



# OA Region One

## The Heartbeat of Recovery

www.oaregion1.org  
Winter 2008

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### Coming Events

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

#### BIG TIMBER, MONTANA OA MINI-RETREAT

January 11, 2009 from 2:00 - 4:30 pm  
We meet in the County Community Building (southeast corner at 5th Avenue and Hooper Street)

#### THE PROMISES OF RECOVERY

January 30-February 1, 2009  
Gold Bar, WA

#### UNITY DAY MARATHON

Saturday, February 28, 2009, 10am - 2:30pm  
18920 4th Avenue NE, Poulsbo, WA 98370

#### OREGON INTERGROUP SERENITY RETREAT

March 20-22, 2009  
Twin Rocks Conference  
18705 Highway 101  
North Rockaway Beach, Oregon

#### N CASCADES INTERGROUP ANNUAL RETREAT

April 3-5, 2009  
"Questions to Strengthen Our Recovery"  
Ft. Casey Conference Center  
Whidbey Island, WA

#### VANCOUVER ISLAND IG OA SPRING RETREAT

April 3, 4, 5, 2009  
Bethlehem Retreat Centre  
2371 Arbot Road

#### LAKE COUNTRY INTERGROUP ANNUAL RETREAT

April 24-26, 2009  
N-Sid-Sen Camp/Conference Center  
Coeur d'Alene, ID

### Quarterly Newsletter published by the Region One Assembly of Overeaters Anonymous.

#### EDITORIAL POLICY

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The topic for the Spring 2009 Issue will be "Growth."  
Please send writings to editor by April 15, 2009.

#### Issue dates for 2009 are:

Date	Issue	Topic
Jan 7	Winter	Goals
April 20	Spring	Growth
July 1	Summer	Willingness
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.

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### Region 1 Committee Highlights

**Computer Services** – The Region 1 website is going through some changes. The Computer Service committee met at the 2008 Region 1 Assembly and went over the website and its content. We had two new people volunteer for the committee. Margie from Oregon and Sue from Alaska will help with content and getting the word out to the region. Janet went through the website to clean up old files and make all the pages consistent with the sidebar, header and footer. There is more contact information on the Home page.

The committee values your input and has received many great suggestions in 2008. Please forward any comments to [oaregion1@yahoo.com](mailto:oaregion1@yahoo.com) or go to the website and click on the Webmaster link.

## Let's Get Together - Interview

Sarah B., Port Orchard, WA

### Q1 – What were the challenges you had in 2008 with your program?

**A1** – My extreme emotions troubled me this year. I had physical, family and work challenges that made this a “Year of Fear” for me. I had a lot of anger, but that underlining all the emotion is the knowledge that God is there and I am where I need to be. My theme was “Notice, stay awhile and accept”!

### Q2 – How do you feel about sponsoring in OA?

**A2** – Sarah’s first response to the question was “better than ever!” She can now separate her profession and the service she gives in program. She is not sponsoring too many people currently, which is a change from the past. She has noticed in general that OA members do not want to treat this disease as a life or death issue. “It is not my job to teach them this, but to bear witness.”

### Q3 – What have you learned from your sponsor?

**A3** – “My sponsor has taught me that recovery takes time and commitment out of the day. It takes a plan and attention. I am loveable even when I struggle. I am not my recovery or my illness. God is always there.”

### Q5 – What are your program goals for 2009?

**A5** – Sarah had a few goals she would like to share with the fellowship:

- Living life on life’s terms.
- Meeting each day’s challenge and doing the best I can do.
- Recommit to feeling the truth no matter what.

### Q6 – What would you say to the newcomer?

**A6** – Here are just a few things Sarah would like to say to the newcomer.

- What do you want out of this program?
- This is a lifestyle not a destination.
- Your life experience is valuable to everyone.
- You will truly “Trudge the road to happy destiny.”
- No one recovers from beating themselves up.
- Humility comes by way of humiliation.
- Powerless is a real thing no matter how smart we are.

- I have seen a lot of people like me in the 32 years of program.
- God will bring us back to Him if we let Him.
- There are season for service and we give what we can give, which is plenty.

## From the Board

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

Contact information is now on the home page for Region 1 at: [www.oaregion1.org](http://www.oaregion1.org)

Hi Everyone,

We have 2 service positions open, of which I sent a previous email. They are secretary and vice chair. Since assembly is over, you do not need to be in person to apply to these positions.

If you are interested in service but can not make the board meeting in January, do not fear, we can do an interview with you on a conference call and make a decision at that time. Perhaps this is something our region should think about changing at our assembly, as it limits our opportunities at assembly and makes our choices limited to mostly Intergroup representatives who are already doing service. Just some actions for thought!

To send an application via email or to request one, my email address is [sacgrove@shaw.ca](mailto:sacgrove@shaw.ca). My phone number is 403-948-0563.

Thank you, Debbie

## Income and Expense Summary for 2008

### Income Categories

Individual and Group Donations	11,637.73
Event Proceeds (from 2007 Convention)	9,519.32
Ways and Means	1,065.38
Interest	47.67
Adjustments (PayPal Fees, Canadian exchange)	(364.59)
Total Income	21,905.51

### Expense Categories

Assembly Expense	5,664.26
Board Meeting Expense	7,817.04
Outreach Expense	3,548.99
Assembly Scholarships	1,728.00
Region One Reps to WSBC	2,028.52

Administrative Expense	492.00
Seed Money	1,837.50
Total Expenses	23,116.31
Funds on Hand 12/31/08	\$9,368.76

**Note: We are currently under our prudent reserve by about \$1000, but we are expecting to receive the proceeds of the 2008 Convention shortly.**

## Recovery Corner – “Goals”

### GOALS, OH NO!

I have always been afraid to set goals. What if I was expected to meet them—to actually show up for my life? Because my family culture had trained me to want nothing and expect nothing so I could avoid disappointment, both failure and success in meeting goals were equally scary.

When I came to OA, I had a goal weight in mind. But after spending 4 ½ years going to meetings, working with sponsors, working the steps, but unable to sustain abstinence and gaining back 20 of the 40 pounds I had lost, I left my goal weight up to God when I was struck willing to follow a weighed and measured food plan. My sponsor had received the food plan at a treatment center and had lost 100 pounds. Maybe if she could do it, so could I— a glimmer of a goal.

I made a deal with God: Thank You for granting me willingness to follow a weighed and measured food plan. Now that my body has responded so positively to this food plan and I don't have food cravings, I'll abide by Your will regarding my goal weight. Whatever I weigh when I stop losing weight on this food plan—without decreasing any food—will be my goal weight.

I knew from past experience that trying to starve myself to a particular weight OR adding foods back in once I reached goal weight were disastrous. I could not sustain motivation for long if I was hungry all the time and I hadn't known (or accepted) there were foods I could NEVER add back in because I could not eat them uncompulsively.

As only God can arrange, I stopped losing weight at exactly my original goal—80 pounds less than my top weight. And, thanks to recovery, I've maintained that weight loss for ten years. How amazing is that?

I've achieved lots of recovery goals since then because I've never had to do it alone. OA service has offered many opportunities to push beyond my comfort zone. With the support of God and the fellowship, I've made it abstinent one day at a time through divorce, parenting

a special-needs child, birthdays, weddings, holidays, deaths, illnesses, crises, travel—even a cruise!

Sometimes my only goal is to get through the day. But more often I find myself accepting God's invitation to live more expansively and more joyfully. I continue to hear my story being told at every OA meeting, no matter where I am on my journey. I am grateful to be a member of OA. Recovery rocks!  
Pam C., Seattle



### BALANCING ACT

The best & biggest goal I can have each day is to stay abstinent present with my HP and keep learning to trust the process of life. To accept that my HP knows what is best for me, I just need to stay out of my own way as I daily work the steps.

Another major goal is to stay balanced with the three parts of recovery: physical, emotional and spiritual. The way I do this is to plan my food, feel my feelings (knowing they will pass and not kill me) and pray my butt off from the time I wake up, through out my day and to close my day. Life is not easy especially now with my husband not with me and all that is facing me about my life. As long as I just stay in the moment and the day I'll be alright. I just have to remember what my sponsor told me helped her ~ “I have a roof over my head, food to eat, bills paid and most important I am abstinent with the grace of my HP.” I can't give what I don't have.

Wishing you another abstinent day connected to your HP's love.  
Judith ~ Shoreline, WA



### **News from World Service Office (WSO)**

**SURVEY SAYS:** The return rate for the meeting surveys exceeded our expectations. The US response was about 49%, and the outside-US response was about 38%. Based on the average number of members reported attending meetings worldwide, we were able to estimate that the number of OA members in the Fellowship is about 54,000, with 41,540 in the US and 12,460 in the rest of the world. OA meetings, on average, have about eight to nine members attending regularly.  
Naomi



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