

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 • Spring 2007

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



Coming Events



'Spring Renewal Retreat'

Sponsored by North Cascade IG
April 13-15, 2007

Location: Camp Casey Conference Center, Whidbey Island, WA
Contact: Sunny G. 425-220-2153 or keepingitsimple5@yahoo.com

'Spring Into Recovery' Marathon

April 21, 2007

Location: Harbor Covenant Church, Gig Harbor, WA
Contact: Dayna 360-866-2799



'Keys to Recovery' Marathon

April 21, 2007

Sponsored by Catch the Wave IG
Location: United Presbyterian Church, Reedsport, OR
Contact: Cindy T. 541-271-2436

Lake Country OA Annual Retreat

April 27, 28 & 29, 2007

Location: N-Sid-Sen Conference Center on Lake Coeur d'Alene in Idaho
Contact: KC 500-869-4213 or John B. 509-747-1511



Oasis Intergroup Spring Retreat

May 18-20th, 2007

Location: Burley Best Western & Convention Center, Burley, ID
Contact: Lange 208-237-5240 or Langeman@cableone.net



Bitterroot IG Spring Retreat ~ 'Abstinence Part 2: Emotional Balance'

May 18-20, 2007 ~ Location: Stage Stop Inn, Choteau, MT

Contact: Florence: 406-466-2544 or feagoa@3rivers.net

"Serving others is one of the most useful routes to spiritual transformation."

Thom Hartmann



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 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.

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

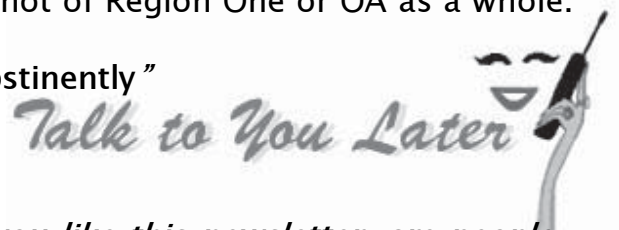
EDITORIAL POLICY

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 Summer Issue will be "Traveling Abstinently"

Please send writings to editor by June 25th, 2007.

Love, abstinence, hugs & prayers. Judith



We would appreciate hearing from you about how you like this newsletter, are people in your area reading it, would you like the newsletter to be shorter with fewer articles from members and just the business of our region? Please give your feedback to the editor, your comments are welcomed.



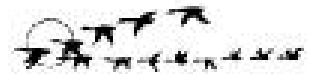
'Re-energize with Recovery'

Peninsula Intergroup Summer Marathon

June 23, 2007

Location: North Kitsap Baptist Church, Poulsbo, WA

Contact: Martha 360-769-9114 or Brenda 360-394-5506



*****Please send information about your up and coming OA events.**

Donations to Region One can be sent to: Region One
PO Box 6588
Portland, OR 97228-6588

The OA World Service Convention page now has lots of information on it about Convention 2007, including an online registration form. We ask for your help in getting the word out by linking to the page from your Web sites or by using some of the information on your sites.
http://www.oa.org/ws_convention.html

Higher Power has the upper hand.... Anon.



Lets Make the Connections!!

- * *The goal of Region One this year is to ignite a flame of enthusiasm in the Region that supports members in their commitment to abstinence & recovery and helps spread the message of recovery.*
 - * *The spider web represents our lines of connection, and our Region One symbol is the heart.*
 - * *As we increase the visibility of Region One, we increase the visibility of OA as a whole.*
 - * *Region One wants to help build connections that will enable us to link up and strengthen each other.*
-
- *We want to increase our direct outreach to intergroups and committees.*
 - ❖ *We will be working to ensure that people know the things Region One has to offer: We have set aside funds to send board members to you to:*
 - *Help you facilitate an intergroup inventory (remember, an intergroup inventory is a way to reinvigorate the intergroup, not just fix problems).*
 - *Lead service and traditions workshops*
 - *Lead workshops on Sponsorship or 12th Step within*
 - *We can mentor folks in leadership skills*
 - ❖ *Each board member is responsible for contacting their liaison intergroups and committees personally each quarter. We want to hear how you're doing – both your successes and your challenges! We want to know how we can be of service in the coming year*
 - ❖ *Our goal is to be available to give you the help you need. We want to help mentor and provide any needed help on how to do your service positions: Intergroup chairs, Committee chairs We also are committed to helping folks achieve rotation of service.*
 - ❖ *We are changing the Assembly format so the Intergroup Forum, where everyone shares what's going on in their intergroup, will be the first item of business on the agenda. Come prepared to share what's working and what's not at YOUR intergroup, and find out what's working for others.*
 - ❖ *We have **SCHOLARSHIP MONEY** for you to attend Assembly and this year are sending three regional delegates to WSBC for people who haven't been able to fund delegates*
 - ❖ *Can we help you find ways to help promote healthy member participation in service?*
 - ❖ *We are streamlining the way we do business in order to be more available if we hold a board meeting in your area.*
 - ❖ *We want to find ways to make use of the experience of long-timers in your area*
 - *We have new tools to help you do Public Information and Professional Outreach*
 - ❖ *There are display boards you may borrow for health fairs and professional events in your area, and have had an OA banner made to use at these events.*
 - ❖ *We are giving \$1,000 for increasing Public Information at the location of our Convention, to build on that energy.*
 - ❖ *There is a grant fund available to you for public information or professional outreach events.*
 - *We want to increase the visibility of Region One in order to help jump start enthusiasm in Overeaters Anonymous*
 - ❖ *We're making improvements in our newsletter: new masthead, wider distribution, streamlining our delivery and making more online copies available.*
 - *We are making major upgrades to our website so that it will be easier to use and access.*
 - *Did you know your intergroup can have a link on our website now?*
 - *The newsletter will be available through the website*
 - *You will be able to make donations and register for conventions through the the Region One website.*

As you can tell, we are full of enthusiasm and plans for the year. Please call on us! On behalf of the board, I wish you peaceful abstinence and a great day! Louise A, Chair

'How has doing service helped my program?'

When asking myself this question – the first thing that popped into my mind was “it has kept me coming back to program for 30 years+!!!” Without service I think I would have quit many times as it was my connection to the fellowship.

I believe prior to coming to program that I always felt like I was on the outside looking in. Never truly a part of my own life. Now I am a vital and enthusiastic participant in my own life and recovery. Service has helped me learn how to do that. I believed our literature when it said, “do what you can – when you can.” To be useful to God and my fellows – I think that is one of the core beliefs of our fellowship.

Whenever someone calls me asking for help – I try to remember to ask him or her what have you done for someone else lately? If they say nothing.... then that is a good place to start.

One of the other benefits of service is I get to be around others who are striving to work the 12 Steps and 12 Traditions in their lives and learn a tremendous amount from them while we are organizing a convention, a retreat, or working at intergroup.

I would not have the profession that I have today had I not started 25 years ago doing newsletters, minutes and retreat brochures on the computer. Many people I work with don't know how I learned to do all the things I know how to do on a computer without formal training. It was through a lot of trial and error doing things for OA. I am truly grateful to OA for all the miracles that it has done in my life.

If you haven't tried service – give it a shot – you will truly enrich your program.

Keep coming back – it is the coming back part that works.

In loving service,
Theresa S. ~ Region 1 Vice-Chair

Service with a Smile!

I have been in OA for over four years. I started my program on the first Wednesday in January of 2003. I was desperate and I needed help. I had heard from a friend two years ago that OA was a program of compulsive overeaters and

one she had belonged to for a long time. I started giving service in program six months after joining the program. The Wednesday meeting gave me so much healing and I wanted to give back to the program. I was approached by two long-timers in the program to be the Secretary for the meeting. I did this for the six months and I never stopped giving service. Service is what keeps me coming back and I am so grateful for the opportunity that I can't stop doing it!

I am saddened to see that Wednesday meeting dissolve. I have seen this happen from time to time in program and it always makes me sad. I have been told by long-timers in program that this happens in cycles. I get very excited when new meetings appear on the meeting list and they are thriving. This is a great thing for our program! I don't know why these meetings come and go, but I do know that giving service at the meeting level is what helped me in the program and it continues to do so. Service puts a smile on my face and gives me great joy. I want to share that joy with others in program and that is why my service has exceeded from the meeting level and gone all the way to the Region level. “I experienced the healing bonds of fellowship because I attended meetings regularly and became involved in service” (Voice of Recovery, pg 34).

We all have so much to give to this program and the program only survives with our service. I hope that the year 2007 will find you in a service position in your meeting or Intergroup and that you are willing to do more service than you currently do for the survival of OA in the community. Our program needs more sponsors, meeting representatives, meeting leaders, speakers and event coordinators. Everyone has the ability to give service in some small way in OA and that is what keeps our program strong. I like to see the smiles and the serenity on my friends in program who have truly given back to a program that is saving their lives. This is what my Higher Power has intended for me to do with my life and I hope to have other people join me in the serenity of service. The Twelfth Step states: “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs”. Let's share with joy with our fellows! MR

To the Newcomer



Since 3/29/2006... I have lost 41 pounds and will take off another 25 or 30 pounds. I feel so good and have good energy. I do write a list of 5 things that I am grateful for everyday and today... my list will be all about my terrific sponsor. She has really guided me along and I believe that her friendship, inspiration and direction helped me to be a success in this endeavor. What a blessing to have such a wonderful caring sponsor who never ever criticized! She was always positive. I was a champion critic of myself and over time that defeated me every time in my weight loss battle. My sponsor taught me... so many things and also not to be critical but pick myself up and go at it every single day. What a blessing she has been to me in teaching me (at age 64) how to treat myself! I will forever be grateful for her in my life.

The main thing of course that helped me was a new connection with God. Relying on God in my life and His help, willpower and love has made the difference in my whole life. I am so much happier now. I continue to read the LIFELINE magazine and VOICES OF RECOVERY and FOR TODAY..... plus THE BIG BOOK and all of this keeps me so focused. I have not been perfect but as I've heard it said ... "I'm not where I want to be, but I thank GOD that I am not where I used to be!" God has always blessed me. I think he has just been waiting on the sidelines for me to get my act together. Now I am working on so many issues, including more weight loss, but it is fine. I seem to be able to handle it all okay. Thanks to God's help with my willpower and challenges.

Am so thankful to OA for the program, the sponsorship, the meetings, the friendships that I have found in my home meeting. Now I just found out that I can also go online if I miss a meeting and want a meeting time. How wonderful. OA has been such a surprise and blessing in my life! Certainly wish that I had found OA earlier in my life. I joined OA at age 63. Well,,, better now than never.

Hugs and prayers for you...Sherrie W. ~ OR.

Recovery

Hi it's Jessica, compulsive overeater. Abstinent and gratefully showing up for life today. I am grateful to be in the solution today. When I say I am in the solution, I mean that I am taking actions, one small action at a time sometimes, to be abstinent and connected to the principles of Overeaters Anonymous. I started my day with prayer and meditation and two sponsee calls. I received an outreach call. I got moderate exercise. I followed my food plan. I am not eating between planned meals. When my mind goes to obsession or fear I ask HP to redirect my thinking.

I am using the tools and writing, the effect of these actions are felt immediately and I am filled with serenity and contentment. Other times, like the last four days, I take the actions but continue to feel anxious, or low, or obsessed with myself. Oh well. You guys have taught me that I don't need immediate gratification all the time, and that relief will always come if I take simple actions to stay abstinent and in good behavior.

As the result of going to any lengths to be abstinent and work the steps formally and with a sponsor, the hard times are so much fewer and farther between. And to be completely honest, they are of a completely different nature. I think I have wimped up a lot since becoming abstinent — my tolerance for unnecessary emotional pain is so much lower that fifteen minutes of discomfort and self-dislike feels unbearable. I used to live in that feeling all day long, feeling it worsen with every bite I took or every self-obsessed effort to improve my appearance or social standing. It was a painful way to live. So for today I can focus on my gratitude for not feeling that way as often...and for not taking myself *quite* as seriously as before. I can feel that I am lightening up more and more.....a very good thing!



Wisdom and Fear don't share plates. Anon.

Recovery

cont...

Third Step Prayer personalized...

Dear God, I stand before you with an open heart, to do thy will now and forever. Help me to truly see all of my blessings. Help me to be kind and loving to others. To be patient and understanding. Void of anger and resentment. To always remember I am privileged to do his will for my life....Amen ~ Melanie M.

Ways and Means!!



"The Region 1 Ways and Means committee has completed the new Convention Pins! Alice B has coordinated the making and distributing of these very attractive collectable bronze and black pins, with the saying "Together We Can". Sales have started, (\$6. for one and \$10 for two), and each pin has attached a small bookmarker advertising the Vancouver, WA conference and assembly Oct 10-14th, 2007. Pins will be available at some meetings, at the April 21 Marathon in Gig Harbor (Harbor Covenant Church, 10am - 3pm), and at World Service, before the convention.

In addition, Alice B is coordinating the making of attractive visors with the same logo. Now, we are not afraid of the sunlight, here in Washington, but we do like some shade on those extra-bright days in the summer. As soon as we have decided on the order, we will have a price, somewhere in the \$8-10 range. Thank you for your service!"



Katia, Chair, Ways & Means

OA is the only place where you can walk into a room full of strangers and reminisce.

Region One PI/PO Committee



The banner above is available for PI/Public Outreach. It was used last fall by Pierce County IG for a health fair and will be used in April by Great Seattle IG at the American Diabetes Expo at a booth.

We have had lots of response for grants for this year's budget. We hope people will think about what projects they want to do next year. Please, feel free to e-mail me, at pasinore@msn.com. I will not know the answers to your questions, but I will make an effort to find out.

Penny S.

Computer Services



The Region One website now offers Intergroups a one page website which can include more detailed information about the Intergroup area that is being serviced. It could also have a link to your newsletter.

Check it out www.oaregion1.org.

******Please note the change in webmaster******

Please email information about your Upcoming Events to Martha kingpenguin58@hotmail.com for publication on the website. Or mail to:

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



OA has no fixed address — you can take it with you.

Sponsor-by-email



The Region One assembly recently appointed a new contact person to coordinate the sponsoring by e-mail and snail mail. Barbara S. has begun doing this position by setting up a special e-mail address. The address is writing_in_time@hotmail.com.

Anyone who wishes to be a sponsor or would like to have a sponsor is encouraged to contact Barb. She has connected about 8 sponsees with sponsors already, but there is a need for more potential sponsors. Most sponsors work with only one or two sponsees at a time, so that keeps the service going smoothly. Yet there could be a time when there are more requests than available sponsors. This service is very rewarding as it is a great way to keep the Twelfth Step active. Most requests are from persons who have not been able to connect with an OA meeting or have been unsure about asking for a sponsor. The e-mail sponsoring is an easy way to begin and hopefully then continue with face to face OA persons. If a person wants a sponsor by regular mail, that can be provided also. The snail mail address is available by sending an e-mail with your snail mail address and then a reply will come to you.

In loving service, Barb



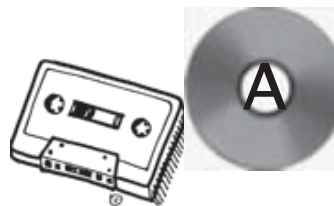
Region One Canadian Tape Library

A list of the tapes (and CD's) is available on the website- www.oaregion1.org or directly from me. A maximum of three (3) tapes can be checked out for 60 days at a time. Region One takes care of the cost of shipping them to you, you simply have to ship them back to me.

An audio or video OA Public Service Announcement (PSA) has been provided by the Region One Public Information Committee. There is a ten-, fifteen- or thirty-second radio (on CD) or television (on VHS or BETA) spot with a short message about OA and the phone

number of the World Service Office. The PSA, "Its Not What You're Eating It's what's Eating You" may be viewed on the World Service Web Site at www.oa.org. The Canadian Tape Library may be contacted to borrow these resources. Mail or email your request to: Alayna Barausen
883 Rink Ave
Regina, sk, S4X 1M6
(306) 789-6099
nainachick@yahoo.ca

This service position is open for roatation
PLEASE CONTACT *Alayna B. if you are interested.*



Region One USA Tape Library

Just a quick update about our US Tape Library. We are a bit early for spring cleaning but what the heck! The tape/CD library has been updated and cleaned up. Please go and take a look at the new items that have been added.

We have just included Public Service Announcement (PSA) media that can be used as part of an outreach program to help get the word out about Overeaters Anonymous. We have audio and video media that can be used both by local TV and radio stations as well as health fairs and other gatherings where it would be appropriate to share the message about OA. The title of this PSA is "It's not what you're eating, it's what's eating you."

Come and check out our updated inventory and spread the word about our library. It is a great way to get a meeting in between meetings! All the best to you all for a happy and abstinent day! <http://www.oaregion1.org/tapelibrary.htm>.
In love and serve, Amy D.

Recovery from Relapse

Recovery from Relapse audio is on-line now at www.MetroWestOA.org

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

