



# OA Region One

## The Heartbeat of Recovery

www.oaregion1.org  
Winter 2009

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# UNITY DAY

### Coming Events

(Detail information can be found at:  
<http://www.oaregion1.org/Events/Events.htm>)

#### UNITY DAY

**Saturday, February 27, 2010**

10:00 AM – 2:00 PM

Trinity United Methodist Church

100 Blake Ave., Sequim, WA 98382

#### OREGON IG SERENITY RETREAT

**March 19-21, 2010**

Twin Rocks Conference Center

18705 Highway 101 North

Rockaway Beach, OR

Contact: Deborah at 503-781-3571 or Dorothy at 503-520-1855

#### NORTH CASCADES IG SPRING RETREAT

**April 2-4, 2010**

Historic Camp Casey

Whidbey Island

Contact: Robert O. at 425-583-9451 (robertoglesbee at comcast.net)

#### LAKE COUNTRY IG ANNUAL RETREAT

**April 23-25, 2010**

N-Sid-Sen Camp/Conference Center

Coeur d'Alene, ID

Contact: Jessie M at 509-928-6527 mcdonaldspokane at aol.com

#### VANCOUVER ISLAND IG SPRING RETREAT

**June 4-6, 2010**

The Bethlehem Retreat Center

Nanaimo, BC

Contact: Peg at 250-598-6110 harris1 at telus.net

A special day celebrating Overeaters Anonymous. This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. Pacific Standard time, OA members pause to reaffirm the strength inherent in OA's unity.

**Quarterly Newsletter published by the Region One Assembly of Overeaters Anonymous**

#### EDITORIAL POLICY

Materials submitted cannot be returned nor payment made. We reserve the right to edit. Articles may be reprinted by other anonymous groups without permission but with credit given to the writer and this newsletter. Opinions expressed in the O.A. REGION ONE Heartbeat of Recovery reflect those of the writer and not of Region One or OA as a whole.

#### Issue dates and topics for 2010 are:

<u>Date</u>	<u>Issue</u>	<u>Topic</u>
January 15	Winter	Steps 1 – 3
April 15	Spring	Steps 4 – 6
July 15	Summer	Steps 7 – 9
Sept 15	Fall	Steps 10 – 12

Please contact the Newsletter Editor for distribution, changes, articles, and questions.

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## Region 1 Committee Highlights

We need **COMMITTEE VOLUNTEERS** for the coming year. Please contact the Region 1 Chair if you are interested in this service. Our Region is filled with talented people who would be an asset to the region. Please consider this service to enhance your recovery in program.

Thank you from the Region 1 Board



### From the Board

Chair	Debbie
Co-Chair	Cynthia
Treasurer	Holly
Secretary	Merry
Newsletter Editor	Martha
Trustee	Open

### Income and Expense Summary for Q4 2009

#### Income Categories

Individual and Group Donations	2333.49
Ways and Means	2324.93
Adjustments (Canadian exchange rate)	(96.53)
<b>Total Income</b>	<b>4561.89</b>

#### Expense Categories

Assembly Expense	2921.67
Board Meeting Expense	744.46
Outreach Expense (Newsletter printing)	275.00
Assembly Scholarships	1014.39
Administrative Expense	144.67
2009 Quilt Expense and 2010 seed money	648.00
Chair Travel Expenses	1189.56
Registration for WSBC for 2 region reps	198.00
<b>Total Expenses</b>	<b>7135.75</b>

**Funds on Hand 12/31/09** **\$9,275.38**

**Note: The proceeds and return of seed money from Convention 2009 were expected to be received in Q4 2009, but will actually be received in 2010.**

## To All OA Service Bodies

The WSBC Professional Outreach Committee is requesting the service of all OA service bodies in helping us toward our goal of reaching Medical and Mental Health Care Professionals throughout the world. The following is the information your individual groups will need to help reach our goal.

Please refer to the link below at [www.oa.org](http://www.oa.org) for the WSBC Professional Outreach Committee plan for reaching our Mental Health Care Professionals. Please open the link and print out the materials. These are downloadable and give detailed descriptions of the process we suggest for a successful outreach. The goal is to have service body reps bring this information back to their home group and announce this project during their OA announcements. This project goes one step further than just doing the outreach. We are asking those who bring a packet to either their Medical or Mental Health Professional report back to the committee chairs so we are able to track the effectiveness of this project. These steps are clearly outlined including a poster to post at your meeting.

<http://www.oa.org/services-for-members/service-body.php#outreach> (listed under Professional Outreach Suggestions)

Thank you for your service in extending the hand and heart to compulsive eaters through our medical community. Please contact us if you have any questions.

Jane Blanchard  
Judy Cook

[jane@janeblanchard.net](mailto:jane@janeblanchard.net)  
[amethyst@rcn.com](mailto:amethyst@rcn.com)



### Meet A New Board Member – Cindy W. Co-Chair



#### My OA Story: Sci-Fi

The aliens who abducted me didn't understand abstinence. They kept offering me my binge foods, alternately poking my ribs and gently pinching an inch of my flesh between their slender chartreuse feelers.

I enlisted the help of an interp-robot to address their questions.

"Your abstinence, this thing we don't understand."

"It is a way of consuming nutrients to keep my body healthy."

"We have heard other earthlings say their abstinence is the most important thing in their lives without exception. What do they mean?"

"I believe they are saying that without a clean abstinence that their lives are joyless, unhappy and shackled to their addiction."

"Would their planet's welfare come second?"

"I guess."

"Would their family's welfare come second?"

"I think so."

"Would..."

This species, are, in my opinion, the most curious of all the aliens I'd been abducted by. They asked twenty questions to clarify one point and there was no cutting their line of questioning short. I'd tried it. They simply began over again. So I rolled my eyes and answered. Finally, the 20th question.

"Would their body coverings come second?"

"Yes."

Grognag, the second in command, a genderless, lavender creature, resembling a cross between a walking stick and a killer whale, waved its antennae in confusion.

"But you do not claim this!"

"No, I believe my relationship with my Higher Power is first, even though I don't always pursue it like I want to."

The line of questioners, seated before me, frizzled their wiggits. I knew that they were talking among themselves.

"When did you come into this OA community?"

Grognag asked.

"In 1991. I'd tried a weigh and pay program and never found long term recovery. I finally realized when I began to try purging as the solution to my compulsive eating, that this was a deeper issue than a diet could address. So I came to OA." I could tell that the twenty questions were being formulated in Grognag's pulsing head. I sighed. Dr. Bob would never have imagined twelfth stepping an alien.

"Why did you come to OA?"

"Nothing else worked for me."

"Why are you still in OA?"

"I found that the steps, tools, and meetings keep me sane and abstinent. I maintained a normal body weight for over nine years, went into a relapse and finally got abstinent again. I'm very grateful to have never quit."

"Do you have friends in OA?"

"Yes, a community of like-minded people who understand this addiction."

"And you put forth risk and effort for them?"

Grog was referring to service. "Yes. I've been a delegate to WSO, intergroup chair, treasurer, you name it I've pretty much done it. Imperfectly. And got more out of service than I ever imagined."

"Exemplary" Grognag sighed, blushing dark blue with approval.

"Well, I'm no saint! I still have my problems with food and judgment and all kinds of other human realities, but OA gives me tools to rely on; the telephone, journaling, meetings, etc."

"Where is this OA?"

I gave him my local meeting schedule and the address for the web site. He pressed it to his, er, I guess it was an arm pit? – and the others began frizzling again. Telepathic little sons of guns among their species. Probably coming up with the rest of the questions.

"Grognag, would you mind if we continued this later?", I asked him.

He blanched white, a signal that he agreed.

"Why do you wish to interrupt this process?"

"I have a meeting to go to. Wanna bring your buddies?"

Grognag tripped excitedly. Soon they were all tripping. I plugged my ears with my fingers.

"Ok, ok! We'll go now. But remember! No cross talk at the meeting! And try to blend in."

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### Recovery Corner – Steps 1, 2, and 3

#### "I can't; God can; I think I'll let God!"

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 19*

Before I came to OA, God showed me that I hurt my relationship with Him when I ate sweets. I was a glutton, and I couldn't eat junk food in moderation. I vowed that I would never eat these harmful substances again. Of course, I couldn't stick to my vow! I made the vow for the right reasons, knowing by then that my weight wasn't the main issue, but I was trying to keep the vow through my own strength. Thank God for OA, which brought the reality of Steps One, Two, and Three into my life. I now trust God to do for me what I have never been able to do for myself. I am powerless over food and the rest of my life. By God's grace, I am able to stay abstinent and live in His will "one day at a time"!

*Voices of Recover, pg 6*



In attending WSBC and Region One Assembly, I've found the power and pleasure of service. In and of itself, just being there is eye-opening and inspiring. But aside from the experience of being there it has multiple side effects.

#### 1. Cheer and encouragement.

If I get tired of abstinence and working the program, I am strengthened and focused to keep moving ahead.

2. Getting to know people from all over the region or world is tremendously affirming, personally.
3. I get to know that I took my turn to insure that OA will always be there for me.

4. At these venues I derive some innovative ideas regarding how to handle group or intergroup issues from disruptive behavior to fundraising.
5. I've come to appreciate the organization of OA WSO and Regions. Tremendous work goes on, for my benefit.

All in all, service and attendance is so gratifying and the friends I make and see there. I recommend not to be afraid to step forward to Region or World Service.

Alice, Anchorage, AK



## Step 2

“Came to believe that a power greater than ourselves could restore us to sanity.”

I think that I always believed that there was a power greater than myself that had the power to do just about anything, including changing my heart and mind to serve some great altruistic purpose. I thought that if I could align myself with the attitudes and actions that would help to promote such purposes, my life would have more meaning and I would be content.

When I resumed attending Overeaters Anonymous meetings after a long, lonely, and frustrating absence, I was elated to find that the program made so much sense to me. I realized that God had never really left me. I had just been ignoring his presence and that all the good things in my life had been given to me by him. He truly was working in my life and I was finally ready to work a 12-step program to help me discover his will for me. I figured that any change for the better in my personality would have to benefit others as well as myself in order to be fostered by my higher power and maintained by me. What that means to me is that my higher power is in charge of which crazy food behaviors and attitudes drop off first on my road to becoming a more useful, productive, and serene person. Learning to trust and rely on God's timetable and surrendering to his will is a process that is setting me free from bondage to food.

When I think about being restored to sanity as it applies to my food compulsions, I tend to think of it as a gradual change in my beliefs, attitudes, and approaches to life events. The desire to use food as a sedative diminishes when I reinforce the belief that it is never soothing and is in fact, always toxic to my mind, body, and spiritual well being. Ingesting more food than I need retards my growth as a person and causes me to waste time and miss opportunities to help others. It makes me want to hide from my family and my responsibilities. The fantasy that chewing is a harmless pacifier goes away in light of these truths for me. As a coping strategy, compulsive behaviors with food were certainly ineffective for me and had been for a long time. I just didn't know

what else to do until I became reacquainted with OA's 12-step recovery program.

In looking back over my time in OA, I can see that I have made progress in becoming sane concerning physical, emotional, and spiritual matters. I believe that I am on the road to recovery, although my recovery has not gone as quickly or in the way I would have preferred. I would have preferred to be totally indifferent to food by now, but I trust that with my higher power in charge, I am progressing at the best possible pace. When I ask for guidance from my higher power I always receive the answers to my questions and the solutions to my problems when I am able to calm down and listen.

Here are some things that I have come to believe are true for me:

1. There is no magic food plan. There is only a food plan that is right for me at the present time.
2. Food is not a medicine.
3. One extra bite will lead to another.
4. My food cravings grow stronger or weaker depending on if I reinforce them by eating or resist them by using the tools available to me.
5. Abstinence from compulsive overeating is the most important thing in my life without exception. It allows me to develop emotionally and spiritually as well as recover physically.
6. My relationship with my higher power is the most important relationship I have.
7. As I progress in abstaining from compulsive overeating and the frustration from using an ineffective coping strategy lifts, I am better able to hear my higher power and to follow the directions he gives me.
8. My higher power has a positive plan for me and the strength of the help I receive is directly proportional to my willingness to accept it.
9. Daily prayer and meditation is the basis for a good day.
10. If I sincerely ask for help and guidance, I will receive it. It is then up to me to apply it.
11. Abstaining seems effortless if I get out of my higher power's way and let it happen.
12. To be sane is to be grateful to God and humble, honest, considerate, and respectful of others.
13. Uncomfortable emotions cause me to feel an urge to overeat. The urge will pass and, while I'm waiting, I need to do something that redirects my thinking. **THIS IS THE TIME TO USE THE TOOLS.**
14. Daily exercise brings me closer to my higher power, gives me a more positive outlook, and makes abstaining easier.

15. If every day I pray and meditate, work the steps, use the tools, and exercise, I'll be OK one day at a time...

*Anonymous*

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### 12th Step Within – Lifeline Article

Fifty-one days ago, weighting 230 pounds (104 kg), I surrendered to the OA-HOW program. Thirty days later I was 220 pounds (100 kg). I have been abstinent for 47 days. The changes are amazing to an extent I would not have thought possible a brief month ago. They affect my total self—mental, emotional, physical and spiritual.

As an artist, I chafe under the words structure, discipline and regularity. As a compulsive overeater, these words and actions are my freedom and salvation. Who knew? I'm filled with gratitude for the peace I've obtained, for the multitudes of overeaters preceding me who created the magnificent OA-HOW program and for the many wise people I have yet to meet.

I believe what Item 4 of "Before You take That First Compulsive Bite" says because I've experienced it with alcohol. I've also known a woman with 53 years of sobriety—good sobriety—who always said, "In recovery we are just forming new habit ways."

I am forming many new habits around food, and few are complete. But my strength and confidence are growing, as is my conscious contact with my Higher Power. Trust in everything is growing. Body awareness is beginning. I'm aware of hunger pangs, loose clothes, better posture, smoother walking, knee pain only on occasion and a great interest in things outside myself. Even my isolation is breaking sown.

In other words, the extra attachments to food are diminishing. I'm tolerating silence—no TV, no music, no sound, no chewing, no taste, no movement and no expectations. It is getting more and more comfortable. This is a huge change for me.

*-Joan, Madison, Wisconsin USA, January 2010*

*Lifeline*



## Support Lifeline –

**Lifeline is OA's meeting on the go. Give service to this meeting by subscribing to Lifeline. Thank you!**

[www.oa.org/subscribe\\_online.htm](http://www.oa.org/subscribe_online.htm)

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### Are you looking for a sponsor or sponsee?

Please write a brief description of what you want in this person, then add your contact information (phone or email address).

Please send your ad to the Newsletter Editor at:

[mreeves58@hotmail.com](mailto:mreeves58@hotmail.com)

Or

Martha Reeves  
137 NE Tucannon Court  
Bremerton, WA 98311

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### Personal Ads (Sponsor/Sponsee)



I just moved to Tillamook and our group is very small. I am looking for a sponsor who has sometime in the program (this is my 25th year) and understands struggling with relapse. My E-mail is [cgack@charter.net](mailto:cgack@charter.net).

Thank you, Carol Rose