

Region One Tape/CD Library

To borrow tapes or CD's: Please select the recordings that you would like and send a request to the media librarian. A maximum of **5 tapes or CD's** will be sent at once (some exceptions for whole sets). If you want more than that, include a 'wish-list', and the next batch will be sent when you return the first 5. Items marked "out" means currently checked out and might be back by the time you order.

Lending time: 60 days.

As a service, Region One absorbs the cost to mail these recordings to you. You only have to pay the **return postage**. If you would like to support this service, please make donation checks out to Region One and indicate that it is for the Tape/CD Library. Thanks!

E-mail your requests to oabbthumper@gmail.com [be sure "media library" is in subject] or

Snail-mail your requests to OA Reg 1 US Media Librarian: Judy Z.
P.O. Box 365
Seaview, WA 98644

This list is kept as up to date as possible. Check back regularly to see what is available.

CD's [in order of newest 1st]

OA Region 1 Convention 2008 in Eugene, Oregon "We Are The Message" [see OA 12+12, p. 106, last 2 par.]

- 1 of 19 Speaker Bev R. from Phoenix, Ariz. Fri Night
- 2 of 19 Speaker Bev R. Sat Night
- 3 of 19 Speaker Bev R. Sun Morning
- 4 of 19 How It Works, Steps 1-3
- 5 of 19 Into Action, Step 4
- 6 of 19 Surrender, Steps 5-7
- 7 of 19 Becoming the Message, Steps 8-9
- 8 of 19 A New Way of Life, Steps 10-11
- 9 of 19 We Are the Message, Step 12
- 10 of 19 Meditation, Exploring Experience
- 11 of 19 100 # Weight Loss
- 12 of 19 A Plan of Eating
- 13 of 19 Sponsorship
- 14 of 19 Sharing and Caring
- 15 of 19 Longtimers Still Here
- 16 of 19 Celebrating the Holidays
- 17 of 19 Body Image
- 18 of 19 Being Truthful and Present
- 19 of 19 Abstinence

OA Big Book Boot Camp with Harlan G [highest wt @ 700 #s] from Scottsdale, Ariz, 2007 [via LA speaker's website: www.oalaig.org/html/speakers3.php]

This is a 6 CD set which will be sent to you intact. If you want one to keep, send the librarian 6 blank CD's and she will return them recorded, for you to keep or give away to a friend. If want to borrow only, simply request and return as usual.

OA Region 1 Convention 2007 from Vancouver, WA: "Free To Be Me"

- 1 of 24 Speaker Michael K. from Denver, Colo. [gay man, religious lay order] Fri. night [this 1 CD 'skips' but ok]
- 2 of 24 Speaker Michael K., Saturday

- 3 of 24 Speaker Michael K, Sunday
- 4 of 24 Embracing Reality, steps 1-3
- 5 of 24 The Truth Shall Set Me Free, steps 4-6
- 6 of 24 Out of Bondage, steps 7-9
- 7 of 24 Share it or Wear It, steps 10-12
- 8 of 24 HOW Concept: honest, open minded, willing
- 9 of 24 Happy, Joyous, Free (we deserve it all)
- 10 of 24 "How Cliche" (OA Slogans)
- 11 of 24 Floating Free (surrender)
- 12 of 24 Dying one forkful at a time
- 13 of 24 But I'm Different (anorexic + bulimic)
- 14 of 24 Take A Load Off (100#er)
- 15 of 24 Thin is all there is? (goal wt)
- 16 of 24 All aboard the freedom train (new comers)
- 17 of 24 They Just Happen (promises)
- 18 of 24 This is the easier, softer way. (abstinence)
- 19 of 24 Home Again (relapse)
- 20 of 24 Dawn breaking or rude awakening (spirituality)
- 21 of 24 Breaking the chains (resentments)
- 22 of 24 Strut your stuff (OA events)
- 23 of 24 Acceptance is the key (body image)
- 24 of 24 Living with normies

Region 1 Convention 2006 from Vancouver, BC

- 1 of 9 Grand opening, speaker "Phyllis" Friday
- 2 of 9 Steps 2 and 3: If I can't, who or what can?
- 3 of 9 Gratitude, beyond our wildest dreams
- 4 of 9 Steps 4-9: Cleaning yourself up, not beating yourself up.
- 5 of 9 Steps 10-12 Maintain that daily reprieve
- 6 of 9 Sponsorship, together we can do what we could never do alone
- 7 of 9 Long term Abstinence: working the program one day at a time
- 8 of 9 speaker, Saturday
- 9 of 9 speaker, closing on Sunday

OA Region 1 Convention 2005 from Gig Harbor, WA "Set a Course for Recovery"

- 1 of 15 speaker Zan from Santa Monica, Calif. Friday
- 2 of 15 speaker Saturday night
- 3 of 15 speaker Sunday
- 4 of 15 Relapse recovery
- 5 of 15 (missing)
- 6 of 15 Steps 1-3
- 7 of 15 H.O.W.
- 8 of 15 Sponsorship
- 9 of 15 Steps 4-7
- 10 of 15 (missing)
- 11 of 15 (missing)
- 12 of 15 Steps 8-9
- 13 of 15 100#s
- 14 of 15 OA Traditions and Concepts
- 15 of 15 Steps 10-12

OA Region 1 Convention 2004 from Calgary, Alberta, Canada "On Awakening"

- [our library has only 7 CD's left from this meeting, none of the keynote speaker]
- 1 of 7 Living in the Sunshine of the Spirit, gratitude and the recovered OA'er
 - 2 of 7 Hope-The Dawning of a New Day, our message
 - 3 of 7 Sponsorship
 - 4 of 7 Stayed Awake, steps 10-12

5 of 7 Cleaned House Part 2, steps 6-9
6 of 7 Cleaned House Part 1, steps 4-5
7 of 7 "The Dignity of Choice" Putting Down the Food

[We don't have 2003 (Vancouver, WA) at all, but conventions 2002 (Spokane, WA), 2001 (Tacoma, WA), 2000 (Gig Harbor, WA) are offered in audio tapes.]

Richie K, at the Twin Rocks Retreat 2002, [he's a 100#er from NY and LA] set of 8 CD's (1-8)

Joe McQ and Charlie P., OA Big Book Study from Des Moines, IA, 1987

This is the world famous AA pair of Joe ('southern black guy') and Charlie ('southern white guy') that team up like Bill W. and Dr. Bob to teach the Big Book: This time for OA'ers! This is a 'must-listen'. Set of 9 CD's.

OA Marathon at Bellevue, WA 1984 with Bill B.

(I'm thinking he's the 'Bill B' who wrote the two thick books: 'Compulsive Overeater' and 'Maintenance for Compulsive Overeaters, the 12 step way to ongoing recovery'...please email me if I'm wrong) [set of 4 CD's]

UPDATES MADE AS WE GET MORE CD'S
AUDIO TAPE SECTION CURRENTLY UNDER RECONSTRUCTION
WE CAN TALK VIA EMAIL IF YOU NEED AUDIO TAPES & THEY AREN'T LISTED HERE