

ALASKA ALBERTA
N.W.TERRITORIES*SAS
KATCHEWAN*YUKON
BRITISH COLUMBIA
OREGON*IDAHO
WASHINGTON
MONTANA
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O.A. Region One

The Heartbeat of Recovery



•Together We Can•

Summer 2008

<http://www.oaregion1.org/index.html>

Coming Events

Region One Board Marathon

July 19, 2008 1-4pm

St. Paul's Episcopal Church

1032 Jefferson St., Port Townsend, WA

Information: Martha 360-769-9114 or Christine 360-385-7771

(Board members will be sharing the workshops on the 12 Steps & their stories)



'This is the Way!'

Pilgram Fir Retreat

Sponsored by Pierce County & Peninsula Intergroups

August 22-24th, 2008

Contact Cindy W. 253-435-5179



Big Sky Innergroup Presents a progressive Retreat

'Mountain Reflections on a Turning point'

Medicine flower lodge, in Red Lodge

Sept 12-14 Friday, Sat, Sun

120.00 includes 6 meals, registration and lodging

Send in checks to 1140 Dickens Ave. Billings, MT 59106

For more information call 545-9218 or GNNDNIT@aol.com



P.E.A.C.E. = Praying Energetically Always Creates Ease



I want to thank all who have contributed to this newsletter. Please contact the editor if you have any questions or would like to have more newsletters sent to your group for some special event or Public Information activity. We are here to carry the message to those in the rooms and outside the rooms.

Quarterly Newsletter published by the Region One Assembly of Overeaters Anonymous. Editor is Judith B. – Mailing done by Jacquie L. of the Bitterroot Intergroup in MT. If your group or intergroup would like hard copies (paper) sent to them in a bulk mailing please contact the editor via mail or email or phone.

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.

The topic for the Fall Issue will be “The Promises.”
Please send writings to editor by September 10th, 2008.

Love, abstinence, hugs & prayers. Judith



Please send newsletters, articles and letters to: Region One News Editor,
15109 8th Avenue N.E., Shoreline, WA 98155-6919 USA (206) 362-8897
floweringbeads@mindspring.com

Region One ~ Canadian Media Library

The Canadian Media Library is open for business! The updated order form can be found on the Region One Website. Tapes and CDs from 2000 to 2006 are available for lending, 3 at a time, for 60 days. Region One pays the postage to your house. You pay the return postage. It's a great deal!



Judy Aikenhead
436 Cedarpark Drive S.W.
Calgary, AB T2W 2J7
Phone: (403) 238-1113 & e-mail: judy.aikenhead@shaw.ca
(please put OA in the subject line)

U.S. Media Library

The Region One US Media Library is alive and kicking, and we have lots of tapes for you to borrow and return to support your recovery. CDs, too! Lots of speakers on lots of topics. There are also a few purge tapes left to give away. These are tapes that are quite old and are no longer to be lent out. You can keep them, or pass them on others in need of support in their recovery from compulsive overeating. A full list of the tapes/CDs for lending, and the tapes to keep, can be found on the Region One web page.

If you would like some give-away tapes, or to borrow some tapes or CDs to return when you are done, please send an email to me (druppert@clearspringlabs.com). Or call me at 503-662-3075, and leave a message on my answering machine (please leave your full name and your phone number, as well as the address to send to, in case I have trouble with it, thanks). And have a wonderful, abstinent day!

S.O.L.U.T.I.O.N.S. = Saving Our Lives Using The Inspiration Of Necessary Steps



WORLD SERVICE Business Conference 2008

Thanks to the 2007 Region I Assembly, I was elected to be one of three representatives funded to go to the World Service Business Conference. Living and being part of a very small IG made it prohibitive for us to send anyone to Region, let alone World Service Business Conference. The whole process has been an illustration in how my Higher Power shapes and blesses me in so many facets of my recovery.

One of my great character defects is fear. The suggestion of Louise A. to consider going to the World Conference, while at Region I assembly in 2006, was quite terrifying to me, my first year at assembly and my second at convention. The third year, 2007, was the charm, as God seemed to be guiding me in the direction of representing our small inter-group at the Region and World Service level. I had a little nudging from a friend from Calgary and filling out the application and sharing with the assembly was an out of body experience for an inwardly shy small town girl from the Oregon coast. The subsequent months leading up to World Service required footwork; reading the mailings, making reservations for both travel and hotel, and most of all working my program so I could continue my abstinence and be a fit delegate.

Though I had packed and done all the prerequisites, leaving the comfort of home and heading out for the unknown was something that made me want to run away from the honor and responsibility in front of me. Due to the support of my husband, I was able to go a couple of days early to get acclimated and spend a few days seeing the sites of somewhere 'I had never been before.' That was truly a metaphor for the experience I was about to go through.

The fear didn't magically disappear but I did what my sponsor suggested, I put one foot in front of the other. I made it through three flights, terminal changes, two TSA clearances, arriving at night in a city that was big and strange to me. I made it through the frustration of not having the fridge I had reserved, a neighbor who had the TV up so loud I could hear the show like the anchors were in the room with me shouting the news. I made it through two museums, dining alone, going on two guided tours without knowing anyone and the arrival of my roommate, who did not have any clothes but the ones on her back. Something strange was happening, we were laughing at the frustrations of life instead of stuffing emotions with food. And thus the stage was set for the opening of sessions before, and the main event, World Conference.

Monday night was registration and Tuesday afternoon started with a series of workshops that were very informative and helped capture the flavor of the many delegates representing their areas throughout many parts of the United States, Canada and many other countries. Tuesday evening I attended four workshops from afternoon through the evening. The first workshop was on sponsorship, the second was on recovery through literature, and the third was on carrying the message back home. Somewhere in these first three sessions listening to speakers from Israel to Iowa, I realized I was not terminally unique in my fear or my courage in stepping outside the comfort zone of my daily life to come to World Service. Emotion overwhelmed me when a young woman from Austria got up and told how there are only 7 groups in all of Austria and they could not afford to send her to World Service but the group from England offered her funding and a spot. She was grateful, she was recovering and she was speaking despite English not being her first language. My eyes were not dry, nor are they now, as I remember that moment and my own gratitude for my own recovery and what lengths we need to go to at the urging and empowerment of our Higher Power.

The Tuesday evening workshop was very daunting and put a little fear in all of who were new and getting the standing rules. The things we were not to do, the things that were going to take place I am truly thankful to Region I for giving me this opportunity and for letting me be a participant in the World Service Business Conference.

Wednesday morning began bright and early with a forum on the Strategic Plan for OA. We were all divided into different tables and assigned by numbers on our name tags. The first person to sit down by me, I noticed by the name tag, was Dodie. I had a little bit of denial before I realized she was the head of the trustees, the presider over the World Service Business Conference. Yikes! If she talked to such a green horn she would want to send me packing. She was a perfectly lovely and gracious woman who wanted to be part of the group not THE group. The program and the process was working. Despite the physical discomfort of the room being so cold you could hang a side of beef, the group work and discussion was informative. It was here that I felt the most frustration of being from a small IG, where 2-3 people is a good turn out, and if there is something to be done two people usually have to do it and most of the time one of the two is not in a willing place or space. When they talked about having special people, or more than one person doing each task, I realized I didn't belong and there was no hope for our IG. I have since realized that when I am the one who is not willing to do the work I need to be willing, and I need to show for every meeting and do what we can get done with whoever shows up. It doesn't mean we don't have worth or have no voice, me being there and supported by Region I gave US a voice so WE could get done together what we cannot do alone.

That afternoon was a physical challenge. I joined a committee which was Professional Outreach. The room was so hot and the pace so slow I was not reaching out to anyone. I only wanted to jump in cold water and cool my core temperature. The miraculous thing was that we did get things done. We asked for and GOT the new Professional Outreach Folder to distribute to all the delegates, despite the brutal schedule of the World Service Office whose employees were all away from their offices tending to the convention. The folder will be available for order in July and it is a great combination of OA literature to help professionals understand and share with their clients and patients. We all made the commitment to share with at least one professional during the year but professional conferences for physicians, pharmacists and other practitioners were past and future targets of opportunity for making information available at tables and booths.

Wednesday evening was spent in a sharing time and meeting for dinner with all members from Region I attending. We shared about our own areas and then had a time of fellowship in a casual atmosphere of the coffee shop. I saw people I had met at conference/convention, and met some I had never seen or met before. It was a good kickoff to the Business meetings starting the next day. Where we were all seated in the same area each of five sessions over 2 and 1/2 days.

The actual business meetings that started on Thursday and ran through noon on Saturday were well run and fast paced. It made me realize many things, the greatest of which WE make the decisions. Yes, there were those who made the motions, there were those who debated the pros and cons of the motions and there were those who occasionally sabotaged the proceedings by making three amendments which sent the motion to sub-committee and took it off the floor. The process was interesting and sometimes very frustrating as people asked questions that seemed to have been answered already or were bringing their own bent on things to a place, where in the end, principles reigned above personalities.

On Thursday evening there was a forum on language in OA. It was touching and to hear delegates from, Canada (Quebec), England, Israel, Italy, Spain, Sweden, Mexico, Costa Rica get up and speak. There were also delegates from Australia, New Zealand and Austria. The common thread was to make all of us aware that all the literature is in English and how difficult it is to attract and keep members without sufficient literature in their own languages. I felt great sadness for many of them as they poured their hearts out at their frustration and their feeling of being alone in the world when we are recognized and supposed to be a World Service organization. I felt shame at my own feelings of being so isolated geographically when at least we have mounds of literature at our fingertips. The following Saturday in the Trustee meeting some money was granted from prudent reserve to help with translation. The money will have a small impact but it is a start to reaching out the still suffering compulsive overeater in many parts of the world.cont. pg. 5

The conference continued all day Friday and Saturday morning. Saturday afternoon was the wrap up for our professional outreach committee meeting as well as the other committees that had been formed. My obligation to this committee is for a full year and I have already had outreach from the chair of the subcommittee I am serving on and also the secretary. I am enthused about the impact we all can have on our individual regions and inter groups.

Saturday night was a time to let our hair down and enjoy each other. We had a very healthy and delicious buffet dinner. Top notch entertainment by the Region chairs who presented a skit that poked fun at some OAers ordering in a diner. After that, two trustees led a sing-a-long to several songs whose original lyrics had been changed to compliment OA recovery. The most memorable song to me was sung to Y.M.C.A. There was a DJ and dance after the dinner and entertainment. Many spent time taking pictures with each other and visiting for the last time we were all assembled.

Attending the World Service Business Conference was yet another blessing and many of the promises in the Big Book coming true. My heart and mind are changed forever and the hope I gained gives me renewed life and enthusiasm to take back to my Inter-Group and home OA group.
Yours trusted servant, Cindy T.

Reference Committee Experience
WSBC May 5-11, 2008
By Beth Kowal, Lake County Intergroup



Oh the horror stories of late nights, long hours and drawn out decisions. It only take three amendments on a motion, and then it is sent to the Reference committee.

When I was selected to represent Region 1 on the Reference committee at OA's World Service Business Conference (WSBC), I dreaded the thought of giving up my breakfast, lunch and even free times, to discuss business motions that the conference members couldn't agree upon. I was afraid how much energy I would have to dedicate to the Reference committee after sitting through 6 hours of business each day (total of 15 hours for the conference), 5 hours of committee meetings, 2.5 hour of strategic planning brainstorming, and 5 hours pre-conference procedural information. I knew coming to WSBC would require many hours of service, and was prepared to budget energy for the scheduled business. But for the Reference committee....I wasn't so sure.

The purpose of the Reference committee is to discuss, in a smaller forum, motions that have several amendments that added by members in the general conference. The issues around motions can become very complicated with three amendments. The motion leaves the floor of the general conference, is taken to the Reference committee, and the reference committee has an opportunity to ask questions of the members who made the a amendment, and then discuss the amendments. The Reference committee then makes a decision, a recommendation to give to the general service body, based on our discussion.

As I left Region One Assembly in October 2007, I heard with ominous sarcasm, 'good luck with the Reference committee at WSBC.' As I received the proposed agenda for WSBC, I saw that the Reference committee was scheduled to meet from dawn until dusk. I thought to myself, what kind of organization makes us work through meals, limits rest time and has certain members work while others get to rest. This is recovery??

I came to WSBC with the attitude of acceptance, willingness and a sense of duty. I came to serve. Yes, it would be great to have an all expense paid vacation to Albuquerque to hang out with fellow members with years of recovery. However, as a trusted servant, I was committed to responsibilities serving the good of Overeaters Anonymous.

The Reference committee had to meet to discuss motions regarding recovery chips, an Overeaters Anonymous Awareness week, virtual meetings and the definition of abstinence. We heard views from members who proposed the amendments, asked questions, and finally made a recommendation for the Reference committee chair to bring back to the general assembly of voting members. We kept to the time limits scheduled and had orderly discussions to clarify any questions. The Reference committee successfully accomplished its task to expedite controversial motions.

Now that WSBC is over, I've had a chance to reflect on my service experience. Let me tell you, it was amazing! I learned so much about abstinence, service and group unity. Serving on the Reference committee did take time and energy. However, it gave me an inside look for a clearer understanding of the motions and procedures. I was able to witness the process of group conscious decision making. I was living, breathing and making decisions based on Overeater Anonymous traditions and bylaws.

I am grateful to serve on different levels in OA, working with individuals, groups, intergroups, regions and world service. Serving at the WSBC helped me to grasp a much larger picture of OA as a whole. Giving service keeps me alive. Every member needs to serve– in order to keep OA alive!

Election Results:

New Regional Trustees voted in: Ev Abrams, Wanda Stayton, Teresa Kopel, Donna Aulenbach, Esti Ordan.

New General Service Trustees voted in: Robert Fischer, Kayla Weingarten

Motions Results

A) Move to have Executive committee will be given, as our trusted servants, the power to decide what literature needs to be discontinued based on low volume/sales, and will upload it on the web for members' use: PASSED

B) Move to create OA media policy: PASSED

C) Move to create OA public relations policy: PASSED

D) Move to create an OA public service announcements policy: PASSED

E) Move to create OA paid ads policy: PASSED

F) Move to combine Public Information with Professional Outreach: FAILED

G) Move to amend WSBC Policy title: Unity with Diversity...to Special Conce Reference committee. Time expired, No Vote taken.

H) Move that WSO recognizes Compulsive Overeater Awareness Week, (CO Overeaters Anonymous Awareness Week (OAAW)–passed Motion as passed with OAAW: FAILED

I) Move that WSO sell recovery chips marked with years from 1–20. Given to Reference committee, 3 amendments. Amendment: Years 1–20, 25,30,35,40.

J) Move to amend definition of abstinence to–Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating by following a plan of eating that aims to reverse the damaging consequences of food obsession. The result of abstinence and living the OA 12–step program is spiritual, emotional and physical recovery: FAILED



K) Move to create an ad-hoc committee to investigate appointment of board members, as the trend is that people of color have not been selected: FAILED

L) Move to amend the policy regarding special focus meetings...adding 'people of various cultural backgrounds': PASSED

Split motion-second part, 'not attending the special-focus meeting when a general meeting is nearby.' FAILED

BYLAWS

1. Move to include Central Illinois in Region 5 (formerly Reg. 4) PASSED

2. Amend bylaws for virtual meetings

6 proposals

1. Definition-PASSED

2. composition-PASSED

3. Service boards-PASSED

4. Definition-removing 'language' and keeping service boards-PASSED

5. Trustee for Virtual region-PASSED

6. Geographic delegates-PASSED

3. Move to add five years of 'current' continuous abstinence for trustees-PASSED

4. Move to take out 'if bylaws have not been adopted....and add to registration form that service boards bylaws comply with OA 12 steps, traditions and concepts. (Simplifying bylaw technicalities)-PASSED

5. Move to encourage that Intergroups must have bylaws to send delegates to conference. (Same as above-technicalities)-PASSED

6. Move to encourage that Regions have bylaws...same as above-PASSED

I have had an amazing experience meeting people in Overeaters Anonymous from countries around the world. My roommate, Isabella was from Sweden. We had delightful discussions about culture, language and recovery. I introduced myself to a woman at a workshop, finding out that she was Di, the Region 10 trustee from New Zealand. We began talking and I found out that she knows Georgie, an OA member from Australia who I met in Japan, now currently living in England.

I will be working with Isabel, an OA member from Austria in Region 9 in service for the still suffering compulsive overeater. Together, we will create a 'want ad' for groups to send in their Public Information accomplishments. Both of us are on the PI Committee, from different regions, from different countries. Together with other members from every region, we will create an information source that encompasses ideas from different cultures to maximize the outreach potential.

I danced with members from England, I ate with friends from Canada, I shared stories with people from New York, I relaxed in the spa with a woman from Washington D.C., I heard speakers from Florida, I voted for a trustee from Israel, and I listened to Brazil's OA history in Portuguese (translated of course). Little did I know, 10 years ago when I joined OA, that not only would I have freedom from food obsession, I'd also have instant fellowship with people around the globe.

,,,cont. pg. 8

In September 2008, I will be attending a graduate program for International Education. I am excited to study an area that I'm passionate about. I am grateful to be in a program of recovery that includes people around the world. God, OA program and the fellowship of OA members are the priorities of my life. It's truly God's miracle that my emotional and spiritual priorities work hand-in-hand with my career plans.

OA members teach me how service and step-work creates abstinence and recovery. In school, I will learn more about people's cultures and actions necessary for a healthy environment. I am both a student of world culture and recovery culture, excited for the opportunity to continue learning for the rest of my life! I am a grateful abstinent compulsive overeater, excited to celebrate recovery with all fellow compulsive overeaters around the world.

*****ATTENTION*****

REQUEST FOR NOMINATIONS FOR REGION 1 BOARD OFFICERS

Due to personal reasons and illness more positions are vacant for nominations than usual in 2008. This provides an unique opportunity for you to serve your Region. Remember service strengthens your personal recovery and helps you create new relationships with other OAers committed to abstinence and personal growth. I encourage you to step up and serve the Region.

The following positions and associated nomination forms will be available to you via Region 1 newsletter, email, and on our Region 1 website for download printing and completion.

- Chairperson
- Vice Chairperson
- Secretary
- Newsletter Editor

It is important to note nominees must be present at Assembly in Eugene, OR for the nomination and vote. If you want your nominations form to be included in the Assembly Binders you need to have your completed forms to me by September 30, 2008 at the P.O. Box listed on the nomination forms. Forms received after that date may not be in the binders but will be available to representatives at Assembly for their review.

Nominations will also be open on the floor several times during Assembly.

If you have any questions or comments, please contact me on 509-539-0012 or email suzanperryplace@yahoo.com

Peace & Abstinence!

Suzan Bogert, Nominations Chair

Thought to Ponder . . .

**The ankle-biters of everyday struggles will eat away at me
unless I go to meetings and share.**

H O P E = Hearing Other Peoples' Experience.

Region One PI/PO Column



That liquid sunshine hereabouts is about to make me permanently wrinkled, but damnation, when acceptance is the answer what other option do I have? Moving to Arizona? We are finally nearing our sunshine month, August. Let the sun shine on OA in Region One. Tell the still suffering compulsive overeater/bulimic/anorexic that we are here for them. How?

Consider hosting the Region One Assembly/Convention. Region typically plans this event two years out, so you have plenty of time to organize. Intergroups can band together to host the event and use the monies offered by Region to advertise locally. If you have a member who has a passion for public information, here's a source of funds for them to work with.

A quick check of OA's web site offers a plethora* (*a whole bunch!) of ideas and resources for attracting members to OA locally. For example, copies of newspaper articles about us could be used to pitch an idea to your local newspaper. If one newspaper can find value in writing about OA, you can be sure that others will jump on the bandwagon. Read The Courier and take advantage of the ideas for promoting OA to health professionals in your area that worked for other groups. Podcasts of interviews are being offered now. Download one and offer it to those still suffering friends and co-workers who ask you how you achieved a normal body weight or exhibit a positive outlook. Press releases for the media are available for free too. A word for doing service. Those folks who routinely do service in OA know that after biting their nails to the quick after taking on a new project, the rewards are mind boggling. People don't do service for a variety of reasons, one being fear of failure or of looking bad in our small community. Those of us who have tested our wings in service know that a mentor and a dose of encouragement goes a long way. Consider asking your sponsees or someone in program who appears capable to take on a task with you. For example, our intergroup created a

co-chair position for our retreat with the understanding that this person would take on the retreat chair position the following year. We've attempted the same with intergroup officers. It doesn't always work out, but it's a step in the right direction. We've moved our intergroup meeting location and time to coincide with a meeting that is new and vital. Members feel sure that we will be able to tag "new blood" into service positions (which we suggest are bite-sized).

Got questions about Public Information or Public Outreach issues? Feel free to email me. If I don't have an answer, I promise that I will do my best to get you one. Email me at: (Cyndy)
cyncha132@msn.com.

Sponsor by email



When you are in the middle of a situation and need to use the tool of writing, why not ask for a email sponsor or buddy? The internet messages go through even when there is no one to talk to at home .

The sponsor by email that is offered by Region One is one way to work the Twelve Step program and not have to leave your home. Going to face to face meetings is vital, but there are times when it just doesn't fit your schedule.

To ask for a sponsor by email, just send a message to writing_in_time@hotmail.com. There will be a person replying to your request within a few days.

If you would prefer to have an online OA buddy, there are persons who will answer to that request. This service is offered by Region One because we know there are isolated areas and reaching someone may be difficult. Using it could be the lifeline that will bring you stronger recovery.
Yours in Service, Barbara S.

N U T S = Not Using The Steps

12th Step Within Column

Hi All, I entered the OA program four years ago. I read all the OA literature I could get my hands on and attended one weekly meeting. My weight had been up and down at least 6 times in 25 years and was sick and tired of being sick and tired. There were no abstinent sponsors in my home group during this time and I worked the program myself. I became abstinent right away and lost fifty pounds. During this time I also had a lot of spiritual and emotional growth. I loved reading OA stories and attending any OA functions in my vicinity. All this time I had one faithful OA friend but I did not work with a sponsor.

I fell back into the food during a stressful period and I quickly gained the fifty pounds back. I tried each week to regain my abstinence but each week I would fall. This went on for several months. I could make it a few days, just long enough to feel a little better and then I would fall again. I attended a three-day OA Retreat in Southern Oregon and found many abstinent OA members who were showing much recovery. The speakers spoke of their relapse and recovery. One of these speakers in particular said several times throughout the weekend that if we want recovery we just have to put the food down! There is no easy way. After returning home I made contact with several of the women I had met. This was a turning point for me. I came home and found a sponsor from another 12-step program and worked the program step by step. I am happy to say that my abstinence has been back for a year and a half and I work the program one day at a time. My life has changed! I am so thankful for the spiritual, emotional, and physical growth in my life. I plan my meals and I take pride in their preparation. This is a spiritual exercise for me. I am feeding my body for health and in return I pray that God may use me to bring others to recovery. The Third Step Prayer is extremely important to me.

OA is a wonderful program and in my opinion the only way for me to achieve spiritual, emotional, and physical balance. OA has changed my life and there is no going back. I thank everyone who gave me time along the way. You are wonderful.

Please find a sponsor if you don't have one and begin working the program one step at a time. Relapse is not the end it is the beginning! Together we can do this.
Sincerely, Loretta; Reedsport, OR

Please email information about your Upcoming Events to Martha oaregion1@yahoo.com for publication on the website. Or mail to:

Martha Reeves
3314 SE Navigation Ln #106
Port Orchard, WA 98366
or (360) 769-9114



My name is Martha and I am a compulsive overeater. I came to this program in January of 2003. I was scared, fearful and disgusted with myself. I had nowhere to turn. I remember a friend once telling me about Overeaters Anonymous and I made a phone call. I found this information on the web and called the contact for the meeting near my home. The person on the other end of the phone was an angel. She talked to me for a long time and I heard hope in her voice. This was the beginning to five years of program and a huge change in my life. I went to the Wednesday meeting every week no matter how I felt and stayed for the miracle.

I know now that the miracle came to me by doing service. I had my first service job six months into the program and I have never stopped giving service so I could keep what I had gained through this program. I started out slowly at the meeting level and worked into the Inter group level. I am now giving service at the Region 1 level and love every minute of it.

My life has changed because of OA and I will always be grateful. I encourage everyone in the OA Fellowship to give service as much as they can. Service is the best way to give back to the program that has saved lives. My life is better because of this program and the service I give. There is no service too small or too big in this program. The OA Fellowship stays strong and can continue because of the service we provide to the compulsive overeater in our meetings and still out there in the world suffering. Bill and Dr. Bob knew that the only way to survive and stay

sober was to help the alcoholic who still suffers. "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss." (pg 89, Alcoholics Anonymous). We do this with service so that the program will always be there for the suffering in this world. Don't feel that you are not ready or have nothing to give to the compulsive overeater. Just take one step and keep on stepping so the miracle can be shared.

Martha



Dear Friends in Region 1:

Some of you may have heard already - but I have regretfully had to resign as Region 1 Chair. This is not a decision I took lightly. I love giving service - but right now I need to focus on getting my health back on track.

I just wanted to thank everyone and the board for all their support during this really challenging time of my life.

One thing I have learned in OA (particularly in Service) is "give what you can - when you can" and right now my physical and emotional resources are too low to be giving service at the Region level. I am grateful to still be strong in my spiritual resources as that is helping me deal with the deficit in the other areas.

I realize that will be very stressful on the Region 1 Board "team" - but I know they will pull together and support Debbie as much as they can.

I will do what I can to support Debbie as well during the transition period.

May your Higher Power continue to help you one day at a time.

In Loving Service,
Theresa S.



Thought to Ponder . . .

The privilege of a lifetime is being who you are.

S I T = Stay In Today.

To Everyone in Region One,
My name is Debbie and I am a compulsive overeater who is currently doing service work in the Region One Chair position. This month has been a teaching month and I thank God daily for all the wonderful people in this program that graciously support me in this new adventure. Service is once again helping me reach a higher level of recovery, it pushes me that little bit further and fills me with a sense joy and purpose. I commit to the fellowship to do the best job I can and to continue to work the 12 steps and 12 traditions in an abstinent manner. I encourage you all to email me at sacgrove@shaw.ca to say hello, tell me a little about yourself and share any of your ideas and concerns about our region. Every committee and intergroup has a liaison on the board, if you do not know yours please contact me so that you can keep in touch with your liaison on the board and we can be aware of how to meet the region's needs. I hope to see all intergroups represented at the assembly and would love to hear from you if you are not intending on coming. We are using email as a way of corresponding so if your email is not up to date, please let us know.

Doing God's Will, One Day At a Time,
Yours in service, Debbie G.



'Sunlight of the Spirit'

I have been blessed with the 'Sunlight of the Spirit' carrying me through many difficult and challenging experiences while being able to remain abstinent a day at a time for which I'm endlessly thankful! I am able to do this each day by working the steps from the time I wake up to the end of my day. Going through these very difficult times abstinely with the grace of my hp has helped me to build my faith, to trust the process, and know that the results are not up to me alone. I've been given just what I need in amazing ways.

I pray that each of you find something that you can trust each day to guide you as you stay abstinely working the steps for we all deserve it and are worth it.

As more is revealed with love, abstinence, hugs and prayers..... Judith B.

ALASKA ALBERTA
N.W.TERRITORIES*SAS
KATCHEWAN*YUKON
BRITISH COLUMBIA
OREGON*IDAHO
WASHINGTON
MONTANA
WYOM
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