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KATCHEWAN\*YUKON  
BRITISH COLUMBIA  
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WASHINGTON  
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# O.A. Region One

*The Heartbeat of Recovery*



*• Together We Can • Spring 2008*

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

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## Coming Events



### 'The Promises of the Program'

Lake Country IG Spring Retreat

April 25-27th, 2008

Contact: Jessie Mc. (509) 928-6527 or Carrie B. (509) 747-3113

or John B. [meanspeed13@yahoo.com](mailto:meanspeed13@yahoo.com)



### "Fully Alive in Recovery"

Bitterroot Spring Retreat May 16, 17 & 18, 2008

Choteau, MT

Contact: Florence A. (406) 466-2544 or [feagoajr@3rivers.net](mailto:feagoajr@3rivers.net) or [featc@erivers.net](mailto:featc@erivers.net)

### "Three Fold Disease, Three Fold Solution"

Annual Summer HOW Retreat June 6-8, 2008

Huston Camp & Conference Center, Gold Bar, WA

Contact: Sharon L. 206-783-0500 or Barb M. 425-228-3725 or [grineldall@aol.com](mailto:grineldall@aol.com)



*Does your Intergroup have a problem you would like us to help with? Please contact any of the board members from Region One for we are here to help. We need to know if you would like to continue receiving a hard copy or an email issue of this newsletter. Please have your IG review the number of copies they really use and let Jacquie or Judith know this number.*

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F.E.E.L. = Feel, Experience, Express, Let Go... 



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.

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The topic for the SUMMER Issue will be “Sunlight of the Spirit.”

Please send writings to editor by June 20th, 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)

*The decision in step three requires action. In what ways do I take action to turn my life and my will over on a daily basis?*

I read this question and have been thinking about and observing what I do here over the last couple of days. I start my day with contact with my HP. Most of the time I say and feel the 3rd step prayer from the Big Book. As the day progresses, I try to stay calm and remember that my HP is running the show. When I do this I enjoy life. I do this by knowing how I feel in my body when I am trying to control and run things versus letting my HP be. If I am full of stress and tension, I am either not trusting my HP and/or thinking that something is SO important. I definitely have room for improvement in this. When I feel all that in my body, I stop and remember that it is all okay and that my HP will take care of me. I can relax and let life be and live it and enjoy it for what it is. So, I guess what it comes down to for me for this answer is that I have to stay connected and trusting and aware of what is happening with and in me. Then I can take further action—letting go—to let things be and feel better (relief). When I “let go” I feel relief physically and emotionally. I also want to add that to do this I have to have a positive and loving relationship with my HP. So, keeping that is also a part of all this for me. Looking too, trusting in and doing my best all help in this relationship.

Donna H., Havre, MT

**Region One USA Media Library**

The Region One Media Library has tapes and CDs to loan by mail. Contact the Tape Librarian at [druppert@clearspringlabs.com](mailto:druppert@clearspringlabs.com).

Deborah Ruppert ~ 503-662-3075

7301 NE Krono Road

Yamhill OR 97148



***T.R.U.S.T. = Try Relying Upon Steps and Traditions***

## *A WORD FROM OUR REGION 1 CHAIR.....*

Dear Friends in Recovery:

As many of you may be aware, Louise A. had to step down as Region 1 Chair for personal reasons. I want to take this moment to thank Louise for all she has done for our Region over her many years of involvement (+20 years that I know about). She has worked hard as Chair, Co-Chair, Nominations Chair, Bylaws Chair, and then pitching in as Treasurer before she was elected chair. The Region thanks you Louise!

As per our bylaws, the Co-Chair immediately becomes the chair and then we have a vacant Co-Chair position. So this past six weeks has been a “whirlwind” of activity and new experiences. So far – I have enjoyed it all – trying to keep a sense of humour always helps when I am giving service.

One of my commitments I would like to make to the Region is that I respond to your inquiry to the Region within 24 hours. Even if the response is “I won’t have an answer for you for two weeks” – to at least acknowledge your request. My email is Theresa\_shaver@hotmail.com.

One of my main reasons for this article is I would like to ask those of you who serve at the intergroup level to help your region team in the following two ways:

1. Right now we have a list of “intergroup chairs” email addresses – sometimes this is successful getting a hold of the intergroups – most times not. I would like your intergroup to select an “email handler” for region or for all intergroup correspondence. We all know that there are people who read their email ever few hours (like me!) and then there are people who check their email once per month or once per week.....this person that you select ideally would be a frequent email checker – maybe even once per every few days. Then they could send it to the chair and phone her to say – please read and respond by \_\_\_\_\_ (the due date).

I always ask people to respond “got it” and I only get about 25% response. I am left wondering “did it go into cyper space and never return” – or did they read it and choose not to respond or do they just not read their email..... It is costly to mail things – so let’s help the Region in this small communication plan.

2. The second thing is this – please have your intergroup secretary or chair note the following important deadlines:

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### **NOMINATIONS**

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Approx. August 1-7, 2008	All Intergroups notified of positions to be filled by mail or newsletter. (75 days prior to assembly)
	Applications sent in this mailing.

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September 29, 2008	Applications sent back to Nominations Chair
Positions available this year:	Chairman
Our new nominations chair is Suzan B.	Vice-Chair
suzanperryplace@yahoo.com	Secretary
	Treasurer

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### **BYLAW AMENDMENTS**

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Our bylaws chair is Jan West  
jbwest@shaw.ca

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July 29, 2008	Proposed bylaws shall be submitted to the board.
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September 26, 2008

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REGISTERING REPS FOR ASSEMBLY  
May 26, 2008  
Assembly

Copies of proposed amendments shall be sent to Region Representatives at least thirty (30) days prior to the annual Assembly.

Forms sent to Intergroup by Secretary for Eligibility for

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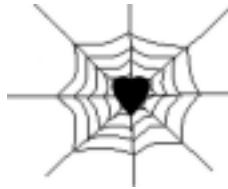
September 15, 2008

Intergroup returns the forms.

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I am looking forward to serving as the Chair of Region 1 until October. Please contact me if you have any questions about any of the above.

In loving service,  
Theresa S.  
Region 1 Chair



Did you know....

The Region One Board has changed its way of operating and it occurred to me the other day that we may not have clearly communicated this to groups. The board meets four times per year – the annual planning retreat in January, the Spring Event, the July board meeting and then Assembly.

For the Spring Event and July board meetings – we use to start the meeting at 9:00 AM and go until business was done....usually around 5 or 6 pm. The days were very arduous....and could be a bit dry. Amazingly, we had a hard time getting people to host board meetings and to sponsor the weekends.

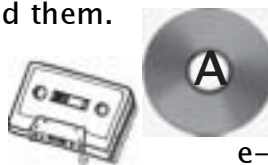
Well last year we tried (under the direction of our previous Chair Louise A.) something different. We decided to do all the review of board reports on a “free conference” call a week prior to the board meeting. Then during the board meeting we would only meet from 9 am to noon and then we would speak to the local area about our recovery. So far we went to Edmonton and Missoula, Montana. These were very well received.

I also have heard of two intergroups (that are geographically far apart) that they have tried this and it has been successful. So if you would like to submit a “bid” for the 2009 board meetings please ask for a form to apply and fill out the form and bring it to Region Assembly. We are still looking for a host intergroup to have our convention in 2009.

Thank you for the opportunity to share what is working for us on the Regon One Board.

### *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! Tapes prior to 2000 have now been purged from the library and distributed to those throughout Region One in Canada who requested them.



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)

## *Acceptance is the key...*

I am a compulsive overeater, I struggle with being Paula. I have to accept that.

My first thought about acceptance is the Serenity prayer accept what I can and cannot change.

My second thought is that I do not have any control over the sun it comes up and goes down I also have no control over the weather it changes no matter what I do.

I truly need to accept that I can not do anything with out my higher power. I can see the road signs more clearly especially when I am not in control and accepting things as they are. Serenity, courage, and wisdom help me hold onto the acceptance piece. Some days I wish the world had a program as good as the 12 steps, it has helped me to live life on lives terms. When I am in acceptance I can love myself first and then have things to give to others. I believe it is a selfless program but I have to think of my self in order to think of others. We will love you until you can love yourself has really helped me with the acceptance piece especially when I first went to OA and could not love myself. The more I believe that I am an okay person the more I can be happy joyous and free.

I continue to read the OA literature on a daily basis which helps me to remember who I am and what I need to do on a daily basis. Days that I forget, get too busy or in hurry are days that I have placed myself before my God and things inevitable do not go as smoothly. I have to accept that God is in control daily for me to be at piece with my self.

I truly believe that Acceptance is the key to the simple, complex program.

Paula W. ~ Billings, MT



***H E A R T = Healing,  
Enjoying, And Recovering  
Together . . . . .***

## *12th Step Within Column*

My first experience in OA was in 1983. I was 100 pounds over weight. At my first meeting I got a sponsor and began working the steps, committing my food each day, attending meetings. Within 10 months I lost 100 pounds. I moved to another state and decided I did not need meetings anymore. I had learned what I needed to know and was just positive I could do it on my own. I kept the weight off for a few years and then my compulsive eating once again kicked in. I was quickly out of control but was too ashamed to return to OA. In the next 22 years I tried every diet and weight loss plan I could find including dangerous pills and hypnosis. They all worked for a very brief time. I finally returned to OA in the fall of 2005 when I had nowhere else to turn. By that time I had regained the 100 pounds plus another 35. This time I knew it would be different. Once again, I went on a food plan, committed my food daily to my sponsor, attended meetings, got involved in service and started losing weight. When I began working 16 to 18 hours a day, isolating, missing meetings and not calling my sponsor, I didn't know that I was already in relapse, long before my food compulsion took over. The food was the last to go. I desperately need help. Why couldn't I get the peace and serenity others had? What was I doing wrong? I had been having thoughts of suicide...maybe I could drive off the bridge or into a tree? My fear was that I might live! Those thoughts were in my head as I drove to a retreat in 2007. I was helping with the retreat since I heard at meetings that service was necessary. I stopped at a fast food place on my way and binged, then went to a grocery store and bought a salad so I could eat dinner with the rest of the committee and they wouldn't know what I had done. As I sat at the table watching and listening to happy, abstinent OA members, stuffing salad in my mouth, the guilt and shame were overwhelming. I had finally reached my emotional bottom. It suddenly hit me....I had NEVER surrendered. Until that moment I had not believed I had a fatal disease even with all the evidence over many, many years. That night was the turning point for me. The next day was my first day of abstinence. Today, with God's help, honesty, hard work on the steps, love and support of good friends in the fellowship, I am in recovery.

Barb M. Renton, WA

## Stories of Recovery...

I am a compulsive overeater since early childhood, and was directed to the rooms of OA in 1976, weighing 292 lbs. and praying nightly to die, waking in the morning depressed and in deep despair that I was alive! I had been living in a morbidly obese body since my early teens and it was a horror!

Over the years of my IMperfect recovery, and consistent involvement and service with the OA Fellowship, I have noticed that meetings contain far less shares about the physical aspect of our disease, and more reasons, excuses and rationales for breaking abstinence, going on a binge or being in relapse.

When I found OA (which I believe was a loving gift from my Higher Power) we often heard from podiums, other members and sponsors about this Disease being 3-fold as the AA Big Book states, and that in order to go into remission, we would need to work the Program in all 3 areas – physical, emotional and spiritual.

I also heard often in OA in my early years that one must eat less in order to lose weight; I do not hear this fact of life in meetings anymore and physical recovery seems sometimes to be totally ignored.

Personally, in my experience, if my abstinence and food plan are not disciplined and honest, if I am not open and telling the truth to my sponsor and others about my food – I have no hope of enough honesty to maintain any emotional growth, and no wish to connect with my Higher Power — when I am worshiping food, it permits no other god in my life.

Today I love OA with all my being, and I need OA far, far more than OA will ever need me! OA, with my Loving Higher Power, has given me a love of self and the world I never had – and a serenity and joy I knew nothing of prior to 1976! OA has taught me how to live life on life's terms, not mine – and each and every time I seek my Higher Power's guidance, it comes. At nearly 70 years of age, my life today is the best, kindest and most fun it has ever been.

While I just finished my 32nd consecutive abstinent Holiday Season, and my weight loss

has been between 140 – 150 lbs. since about 1978, I am like all other OA members – I only have today.

Today I must use all 8 Tools and work the Steps to the best of my ability, else I will relapse and die. Nowhere does it tell me that I will LIKE to take all of this action, nor does it say I will WANT to – but our literature does state clearly what is waiting for me if I do not follow the Program and go back out in the Disease.

Having buried current and former OA members in over-sized caskets over the years, having seen OA members go into the hospital for minor surgeries only to end-up with terrible complications and excessively long periods of recouping – I am one of those OA members who believes this Disease not only wants me utterly miserable and grossly fat, it wants me dead, dead and will stop at nothing to try and make that happen!

One day at a time, I am thankful to know that together we can do this, but I also remember that OA offers me solutions to all three aspects of this disease, and OA has given me the self-worth to want nothing less for me.

Please keep coming back, no matter what. No matter what – we just don't eat over it (no matter what!).  
Anonymous, Montana

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Seventeen years ago today, I was completely defeated, without any hope at all that I could ever be one of the abstinent people. I felt demoralized and disgusting, and I went to my regular noon OA meeting with no snappy answers, no clever quotes from OA literature, no look-good whatsoever. It is the weakest and most hopeless I have ever been. Thank God!!! Because for once I was completely willing to accept the help that was offered me. I didn't try to do it "my" way, I just said "okay." I said "okay" when a woman I couldn't stand (because she was joyfully abstinent) offered to be my sponsor, I said "okay" when she asked me to not eat anything until dinner, I said "okay" when she asked if I would let her suggest boundaries for my food. I just said "okay," and then I did whatever we'd agreed to. It is a system that has been working really well for me for sixteen years now! Thanks for being a part of it. Jessica B.

## Region One PI/PO Column



Spring! Ah! Tulips are in bloom, crocuses have faded and soon Health Fairs will be sprouting up like dandelions. How do you participate in a health fair? It's simple.

First, contact your local hospital or clinic and ask if they are planning a health fair. Some community centers do this too. Ask to be put on their contact list. Many offer a discount for non-profit organizations. One local health fair charges \$600.00 for a booth, but OA can register for a mere \$50.00.

Once you line up the date and times, solicit interest from your members. We scheduled pairs of volunteers in four hour increments. Intergroups might want to join together to offer this service.

Order the banner and professional display from me, if you don't already have a display board. I can send it to you within days. You'll want give away literature and meeting schedules too. You can get literature at cost from World Service. Our intergroup had an inexpensive stamp made up with the intergroup's mailing address and hotline number on it. We stamped the literature we gave away for future reference. You might want to have give aways, like bookmarks. There is a template for OA bookmarks on the Region One webpage. Hole punching them and inserting some inexpensive ribbon makes them attractive and will draw the eye of passers by. You will be competing with organizations with large bowls of candy as giveaways.

Working at a health fair is a lot of fun and offers fascinating people watching. I noticed that folks with a weight problem got very busy with their children or found an intense interest in finding something in the bottom of their backpacks as they passed our booth. One poor soul risked approaching the table next to us to grab a large fistful of candy from their display before skipping off in the opposite direction, never once raising her eyes. Boy, do I remember those days!

Please let me know if you have any questions about PI activities or have suggestions for PI activities. And if you have a success story, let me know! I can run it in the next column for other intergroups to hear about and maybe use.

In service,  
Cynthia W.  
Cyncha132@msn.com

## Computer Services



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

## Sponsor by email



Service is slimming! A very rewarding way to be connected to OA and still be at home, is through the Sponsor by e-mail. The Region is looking for a person to become the new coordinator. Please consider this possibility. Send your name, e-mail address, phone number to Barbara [writing\\_in\\_time@hotmail.com](mailto:writing_in_time@hotmail.com). There are at least 14 persons volunteering to be sponsors, so the coordinator's job is to connect them to potential sponsees. Simple and fun.

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Our B.B. taught us well, "Most of us think this awareness of a Power greater than ourselves is the Essence of spiritual experience. " Our HP is whatever we, individually are comfortable with. It walks our better nature along the paths we stumble upon, teaching us as we go. We learn from our mistakes, for if we didn't, how often are they repeated? The choice is always here. It is change. How afraid of changing are you? Is remaining in the rut worth the price demanded, or is change worth the gifts delivered along the routes?  
Jo, Region 2 ~ CA

## B.I.G. B.O.O.K. = Believing In God Beats Our Old Knowledge

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