

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

# O.A. Region One

*The Heartbeat of Recovery*



•Together We Can•

Fall 2008

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

## Coming Events



### 'WE ARE THE MESSAGE'

OA Region One Assembly and Convention  
October 29 ~ November 2, 2008  
Eugene, Oregon

Hosted by the Emerald Empire Intergroup  
with the help of Catch the Wave Intergroup,

Jefferson County Intergroup & Central Oregon Intergroup

Located: Hilton ~ 66 E. 6th, Eugene, OR 97401

Contact: Sharon B. 541-343-3040 or Chris S. 541-463-7618  
[oar1convention2008@live.com](mailto:oar1convention2008@live.com)



### 'The Promises of Recovery'

Annual Winter Retreat at Huston Camp, Gold Bar, WA

Sponsored by ~

O A Greater Seattle Intergroup

January 30- February 1, 2009

Contact: Alicia 425-485-8140 or [aliciawr@comcast.net](mailto:aliciawr@comcast.net)



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



**G O D = Giving Others Dignity**



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 Winter Issue will be “Carrying the Message.”

Please send writings to editor by December 18th, 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](mailto: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](mailto: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 to 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](mailto: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!

***BIG BOOK = Believing In God Beats Our Own Knowledge.***



## Get to Know Your Region One Trustee More

Theresa

(TAS) Thank you Ev for joining me in this interview. It will be a great opportunity for Region One members to get to know their trustee.

Ev (EA) You're very welcome.

TAS Tell me Ev, did you grow up in Edmonton?

EA No, I grew up in a southern Saskatchewan French community. When I started Grade 1 I didn't know any English – and by Grade 12 I didn't speak much French as the school was mainly English.

TAS Did you come from a big family?

EA I am the oldest of five of children.

TAS What brought you to OA? And what year was that?

EA In the fall of 1979 – I was in the depths of despair – I knew that I was binging and couldn't stop. It was not one thing that I ate – it was everything.

At the beginning of my abstinence – certain substances were not allowed in my home – Peanut Butter was not in the house for 8 years; it took a couple of years before carrots were back in the house.

TAS How big was OA in Edmonton when you joined?

EA There was only one meeting which averaged about 12 people.

TAS I know it was a long time ago – what was your first service position you held?

EA We decided to start an intergroup and I served on that in the early eighty's.

TAS How long have you been abstinent?

EA Since the spring of 1980.

TAS How have you enjoyed being Region 1 Trustee so far?

EA It is a challenge and I have learned a lot about our fellowship and the World Service Level. It is a lot more work than I expected. I get between 6 and 25 emails a day. I love knowing what happens in the background and behind the scenes of the fellowship. Seeing the traditions in action – it is amazing. To work with the staff at WSO is amazing – they work hard for our fellowship. It is a lot of work but thank God I have my program and abstinence...one day at a time I can get through it.

TAS What has surprised you about being the trustee?

EA The volume of work and solid commitment that the trustees have to our beloved fellowship.

TAS I remember being involved 30 years ago in service in Southern Alberta and we watched carefully as Edmonton (Northern Lights Intergroup) took the lead. I attended the first Edmonton retreat and we were in awe in SAI how great a job you all did – and it spurred us on – if NLI could do it – so could we. Did you realize what an inspiration you all were to us at that time?

EA No – we were just happy to have more retreats and events to attend. I am glad we "passed it on".

TAS Have past Region 1 trustees inspired you?

EA No specific one, but have been impressed with the work that they all did. So without comparing, I put trust that there is nothing that God and I can't do together.

Continued on page 4....

- TAS What has been one thing you could mention to someone who may want to run for trustee.
- EA It has been a super lesson in letting God run my life. Years ago – I got nominated to the board for Region One as a Treasurer and was supported and encouraged to do that level of service. God put me in the company of many people in the Region who had a lot of recovery to spur me on during a hard time in Edmonton’s history. They were examples of recovery and I found many mentors for my program. I trust that God put me in this service not only for my continued growth in all areas of the recovery but with His help, to be of help and service to my fellow OAs.
- TAS Thank you Ev for your time and I wish you every success for the rest of your term.

---

I would like to be able to remember, on a much more continuous basis, that when I do this step three in my everyday life I have so much more peace, freedom and there feels like a weight is lifted off of my shoulders. That my HP works on the big stuff and on my everyday life living stuff. That when I quit trying to run and control the way things look and are, I really get to enjoy all the gifts that are given to me in this lifetime and in recovery. That I am always taken good care of from my HP. ...Donna R., Havre, MT

---

## A Suggested Meditation on the Serenity Prayer

The basic structure:

Breathe in ... “serenity.”	Breathe out ... “I accept.”
Breathe in ... “courage.”	Breathe out ... “I change.”
Breathe in ... “wisdom.”	Breathe out ... “I know the difference.”

Variation 1:

Breathe in ... “Grant me serenity.”	Breathe out ... “that I may accept.”
Breathe in ... “Grant me courage.”	Breathe out ... “that I may change.”
Breathe in ... “Grant me wisdom.”	Breathe out ... “that I may know the difference.”

Variation 2:

Breathe in ... “With serenity.”	Breathe out ... “I can accept.”
Breathe in ... “With courage.”	Breathe out ... “I can change.”
Breathe in ... “With wisdom.”	Breathe out ... “I can know the difference.”

Variation 3:

Breathe in ... “serenity.”	Breathe out.
Breathe in ... “courage.”	Breathe out.
Breathe in ... “wisdom.”	Breathe out.



To all who have been a part of this newsletter for the last 3 plus years ~ I want to thank you for making this service so easy to do, it has been a joy. I’ll miss doing this service but I know it is time for someone else to have the experience of helping to carry the message through this newsletter.

I’ll be looking to see you at the Region One Convention @ La Quinta Inn, Tacoma, WA Oct.23–25, 2009, Save the dates! *‘We Are No Longer Running the Show’*

With endless love & gratitude, Judith

## Region One PI/PO Column



Here are a few ideas which might help your intergroups with PI/PO activities:

1. Buy the PI manual from World Service. It's excellent and will prevent your intergroup from reinventing the wheel of public outreach.
2. Check the internet for local newspapers by doing a search under "Newspapers - and your state". Contact information is located on every newspapers website and many of the smaller newspapers (and most of the big one's) list the steps for submitting your events and meetings. Why place an ad when you can get free advertising? Most newspapers offer public service announcement space to non profits for free.
3. If you are enrolled in a health fair or planning an outreach event, ask Region One for funds. They are available. I've mentioned this in a prior column, but if you missed it, here it is again. World Service offers a matching grant and at-cost literature for events too.
4. Instead of offering a bowl of candy (Aaaghhh!!) or pencils or other giveaway items, do what the Snake River Intergroup of Idaho intergroup is doing. They are displaying a lovely gift basket of OA literature and other items as a raffle item. Included in the basket will be a personal invitation to attend a meeting.

In service,  
Cynthia Washington  
Region One PI/PO Chair  
[cyncha132@msn.com](mailto:cyncha132@msn.com)

You can find the PI Planning Calendar at this link on the WSO website:  
[http://www.oa.org/pi\\_suggestions.html](http://www.oa.org/pi_suggestions.html)

---

**K.I.S.S. =**  
*Keep It Simple, Surrender*

Please email information about your Upcoming Events to Martha [oaregion1@yahoo.com](mailto: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



We have another new podcast up.  
You may listen to it on Itunes or go to  
[http://www.oa.org/get\\_podcast.htm](http://www.oa.org/get_podcast.htm)

*Sponsor by email*



In a word, what does sponsoring do for our program? "Anything!" Service can seem like such a difficult thing, but with a sponsor, we are never alone.

The Region One sponsor by email connects us with other compulsive eaters. These persons might be the way our HP will bring new or renewed recovery into our program. Remember that the disease of compulsive overeating is filled with isolation from other people. The desire to eat can be very strong, but that is when sitting down and writing will change our focus. As Bill W. said, on page 15 in the A.A. Big Book "...but I soon found that when all other measures failed, work with another alcoholic (compulsive eater) would save the day."

So having a sponsor and being a sponsor assures us that there is another person ready to work with us. Consider how you might be available since there will be a new Region coordinator needed. [Writing\\_in\\_time@hotmail.com](mailto:Writing_in_time@hotmail.com) is the address to connect and have the opportunity to be willing to step out and use the Twelve Steps. In loving service,  
Barbara S.

**N U T S = Not Using The**  
**Steps**

## 12th Step Within Column

I've been an OA member for more than 10 years. I heard about OA from a coworker and it sounded like the answer to my prayers. I had decided at this point, that I was destined to be fat and no more commercial plans for me. I wanted to accept myself as I was and just be happy.

I've had periods of abstinence and weight loss and prolonged periods of relapse in this program, and I know it's easier to be around others when I am abstinent. However, abstinence is not a requirement for membership it's *the desire to stop compulsively eating* which is the requirement for membership. I knew I had the requirement, but I wanted to be struck abstinent – not work for it.

I walked into my first OA meeting on my own and walked out with a room full of friends. I've moved from that community since then, and I usually attend 3 meetings a week. I need every one of them. I have been a normal size and over weight in this program and I've always attended meetings. I know that's where I get the peace, acceptance and serenity I desire.

Relapse is hard – I've felt so powerless and defeated – yet not able to give up the comfort of food, not able to surrender this to my HP. I was tired of being the dispirited member at meetings, finding harder and harder to have a positive pitch, yet I KNEW if I gave up meetings, I was doomed. I was using most of the tools, but had talked myself into believing 'a plan of eating' was just a tool, no different than literature, meetings, writing, or service. I used these other tools regularly and thought that should be enough for HP to 'grant' me abstinence. That may work for some people, but for me I need to use all the tools and then some. I'm so grateful for the OA members who just kept loving me and offering a hug to give me strength, sharing their ES &H when I needed it and, when I asked.

I recently joined an online step study and followed the leaders' instructions: examine your eating patterns and what you're eating (right down to the ingredients), work the steps, and get a sponsor. I did as I was told. I was ready for

recovery! The result is 48 days of imperfect abstinence! So what's different? I've been working the steps to the best of my ability. I commit my food plan to my online sponsor and I write my 5-5-5\* (5 things I'm grateful for, 5 things I give myself credit for, and 5 things I forgive myself for). This exercise helps me focus on the positive aspects of my life and allows me to forgive myself for those imperfect days. When I can forgive myself, I am able to forgive others. I pray for help, guidance and acceptance.

I need to commit my food daily, use ALL the tools and share (either talk or write) about what's going on in my life with OAs outside of the meeting rooms. And most importantly, work the steps honestly and fearlessly.

Today, by HP's grace, generosity, and healing light, I am on the recovery road – one day at a time.

*\* The concept of 5-5-5 was shared in Lifeline this summer, the article gave me a new perspective on adjusting my focus – thank you for sharing articles – they inspire me to action.*

Lorri B. ~ Vancouver Island IG

I am just checking in because I know today is a national holiday of binge eating. I do not have to participate, and I do not have to participate tomorrow, either. I have recently been in contact with a couple friends who still feel the sexy power of food and are worried they will feel deprived forever if they have to abstain from their binge foods. It's been a long time since I felt like I was deprived. That's a miracle of recovery that I am grateful to affirm: It is a relief to not have to do those things with food anymore. And I am someone who could not imagine life without compulsive eating behaviors or certain types of food.

I am chugging along as best I can, showing up for life on life's terms and trying to remember Rule 62 (don't take yourself too seriously) and have a good time of it. Tonight I put on my wedding dress (from 15 years ago) and some fancy hair stuff and stayed home for the trick-or-treaters, visiting with one of my girlfriends. We drank tea and caught up on life. It was a really simple and fun evening, the kind of time I haven't had in a long time. I'm grateful for my  
...Continued on page 7, column 1

Continued from page 6, column 2...

abstinence and the changes brought about by the steps; otherwise I would have been praying for her to leave so I could eat the candy I was supposed to be handing out. Oh, and I wouldn't have been able to fit in my wedding dress....  
Thanks for reading, Love, Jess

### *A Different Twist on the 12 Steps*

I found myself in a bottomless pit,  
of sorrow and woe and despair.

When a ray of light revealed to me  
the steps of a winding stair.

In vain I tried to reach those steps,  
by myself it could not be done.

I cried for help and a voice replied,  
"You are standing on Step Number One."

"Who's that?" I asked. "What do you  
want?"  
"Can you tell me what to do?"

"Give me your hand," the voice answered,  
and you'll be on Step Number Two."

I held up my hand. I decided that I  
alone could not set myself free.

But I trusted that voice and it suddenly  
said,  
"You are standing on Step Number  
Three."

I stop there and rest, and look at myself.  
I don't think I can do anymore.

From somewhere above the voice came  
again,  
"You are standing on Step Number Four."

Wherever you are, you don't understand,  
I don't deserve to be alive.

For I am a liar, a thief and a con.  
The voice said, "You're on Step Number  
Five."

I'm not well, I'm not right. There's a lot  
wrong with me,  
Is there anything you can fix?

The voice came again and so gently  
replied "You are standing on  
Step Number Six."

All right then, I'll ask ~~ can you take  
these away?  
Can you make me feel closer to Heaven?

"I love you," the voice said. "Your  
Heaven's in you,  
and you're standing on Step Number  
Seven."

There's so many I've harmed, my family  
I've hurt—  
all the pain and the grief and the hate.

"It's alright my child," the voice calmly  
said,  
"You are now on Step Number Eight."

"You must tell them you're sorry. You  
must make things right.  
And then in their eyes you will shine."

"I'll do it," I whispered. And then the  
voice calmly said,  
"You're standing on Step Number Nine."

I must keep a close eye on my motives  
and self  
'cause there's wrongs that I may do  
again.

"Look at you," the voice said, "at how far  
you've come!  
You are now on Step Number Ten."

I pray and I ask for knowledge and  
strength. I want to keep my  
direct line to Heaven.

The voice is so close ~~ it's as if it's  
right there,  
saying "You're standing on Step Number  
Eleven."

And so here I stand, almost at the top.  
Into all of my past I did delve.

Now I want to help others who are still  
in the pit.  
And the voice said "This is Step Number  
Twelve." ....

Anonymous



*Resentment is not getting my way  
yesterday.  
Anger is not getting my way today.  
Fear is not getting my way tomorrow.  
[attribution unknown]*

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

