



# OA Region One

## The Heartbeat of Recovery

www.oaregion1.org

Fall 2009

Table of Contents	Page
Coming Events	1
Region 1 Committee Highlights	1
From the Board	2
Recovery Corner – Stories from Members	2
12 <sup>th</sup> Step Within – Lifeline	4
Personal Ads (Sponsor/Sponsee)	5
Region 1 Convention Update	5

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:

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

### Coming Events

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

### 2009 REGION 1 CONVENTION

October 23-25th, 2009

La Quinta Inn & Suites

Tacoma, WA 98421-2200

### GREATER FAIRBANKS INTERGROUP RETREAT

September 25-27, 2009

Knox Retreat Center

Fairbanks, AK

Contact: RSVP to Sally - shoffstall at alaska.net

### OA SPONSORSHIP MARATHON

Sponsored by Peninsula Intergroups

Saturday, September 26, 2009

St. Paul's Episcopal Church Fellowship Hall

1020 Jefferson St., Port Townsend, WA

Click here to download the flyer

### BITTERROOT VALLEY FALL RETREAT

Recovery 101, 201, 301, etc.

October 2-4, 2009

Marcus Daly Hospital

1200 Westwood Dr., Hamilton, MT

Contact: Lyonsden at montana.com or Jackie L: 406-777-7160

If your group or Intergroup would like hard copies (paper) sent to them in a bulk mailing please contact the editor via mail, email, or phone.

**Please contact the Newsletter Editor for email/address changes, articles, and questions.**

Region 1 Newsletter Editor – Martha Reeves

137 NE Tucannon Court

Bremerton, WA 98311

360-627-7480

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

### Region 1 Committee Highlights

Region 1 Assembly is coming up in October and we need **COMMITTEE VOLUNTEERS** for the coming year. Please contact the Region 1 Chair if you are interesting 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

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

## From the Board

Chair	Debbie
Co-Chair	Vacant
Treasurer	Holly
Secretary	Vacant
Newsletter Editor	Martha
Trustee	Bob

## Income and Expense Summary for Q2 2009

### Income Categories

Group Donations	2,165.26
Individual Donations	285.00
Scholarship Donations	450.00
Canadian Exchange/Pay Pal Adj.	337.27

**Total Income 3,237.53**

### Expense Categories

Board Expenses	3,191.56
Administrative Expenses	21.00

**Total Expenses 3,212.56**

**Funds on Hand \$12,904.00**

## Region 1 Assembly – October 21<sup>st</sup> through 23<sup>rd</sup> in Tacoma, WA

### Agenda Highlights

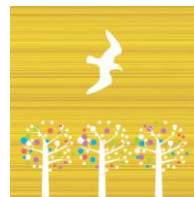
- Board Nominations/Elections
- Financial Overview
- Presentation of By-Laws and Procedures Changes
- Intergroup Questions
- Intergroup Status Reports
- Committee Reports
- 2010 Board Events
- Emergency New Business

## Recovery Corner – “Spirituality”



Spirituality is the basis of my program. The only way I can have a good clear connection with my Always Loving and available H.P. is to be abstinent each day by working the steps. The more I keep trusting my H.P. as I work the steps, the better my relationship is with this power. I have found that starting my day with prayer is as important as eating and sleeping. I find endless reasons to say small prayers for

others each day as well for help with my life and my character defects. It is amazing how life goes when I'm abstinent and trust the process. In gratitude for all I receive each day,  
*Judith B.*



### What Spirituality Means to Me

Spirituality is the thing that helps me each day to stay on a food plan as well as deal with any stressful situation. I have had it long before I knew it had a name. To me it is the belief in the power of my Higher Self,

the power of love that I receive in OA meetings. Knowing that I am taken care of and my needs will be met, if not today then tomorrow.

When I was a young girl I prayed to God to make me thin, when I just got fatter I just prayed harder. Now I understand God better, I pray for him to help me to do all the things I need to do to help me get thinner.

Thanks to OA I know that one of the things I don't need to do is go on crazy fad diets, as I have in the past. Those crazy diet books and pills are what made me where I am today. Diet groups that we call Pay and Weigh led me to suffer years of scale obsessions. Today the only scale I use is for portioning my food.

I am amazed to sit and watch Spirit move in our meetings. Often we have new members who do not have a belief in any Higher Power when they first enter the rooms. After a short time we see the same person blossom and come to realize that some power is bonding us. Be it Love, God, or power in the group. You see it change their lives and it is wonderful to witness. Remember the movie where they said “Let the force be with you “. I like to say Love and Light. That is my power and Spirit.

*Pauline M., Vancouver Island*



### Relationship

My abstinence and the quality of my life is directly connected to my relationship with my higher power---I call it god for good orderly direction and grace on demand.

Spirituality (my partnership with this God) is improved and strengthened every time I refrain from engaging in my disease. Recently I have taken a big step toward cleaning up my food and God has graced me with some wonderful changes--I believe because of this new found willingness. I am experiencing a new level of peace and freedom from the craziness that I created for myself regarding a very long term relationship and I actually am fitting better in my jeans. I believe that every person place and experience whether perceived as positive or negative is simply an opportunity to get closer to my God. I no longer have to eat to fill that emptiness and I also think that working the miraculous 12 steps will at some level resolve any challenge I may face--the peace

and powerful connection to god from working the Steps is always a solution in itself.....this is kind of my idea of spirituality.....its helped me to write it out---maybe it might help someone else, too---have a fabulous day and thanks so much for your service----Aloha  
*Laurie M.*



### **Spirit of the Sunlight**

I can relate to this today. Treated on as a diet and calories club at first just wanting to lose some weight to get my doctor and wife off my back.

At the very first meeting, on September 6, 1991, abstinence was a tool, now a plan of eating seemed to make sense to me. Never heard of not eating between meals, but thought I would give it a shot. That lasted until I got home and at once had to have something to eat and did. So the abstinence date for me is September 6, 1991.

At first it was really hard not eating between meals. I was not working at the time, so I went to a lot of meetings and shared way to long and could not handle silence, so I double shared! I ate very little and 68 pounds went away and then it stopped. First idea was to leave OA. I had planned to leave after 50 pounds anyway, but had really listened and saw that a sponsor was needed. That is when a ray of light came into my life. Had to eat some humble pie because I thought the steps were for real sick people. Calling the food and writing on the questions showed me I am really sick and need help. My name should have been Pat as I was always patting myself on my back because I let go of alcohol in 1970 and tobacco in 1985, but eating myself to death, at least 281 pounds at the first meeting.

I ate whatever I wanted and thought I was doing fine which means, I fowled-up, insecure, neurotic and eating, is me in a nutshell.

I started on May 20, 1992 and on June 1<sup>st</sup> I let go of diet sodas. I just blurted it out to my sponsor and let go of all fake sugars on June 10<sup>th</sup> but still eating refined sugar. The sunlight crept in and let go of any desserts on October 1, 1993.

As the weight went away it became clear, I am a bottom feeder and there are foods and food groups that I can no longer eat like a lady/gentleman and that is the way it is for today.

As long as abstinence is the most important thing in my life and treat it as a life and death matter life gets clearer. I still write down the food, and have since February 1, 1997. Thought I was cured, but only hams are cured. I quit weighing and put on at least 10 pounds. I got up to 194 pounds. I was ready to leave OA, but I committed to my sponsor that writing down the food and weight and now have a goal range of 173-178 pounds. I went up to 178 and let go of spelt bread and cheese for a while. I am back to weight levels of 175 or so.

I was 176.6 pounds on Tuesday 9-8-2009. I am one bite away from 300 pounds and have not forgot my last binge four days before my first meeting on Labor Day weekend

with my mom camping. I go camping now, but have a plan of eating that works. I don't have pity parties which I used to have in OA, but no one showed up. Like it says in the AA Big Book, service and love, and on page 88 the most important words, "it works, it really does". It begins with step one, which is honesty stated in the OA 12 and 12, Step 12 in defining the other 11 words of the remaining steps, pages 103-106. I was a 2 stepper at first, but now know that there are 12 steps and I try to use them in all areas of my life. Love, hugs and prayers.

*John F, Olympia*



### **Surprise Gift**

My pitch for working the steps is the surprise gift I received. That surprise gift was a MUCH deeper ongoing relationship with my higher power. I never knew this feeling of serenity and peace was possible. Even in my most difficult times financially I have all the tools that keep

me focused on my Divine path. I may not enjoy what is going on around my circumstances but I now have the relationship with something larger than all to comfort and guide me. My lows are not nearly as low or devastating and the depression has lifted. The promises are coming true for me and I can hardly recognize the new me. Working the steps in my life has given me more than just the weight loss but a whole new way of life. Thanks to the program and all of you, I am in the midst of that spiritual awakening that is beyond my wildest dreams.

*MM*



### **Unmanageable and Confused**

When I think about the subject of spirituality it makes me think of when I first came into program over eleven years ago. I had come to OA to lose weight. At least that's what I thought. My life was not only unmanageable but I was very

confused as well. My first meeting was a step study meeting. We would read a step each week and when we finished the twelve steps in the OA 12 & 12, we would read the twelve steps in the AA 12 & 12. Reading those steps excited me. It was written in them many times that if I worked the steps to the best of my ability it would bring me closer to my creator!! Now to me that was exciting but confusing. Why would I become closer to my creator in these rooms and not in church where I had spent the better part of my life growing up? I was confused because I thought that spirituality and religion was the same thing. They are very definitely not the same. And I did become closer to my creator. The more I read and studied the steps and traditions, attended meetings, and listened to others share their experience, strength and hope, I grew to

know and love my creator in a new way. A more intimate way!

Each step I took, everything I shared at meetings, every piece of literature I read led me closer and closer to realizing some of the Promises. Some have come true for me - some just a little and some a lot.

I do rely on my creator every day. Every day I spend in prayer and meditation with Him. And I am rewarded with blessings beyond measure. A day without my prayer and meditation feels to me like I have no direction because I failed to spend time with God and ask for His guidance. I am really not a morning person, but some time ago I made the commitment to get up an hour or so earlier than I normally would so I could have time for prayer and meditation while the house was still quiet. I have been rewarded many times over for this commitment. It has been worth it and will continue to be worth every minute I spend with Him. I pray that you can find rest and refreshment in His presence.

*TW, Port Orchard*



### **Spirituality.....**

The base of all that is! I am here a spirit in a human body doing what I can do to be in peace to feel love and kindness and respect. Whoa, what a challenge at times. I used food the very first day I felt

something different. It made me smile then I got a tummy ache. I have been having that dance with food and my spirit for most of my whole life.

It is today, as I honor my spirituality by writing this piece. It is not all that long ago that I was willing to realize that I am an addict, that I needed help. My higher power brought me to an OA meeting and I am finding my spirit again. I am so grateful for this program of twelve steps and twelve traditions. All of which are based on finding spiritual fullness.

No need for food in the same way any more Spiritual fullness has shifted that for me. My spiritual fullness comes to me in many ways and it is this program that guides me. My sponsor is a gift from my higher power. Working the steps is a ladder to spiritual fullness. I am honoring the traditions and doing my part to keep this program alive by going to meetings, feeling at home where there is safety warmth and love to be had.

Fellowship, communion, and spirituality!

Thanks Bill and Bob, thanks OA founder, thanks to all who come and go who give and receive.

*Anonymous*

---

### **12<sup>th</sup> Step Within – Lifeline Article**

#### ***Serving with Creativity -***

As a newcomer, I attended a small women's Step-study meeting that needed a new intergroup rep. The current rep explained that all I had to do was take notes, pickup newsletters and flyers, and report back to the meeting. It

seemed easy, so I said I would do it. That was my first introduction to the goings-on at intergroup.

Later, I decided to put on a "Day in OA" event. Our sister intergroup had sponsored events using speakers from our intergroup, and I felt our intergroup should put on events too. The first event was very successful, and I continue to coordinate intergroup events.

I try to find projects within the service structure where I can use my creativity. Usually I try to do events that have never been done before. Just because it has never been tried doesn't mean we can't do it, as long as it fits with the boundaries of OA's Twelve Steps and Twelve Traditions.

Sometimes I do service because no one else wants to. Other times I do service because I want to learn something. Service stretches me and causes me to practice the principles of the program. I ask God to help me and show me what He wants me to do. I trust that I'll be able to help carry the message and do His will. Service is fun, and I've gotten to know a lot of people as a result of doing service.

*–Shirley S., Sunnyvale, California USA, Lifeline Sept/Oct 2009, pg 25*



### **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)

---

## Personal Ads (Sponsor/Sponsee)

**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

---

## Region 1 Convention Information

'We Are No Longer  
Running the Show'

### We Are Looking for Volunteers!



There are still many volunteer opportunities for the upcoming convention. Please contact the Convention Chair if you have any questions.

---

## Sharing Your Home

1. In order to allow folks who are traveling long distances to save some money, we are recruiting volunteers in the Tacoma area (within 30-40 miles of the convention site) to provide housing for one or two people over the convention weekend. This is housing only and does not include meals or transportation to the convention unless you arrange that on an individual basis. In some cases, this may mean only a sofa to sleep on. we are not suggesting 5 star treatment, in the interest of encouraging folks to offer their space if willing. (Keep it simple!)
2. We are also coordinating a list and matching people who are coming from far away and who want housing with the above volunteers. I have agreed to be the point of contact for folks who are looking for a place to stay during convention weekend.
3. Because the convention is at the end of October and folks will have to make hotel arrangements in advance if there are not enough volunteer hosts, we need to complete the matching by October 10 or 11 at the latest. Folks who are either willing to host or who need housing need to contact me no later than October 6th so that I have time to match people.

All hosts or those requesting housing need to do is email me at [mkplasm@gmail.com](mailto:mkplasm@gmail.com) or call me at 360-464-3777.

My preference would be email as my phone is also my business line and it may get a little confusing.

Thanks in advance for getting this out to all OA folks.  
See you in Tacoma! Mary Katherine

---

# Convention Craft Day

**Saturday, September 19, 2009  
1pm – 4pm**

**137 NE Tucannon Court  
Bremerton, WA 98311**

**Contact Martha R. – 360-627-7480 for more  
information**

**Bring your crafts, ideas, suggestions and  
laughter!**

**We will have some crafts there for you to do  
and share with others.**

## All are welcome!

### Directions:

**East Bremerton off Wheaton Way and McWilliams**

**Coming from the Bremerton Ferry:** Right on Warren, cross the bridge and it turns into Wheaton Way. Left at McWilliams (Safeway on the corner). Right on Tucannon before you come the Central Valley Road.

**Coming from Tacoma:** Take the first Bremerton exit by the shipyard. Right on Burwell. Left on Warren. Follow directions above.

**Coming from Poulsbo:** Take the East Bremerton exit at Silverdale. Follow Wagga Way south until you get to McWilliams. Turn right on McWilliams. Follow above directions.