionnaire. I urge you to go over these at your next intergroup meeting and return the Agenda Questionnaire so that it reaches the World Service Office by February 25, so your intergroup has a voice in the conference agenda, whether or not you will have a delegate representing your intergroup at conference.

You will hear much about the excitement of the planned Region 3 cruise, so I will refrain from putting in my plug for it here, except to say that I have already booked my place on this exciting recovery cruise!

Blessings to Region 3 in the new year!

In OA Service,  
Wanda S.  
Region 3 Trustee



### ***Birthday Donations Take the Cake***

If you are celebrating a significant recovery birthday this year, why not commemorate it with a special donation to Region III! Think of all the money you spent in the past for belly-button birthday cake and ice cream and give the gift of recovery throughout the region. See the [Region III donation form](#) for more information.



### ***Spread the Word***

[\*Start Living the Life You Deserve\*](#), a new radio PSA, is now available through World Service for \$15 a copy. Each CD contains 60-, 30- and 15-second spots along with a script and a cover letter to the stations. Order your copy today at the Bookstore at <http://www.oa.org/>.



### ***Delegate and Designate***

Use your computer to carry the message by volunteering to serve as [Designated Downloader](#) for your group or intergroup. Be sure to check the [WSO](#) and [Region 3 web site](#) for publications such as [Horizon](#), [The Courier](#), [A Step Ahead](#) and other OA materials.

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### ***Need a speaker?***

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

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### ***Stay In The Loop***

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 [r3-commsec@oaregion3.org](mailto:r3-commsec@oaregion3.org).

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## ***MINUTES OF THE FALL ASSEMBLY REGION III OVEREATERS ANONYMOUS INC.***

***October 16-18, 2009  
Albuquerque, New Mexico***

The official minutes of the Fall, 2009 Assembly are posted on the Region III web site:

<http://www.oaregion3.org/assemblies/>

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# *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:

**Jan Blue**  
**8610 West 68th Place**  
**Arvada, Co 80004**

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