



OA Region One

The Heartbeat of Recovery

www.oaregion1.org
 Summer 2009

Table of Contents	Page
Coming Events	1
Region 1 Committee Highlights	1
From the Board	2
Recovery Corner – Stories from Members	3
12 th Step Within – Lifeline	4
Personal Ads (Sponsor/Sponsee)	5
Region 1 Convention Update	5

Coming Events

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

SUMMER 2009 REGION 1 BOARD MEETING

July 11, 2009

Victoria, BC

SERENITY RETREAT

July 17-19, 2009

Alton L Collins Conference & Retreat Center
 Eagle Creek, Oregon

PILGRIM FIRS RETREAT

August 21-23, 2009

3318 SW Lake Flora Road, Port Orchard, WA 98367

BIG SKY INTERGROUP SUMMER RETREAT

August 28,29,30th

Rd., Columbus MT 59019

2009 REGION 1 CONVENTION

October 23-25th, 2009

La Quinta Inn & Suites

Tacoma, WA 98421-2200

Quarterly Newsletter published by the Region One Assembly of Overeaters Anonymous

EDITORIAL POLICY

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

The topic for the Fall 2009 issue will be "Spirituality." Please send writings to the editor by September 1, 2009.

Issue dates for 2009 are:

Date	Issue	Topic
Sept 15	Fall	Spirituality

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

360-813-2065

kingpenguin58@hotmail.com

Region 1 Committee Highlights

Report on Public Information

I am slowly learning the duties of this position and trying to learn more every day.

Being a strong believer of advertising, I was happy to take this position.

The first job I learned was it was up to me to keep track of where our board and banner is in Canada and the dates it is needed.

On speaking to a member the other day about Alberta needing the board this member said "Why don't they get their own then". This led me to see the importance on letting you all know that there are two boards and banners we use at fairs or any function that helps us to get the word out to other suffering OA people and let them know about us and that there is hope.

It is important for everyone to realize that these are expensive boards and banners. Since they were bought by Region One, they are not the property of any individual Inter group. I never thought it would be this hard to just get people to let me know the dates you are going to need the board. This way if Alberta or any other Intergroup needs it we know the address and name of

who has it when they are finished using it, we will take care of shipping or having it picked up ourselves.

The other board is for Inter groups in the United States. Since the position of PI person is still available Cynthia W. is kind enough to take care of it for another year. Should you need it and you do not know how to contact Cynthia, please feel free to contact me at 250-715-0082.

Advertising can be helped by each individual Inter group. I am proud that my Inter group has decided to put out some of our money for advertising and we are anxiously awaiting the results. Our hard working PI person has contacted newspapers, Coffee News, and telephone books to put together an excellent advertising campaign. I am proud of her for her hard work.

If your Intergroup needs information on this or any other topic to help with PI please feel free to write me.
pickadilly@telus.net

As always Love and Light,
Pauline M.

NEW LOOK OF THE REGION 1 WEBSITE!



Current announcements can be found at:
<http://www.oaregion1.org/Board/Board.htm>

Region 1 Board Announcements Lists

- [Intergroup List](#)
- [Board Roster](#)
- [Board Liaisons](#)
- [Region 1 Speaker List](#)
- [Board Timeline](#)
- [Committee Strategic Plan](#)

Assembly Documentation

- [Region 1 Representative Certificate of Eligibility](#)

Nomination Forms

- [Chair](#)
- [Vice Chair](#)
- [Secretary](#)
- [Cover Letter](#)

The Region 1 Assembly is just around the corner. We will be voting for new board positions this year.

OA Region One Bylaws

This page is mainly information for incoming board members and intergroup officers. Feel free to browse through these files for information.

- [Region 1 Job Descriptions \(Microsoft Word\)](#)
- [Region 1 Job Descriptions \(pdf\)](#)
- [Region 1 Policies and Procedures \(Microsoft Word\)](#)
- [Region 1 Policies and Procedures \(pdf\)](#)
- [Region 1 Bylaws \(Microsoft Word\)](#)
- [Region 1 Bylaws \(pdf\)](#)

<http://www.oaregion1.org/Bylaws/Bylaws.htm>

From the Board

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

Income and Expense Summary for Q1 2009

Income Categories

Individual and Group Donations	2,070.01
Newsletter Donation	15.00
Event Proceeds (from 2008 Convention)	2,513.00
Interest	.57
Seed Money	
(return of Convention 2008 seed money)	2,681.03
Adjustments	
(PayPal Fees, Canadian exchange)	(119.62)
Total Income	7,159.99

Expense Categories

Assembly Expense	153.14
Board Meeting Expense	1508.26
Outreach Expense	613.18
Assembly Scholarships (2008)	400.00
Administrative Expense	20.00
Total Expenses	2,694.58

Funds on Hand 3/18/09 **\$14,177.98**

**TAKE A LOOK AT THE NEW MP3 WEB PAGE
FOR REGION 1**

<http://www.oaregion1.org/MP3/MP3.htm>

**Click on the links to listen to the speaker or
download it to your computer.**

REGION 1 CONVENTION MP3 DOWNLOADS:

2008 Eugene, OR Convention

- [100 lb Weight Loss](#)
- [Plan of Eating](#)
- [Sponsorship](#)
- [Service & Traditions](#)
- [Long timers](#)
- [Celebrating the Holidays](#)
- [Body Image](#)
- [OA Principles](#)
- [Abstinence](#)
- [Back from Relapse](#)
- [Bev R Friday Night](#)
- [Bev R Saturday Night](#)
- [Bev R Sunday Morning](#)
- [How It Works](#)
- [Step Into Action](#)
- [Surrender](#)
- [Becoming the Message](#)
- [New Way of Life](#)
- [We are the Message](#)
- [Meditation](#)

2007 Vancouver, WA Convention

- [Carnivore Skit](#)
- [Michael K Saturday](#)
- [Michael K Sunday](#)
- [Room 1 8AM](#)
- [Room 1 9AM](#)
- [Room 1 10AM](#)
- [Room 1 11AM](#)
- [Room 1 1:30PM](#)
- [Room 1 2:30PM](#)
- [Room 1 3:30PM](#)
- [Room 2 8AM](#)
- [Room 2 9AM](#)
- [Room 2 10AM](#)
- [Room 2 11AM](#)
- [Room 2 1:30PM](#)
- [Room 2 2:30PM](#)
- [Room 2 3:30PM](#)
- [Room 3 8AM](#)
- [Room 3 9AM](#)
- [Room 3 10AM](#)
- [Room 3 11AM](#)

- [Room 3 1:30PM](#)
- [Room 3 2:30PM](#)
- [Room 3 3:30PM](#)

2006 Vancouver, BC Convention

- [Grand Opening](#)
- [Steps 2 & 3](#)
- [Gratitude](#)
- [Steps 4 - 9](#)
- [Steps 10 - 12](#)
- [Sponsorship](#)
- [Long Term Abstinence](#)
- [Keynote Speaker Saturday](#)
- [Keynote Speaker Closing](#)

2005 Gig Harbor, WA Convention

- [01 Zan from Santa Monica](#)
- [02 Zan from Santa Monica](#)
- [03 Zan from Santa Monica](#)
- [04 Relapse Recovery](#)
- [06 Steps 1-3](#)
- [07 HOW](#)
- [08 Sponsorship](#)
- [09 Steps 4-7](#)
- [11 Long Term Recovery](#)
- [12 Steps 8-9](#)
- [14 Traditions and Concepts](#)
- [15 Steps 10-12](#)

Recovery Corner – “Willingness”



My Mornings! –

I wake up each morning and I read my meditation books and say my prayers for the day. My prayers consist of thanking God for the day, asking for help and asking God to watch over my friends and family. I end my prayer by asking God for help in seeking honesty, open-mindedness and willingness.

I believe that I am continue to seek willingness as part of my daily life. I can't get through the day if I am not willing to:

- Turn my life over to the care of God
- Let Go and Let God
- Seek the truth
- Stay within my boundaries
- Ask for help
- Use the tools of recovery
- Contact my sponsor and OA buddies

My life has changed in many ways because of my willingness. I am a new person and someone who can claim peace and calmness every day.

I do have problems every once in awhile and I have to start with Step 1 and work all the way through Step 12 to get me back on track again. I have so much to learn in this program and the willingness keeps me trying. I will never be perfect and I am willing to let that be a fact and to take life as it comes to me. My life is good and I have no complaints. This is not of my doing, but my willingness to let God run the show. – Anonymous



Willing to Try Something New –

Life threw me a curve ball a few years ago and said that you are running yourself into the ground and the casket is closing down over your head. I could have let the casket close and the dirt fill in around my grave, but I asked for help from God. I continue to ask for help from God every day. God and I are pals and we talk often. Sometimes it is just to say “Thank You” and sometimes it is to ask for help.

God is all around me and it is because I was willing to try something new that I came to Overeaters Anonymous. It is that same willingness that brings me back to the meetings and giving service. I would still be trying to dig out of the grave and maybe dead if not for the willingness to call someone for help and take that first step into an OA meeting. Willingness is a simple work, but very hard to follow through with on a daily basis.

I tell my sponsees that they need to be willing to work on their program with the steps, traditions and giving service to have continued abstinence. I also know that when I say these words to my sponsees it is exactly what I need to hear for myself. This is not an easy program, it is very hard. I have figured out that I am worth it and I will ask for willingness when it doesn't come easily to me at the start of my day.

I sometimes have to turn to our literature and read about willingness to help me focus in a positive way to get my mind working on the willingness. I go to “For Today” or “Voices of Recovery” and look up willingness in the index and start to read the pages indicated in each book. I start to read a few of them and it all becomes clear to me. I am ready to start my day with a positive attitude toward willingness. – Anonymous

Voices of Recovery –

Willingness – pages 10, 46, 49, 85, 215, 304, 353
January 10th –

“As we become aware of what our eating guidelines should be, we ask God for the willingness and the ability

to live within them each day. We ask and we receive, first the willingness, and then the ability. We can count on this without fail.”

-*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 23



At a time in my recovery when I could not stay abstinent, the words “without fail” offered me comfort and hope. When I could do nothing else, I could pray on my knees every day, no matter what, for the willingness and ability to be abstinent.

The miracle is that the willingness came and then the ability. I continue to ask God for the willingness and ability to be abstinent daily, and it continues to work. I believe that just as God grants me the willingness and ability to be abstinent, He helps me overcome my character defects. If I pray for the willingness and ability to do God's will, I will receive the willingness and then the ability. Thank you, God!

12th Step Within – Lifeline Article

Share the Miracle –

I came to this program in January of 2003. I was scared and disgusted with myself. A Friend had once told me about Overeaters Anonymous, so I found information on the Web and made a phone call. 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.

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. It allows me to keep what I've gained through this program. I started at the meeting level and worked into the Intergroup level. I now give service at the region 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. No service is too small or too big. OA stays strong because of the service we provide to the compulsive overeaters in our meetings and to those still out in the world suffering.

Bill and Dr. Bob knew that the only way to 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." (*Alcoholics Anonymous*, 4th ed., pg 89).

Don't feel that you are not ready or have nothing to give to still-suffering compulsive overeaters. Just take one step and keep on stepping so we can share the miracle.

—M.R., Port Orchard, Washington USA, *Lifeline* June 2009, pg 10



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

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:

kingpenguin58@hotmail.com

Or

Martha Reeves
137 NE Tucannon Court
Bremerton, WA 98311

Region 1 Convention Information

'We Are No Longer Running the Show'

This October, the OA Region One convention is happening in Tacoma, WA. Register early for great savings. There are many wonderful opportunities for

service both during and before the convention. Be Involved! Contact dnahvalkyrie@yahoo.com or note it on your registration form.



We Are The Message....

OA Region One
Assembly & Convention

October 21-25th, 2009
La Quinta Inn Conference Center
Tacoma, Washington

DONATIONS: The OA Region One convention planning committee is looking for donations of: Clothing and Accessories, Teddy Bears, Lifelines, Baskets and items for the Silent Auction. Contact dnahvalkyrie@yahoo.com or bring your item to the convention.

Register Now!

Convention Registraton Form

Name _____

Address _____

City _____

State/Prov _____

Zip/PC _____

Email _____

Telephone _____

Please complete the appropriate selection:

Item	Amount Per Person	# of Tickets	Totals
Super Saver*** (before 9/18/09)	USD \$125.00 CDN \$155.00		\$
Registration (before 9/18/09)	USD \$100.00 CDN \$124.00		\$
Registration (after 9/28/09))	USD \$110.00 CDN \$156.00		\$
Sat. Banquet (entertainment)	USD \$52.00 CDN \$40.00		\$
Sun. Breakfast	USD \$22.00 CDN \$27.00		\$

Scholarship Donation \$

Total Funds Enclosed Circle US or CDN \$

Sat. Banquet: Please circle your choice of entree.

Salmon Chicken Tofu Stir Fry