



# Horizon

A newsletter of Overeaters Anonymous Region III

Spring 2008



**February 1 – 3, 2008**  
Serenity in the Desert IG,  
Tempe, AZ  
OA Winter Retreat.  
Carol H. 623-931-2231 or  
hushekjc@cox.net

**February 22 – 24, 2008**  
47th Annual OA Birthday  
Party  
Los Angeles, CA  
[http://www.oalaig.org/html/birthday\\_party.html](http://www.oalaig.org/html/birthday_party.html)

**February 22 – 24, 2008**  
Dallas Metroplex IG OA Conven-  
tion. Michelle S.  
469-831-9961.

**April 4 – 6, 2008**  
Region 3 Convention  
Austin, TX

**May 5 – 10, 2008**  
2007 World Service Business  
Conference (WSBC)  
Albuquerque, NM

**May 30 – June 1 2008**  
Central NM IG, OA Weekend Re-  
treat, Albuquerque, NM.

**June 6 – 8, 2008**  
Serenity in the Rockies, Silver-  
thorne, CO, Michele –  
303-989-8021, belle80228@ya-  
hoo.com

**October 3 – 5, 2008**  
State OA Convention, Col-  
orado Springs, CO



Give the disease the boot and dance your way to Austin, Texas, for "12 Steppin' to Recovery," the Region III Assembly and Convention. It will be held April 4 – 6 at the Wyndham Garden Hotel and Woodward Conference Center.

Since Austin is the self-proclaimed "Live Music Capital of the World," come prepared for some country music-style cryin', dyin' and sighin' – while working the steps and experiencing recovery. The registration fee (which includes three days of workshops and speakers, Saturday night banquet and an official "12 Steppin' to Recovery" tote bag) is only \$80 if you register by March; the cost increases to \$90 after that. Limited partial scholarships are available and contributions are welcome. See the flier for details.

Conveniently located at 3041 South I-35, the newly renovated Wyndham offers a special Overeaters Anonymous rate of \$89 plus tax for up to four people in a room. The rate is available for three days before and after the event, but reservations must be made by March 1. Call 1-800-Wyndham or 512-448-2444 to reserve a room or for more information.

See y'all in Austin!



The newsletter of Region III  
of Overeaters Anonymous

Serving OA in  
Arizona, Colorado, Nevada,  
New Mexico, Oklahoma,  
Texas and Utah

<http://www.oaregion3.org>

**Region III Steering Committee**

**Francene A.  
Chairperson**

[W84acceptance@cox.net](mailto:W84acceptance@cox.net)

**Andrea M.**

Vice Chairperson  
[andreamac@msn.com](mailto:andreamac@msn.com)

**Juda S.**

Treasurer  
[okfoxx@aol.com](mailto:okfoxx@aol.com)

**Nola W.**

Recording Secretary  
[nwhirlow@zipnet.us](mailto:nwhirlow@zipnet.us)

**Mary H.**

Communications Secretary  
[kitkall@swbell.net](mailto:kitkall@swbell.net)

**Wanda A.**

Region III Trustee  
[wanstay@taylorlortel.net](mailto:wanstay@taylorlortel.net)

Submissions to HORIZON are encouraged, including personal stories of OA recovery. Please send to the communications secretary.

## Over the Horizon and to your screen!

If you are reading this (and we hope you are), you will know that Horizon has made the move to cyberspace. Beginning with this issue, printed copies of Horizon will no longer be mailed, but will primarily be available in electronic form on the Region III web site.

The reasons for doing this are two-fold. First, it's expensive to mail paper copies to the 400-plus group secretaries in the seven-state region. Last year Region III spent more than \$1000 to print and mail two editions of the newsletter. And because Horizon is sent at bulk rate, it is impossible to ensure that every address is correct. This process is easier – and cheaper – to handle electronically. Secondly, this change reflects society's shift to the Internet as a source of news and information. Most of our readers are on line; we plan to join them. Other regions are already doing this with much success.

But if you are not cyber-savvy, don't despair. You can request a printed copy of Horizon by writing to Mary Hoover at 5700 Joe Sayers Ave., Austin, TX 78756. Or help out a fellow sufferer by offering to be your group or intergroup's Designated Downloader. Help to spread the word – and keep the costs down.

We are compiling a list of e-mail addresses which will be sent notifications when a new edition of Horizon is available. Many of you may have already received mail from this list.

To be added to or removed from the Horizon notification list, send e-mail to [oar3horizon@gmail.com](mailto:oar3horizon@gmail.com).

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## Persistent Does It!

In my civilian life in academia, I work with a lot of newcomers. They tend to be older students returning to college to finish their degrees, a long-postponed amends to their younger selves. They come to me in the Writing Center clutching their first papers, the scrawled red hieroglyphics of their professors scarring their painstakingly typed papers. Often they have tears in their eyes, even the men.

"I thought I did a good job," they whisper, bewildered, frightened and defeated.

"Well, let me take a look," I say. Yup, typical freshman mistakes.

No clear thesis statement, lots of misspelled words. Sentence fragments, run-ons and logic lapses – all in the first paragraph.

We go over the paper word by word and I add my blue comments to the red. With the white paper, it makes for a very patriotic tapestry. At the end I say, "It's good that your professor lets you

**Region III Committee  
Chairs**

**Ways and Means / Finance**  
Jackie W.  
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**Communications**  
Heidi B.

**Bylaws**  
Ann BC.  
ann0325@yahoo.com

**12<sup>th</sup> Step Within**  
Marcia F.  
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revise your papers. I bet you can really bring your grades up if you make some of these changes.”

They shake their heads. Yeah, right, they think. Maybe if I drop the class today, I could still get back some of my money ...

“I bet it's been a while since you've written one of these papers,” I say. A nod. A weak smile.

“No wonder you had such a hard time. This is academic writing. It requires different skills from business writing or e-mails. It's not that you can't do it, it's just that your academic writing muscle is weak.

“I don't think I ever had one,” they say.

“Think of it as going to the gym,” I say. “If you don't go for a while, it really hurts to start working out again. And the second or third times are even worse. But if you stick with it and keep showing up, it gets better and you can do a whole lot more. So if you keep working on your assignments and keep bringing them back to the Writing Center to work with one of the tutors, your papers will improve. Not right away, but they will. And by the end of the semester, you'll be surprised how much stronger you've become as a writer.”

They look doubtful, but I help them schedule the next appointment. As the weeks go on, the red marks and the blue marks recede like low tide. They return to proudly, shyly show off their 82s and 87s and 93s.

“Wow,” I say, “not bad at all.”

They grin, flexing their biceps.

I think of my Writing Center students as I wait in a coffee shop for my own tutor to arrive. She is my OA sponsor. But instead of working on sentence structure and grammatical errors, the muscle we tone and sculpt is spiritual. Mine feels especially weak today.

We talk and I tell her about my worries: my students who are driving me crazy with their spotty attendance and unenthusiastic approach to their senior projects, my 8-year-old's struggles with spelling and swimming lessons, the program person whose social ineptness has me ready to defend my shaky boundaries with nuclear weapons. With skill and patience she helps me to examine each situation, separate out the fear and character defects that complicate and distort them. Then she asks me where God is in all of this and shows me the ways I have improved. Even if it's only a little, it's still progress. I'm building spiritual muscle, one painful step at a time.

It's time to head out to our 10 a.m. OA meeting. As we wind down, talking about the funny things our daughters have done, I realize I've been clenching my jaw. I take a deep breath and let it go, flexing and releasing my bicep muscles.

-Mary H.

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## **NEED A SPEAKER? HAVE WE GOT ONE FOR YOU!**

Contact Mary R. at [kitka11@swbell.net](mailto:kitka11@swbell.net) for an up-to-date list of Region III Speakers

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## **KEEP THOSE CHECKS COMING - TO A NEW ADDRESS**

Attention all group treasurers: when you are doing your regular 60-30-10 split of your 7<sup>th</sup> tradition proceeds, be sure to note that because Region III has elected a new treasurer, your donations should go to an Oklahoma instead of an Austin address. See the donation coupon in this issue for more specifics.

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## **MAKE THIS A TRADITION**

A special workshop focusing on Tradition Four is scheduled for Friday, April 4<sup>th</sup> from 3- 5 p.m. during the Austin convention. Come early and immerse yourself in issues surrounding group autonomy. All are welcome to attend.

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## **MINUTES REGION III OVEREATERS ANONYMOUS, INC. OCTOBER 19-21, 2007 DENVER, COLORADO**

Chairperson Francene A. called the Assembly to order at 8:00 a.m.. She called for a moment of silence followed by the Serenity Prayer. Beth M. read the Twelve Steps. Chris Q. read the Twelve Traditions. Ellen R. read the Twelve Concepts. Bernie W. read from For Today and Mary Alice W. read from Voices of Recovery. The steering committee members were introduced: Rhonda J, Treasurer; Mary H, Communications Secretary; Andrea M, Vice Chairperson and Nola W, Recording Secretary. Convention Chairperson, Jan B, welcomed the Assembly to Denver. Marcia S. volunteered to take informal notes. An envelope was circulated for those who wished to purchase a copy of the informal notes for \$3.00.

## **CREDENTIALS REPORT**

Region III Treasurer Rhonda J. called the roll. The number of voting representatives for the Assembly was 27 with 31 including the steering committee members and 32 in case of a tie. It was moved and seconded that the credentials report be accepted as presented. The motion passed.

## **PARLIAMENTARY PROCEDURE**

Parliamentarian Louise Hall was introduced. She spoke briefly about the procedures used in the Assembly and expressed her pleasure at being the Parliamentarian for Region III.

## **STANDING RULES**

The proposed standing rules were presented by Region III Recording Secretary Nola W, who moved that the standing rules be accepted as presented. A second was received and the motion passed by a 2/3 vote in the affirmative.

## **AGENDA ADOPTED**

The proposed agenda was presented by Region III Recording Secretary Nola W, who moved that the Agenda be adopted as presented with adjustments to be made as necessary. A second was received and the motion passed. Bernie W. volunteered to serve as time keeper.

## **MINUTES APPROVED**

Francene A, Region III Chairperson, stated that the minutes from the Spring 2007 Assembly were included in the packets before the representatives. She asked for additions or corrections. One correction was made, changing the name Lori G. in the PI/PO committee to Laura M. There being no objection to the correction, the minutes were approved as corrected.

## **REPORT OF TREASURER**

Treasurer Rhonda J. gave her report. She explained each page of the report. With one new intergroup added Region III now consists of 26 intergroups. The balance in the treasury is \$10,652.92. After questions were answered, the Treasurer's report was accepted and filed for audit.

## **REPORT OF CHAIRPERSON**

Chairperson Francene A. began her report by reading a resignation letter from former Region III Trustee, Debbie W. and explained that the Region III Trustee position was open and would need a qualified volunteer to finish the term. She explained her work with WSBC and the new goal setting plan. She invited everyone to get involved with the plan, to be willing to conduct service and traditions workshops within the next 6 months and to provide current contact information for the communications loop being established. The steering committee members will be available to conduct the service and traditions workshops.

## **REPORT OF VICE CHAIRPERSON**

Vice Chairperson Andrea M. explained that she had enjoyed attending a Region III meeting in Delaware and that the next Region III Chairperson's Meeting would be held in Tucson, AZ. She reminded the Assembly about speaker funding that is available, that the Region III Conference Planning Manual is now on our website and that all representatives need to fill out the evaluation form.

## **REPORT OF RECORDING SECRETARY**

Recording Secretary Nola W. passed around a blue binder in which every representative could write their current contact information. She stressed the importance of the information and made

members aware that the contact information would be included with the informal notes. She reminded committee chair people to get a copy of their reports after lunch with all members listed, so that the committee folders and one copy of the report could be returned to her.

## **REPORT OF COMMUNICATIONS SECRETARY**

Communications Secretary Mary H. explained that she would be helping to get the Information Loop contact list established and that the Horizon newsletter would now be in electronic mail only, with paper copies being mailed out only by request. This will save lots of paper and lots of money. She circulated a current list of contact information, requesting that each intergroup representative make corrections as needed and to contact WSO with corrected information, as well.

## **ELECTION OF OFFICERS**

Officers being elected at this Assembly were Vice Chairperson, Communications Secretary and Treasure. Applications had been received from Andrea M for Vice Chairperson, from Barbara V. and Juda S. for Treasurer and Mary H. was nominated from the floor since she had not been notified about the application process for her position. She accepted the nomination. Each person was allowed to speak for 5 Minutes and to answer questions. A Teller Committee was appointed. Chairman, Charlie G. and helpers Perry and Carol distributed ballots for each office. There were 32 possible votes with over ½ of the 32 votes needed for election. The Teller Committee collected that ballots and left the room to count them.

While they were gone, the Assembly discussed the qualifications needed and possible volunteers suggested who might be willing to serve as **Region III Trustee**. Wanda S. qualifies and did accept the invitation to finish the Trustee's term of office. She also indicated that she will be willing to run for reelection to serve as Trustee for the next term. Many thanks to Wanda for this valuable service commitment! Andrea M. gave a report on the **Friday afternoon workshop**. Marilyn B. had presented an excellent workshop and training on how to conduct a service and traditions workshop. Handbooks could be ordered by any member and only costs \$9.00. The Committee Chair People came forward and got their materials for the noon work session.

The Teller Committee returned with the election information. The results of the election were revealed. The new Treasurer will be Juda S.. The new Vice Chairperson is Andrea M .and the returning Communications Secretary is Mary H.

## **COMMITTEE MEETINGS**

A brief description of the purpose of each committee was read and the committee chair persons held up a sign so that representatives could join the committee of their choice. The Assembly was adjourned for a working committee lunch session from 11AM until 1:45 PM. The committee chairpersons were to reconvene at 1:30PM.

## **SEVENTH TRADITION**

Mary H. announced that a total of \$80 was collected in the 7<sup>th</sup> Tradition envelope.

## **COMMITTEE REPORTS**

### **12<sup>th</sup> Step Within**

Chairperson: Marcia F.

Vice Chairperson: Marian G.

Co-Chairperson: Francene A.

Members: Becky E, Lynne M, Chris Q, Mary Alice W.

Short range goals were:

1. Reach agreement on the format for the Relapse and Recovery Workshop and to get the Relapse Prevention/Recovery workshop to the webmaster.

Long range goals were:

1. Get the workshop information onto the web.
2. Promote the workshop.
3. Develop a shortened version of the workshop and to determine Region III literature approval protocol. They did review existing formats for relapse recovery workshops and submitted their workshop for approval by the committee.

## **Public Information / Professional Outreach (PI/PO)**

Chairperson: Beth M.

Vice Chairperson: Barbara V.

Co-Chairperson: Andrea M.

Members: Jan B, Jan M, Margaret, Baily P, Cleo C.

Short range goals were:

1. Participate at PACA Exhibit.
2. Get PI/PO names added to the website.
3. Get a PI campaign flier.
4. Subscribe to WSO's list of PI/PO contacts.

Long term goals were:

1. Continue to communicate and brainstorm.
2. To support public awareness of Overeaters Anonymous.

Their subcommittee developed 3 motions to address funding requests.

1. Add a professional exhibit fun to the Region III Budget. The motion passed
2. Request \$1000 seed money from the budget. Pros and cons were discussed. The motion was amended: Decrease Horizon budget from \$1200 to \$200 and add \$1000 to professional exhibits. After a standing vote , the amendment was defeated but the motion passed.
3. Amend the budget by changing donations to \$13,000 and adding line item for Professional Exhibits of \$1,000. The motion passed.

## **Communications/Technology**

Chairperson: Heidi B.

Vice Chairperson: Mary H.

Members: Richard F, Sallie G.

Goals were:

1. Update and redesign the website.
2. Put a printable version of Horizon Newsletter on the website.
3. Establish a comprehensive email list.
4. Back up and store all information.

## **Ways and Means/Finance**

Members: Folder was not returned to the secretary, so no member list available

Goals:

1. Advertising a Birthday Fund on the Region III website.

2. Consider fund raising options.
3. Audit the financial records.
4. Consider ideas on how to increase funding for WSBC delegates.
5. Contacting intergroups to ask if they have a service and traditions manual.
6. Determining total profit made on the document bags.

## **Bylaws**

Chairperson: Cathy K.

Vice Chairperson: Ann B-C.

Co-Chairperson: Nola W.

Members: Ellen R, Marilyn B, Bernie W, Wanda S.

Parliamentarian Louise Hall worked with this committee as an advisor.

Short term goals:

1. Reviewing the WSBC Bylaws Committee report from May of 2007.
2. Discuss the proposed IRS receipt form for donations and the finalize the procedures for utilizing it.
3. Review proposed bylaws motions and amendments.

Long range goals:

1. Continue to review and revise Region III Bylaws and Policy Manual as needed.

Accomplishments included finalizing the amendment motion for Article VII, Section H. Bernie W. presented amendment to the Bylaws Motion which was mailed out 60 days prior to the Assembly. All wording changes were accepted as presented and the amendment passed. Discussion ensued about the word "chairman" rather than "chairperson". This will be discussed more after information is gathered from WSBC officers.

## **LIFELINE DRAWING**

Rhonda J announced that enough money was collected for three Lifeline subscriptions to be given away. Names were drawn and the three subscriptions went to Jan B, Billie S, and Marian G.

## **UNFINISHED BUSINESS - None**

## **NEW BUSINESS/ ANNOUNCEMENTS**

Francene A. explained the procedure that will be followed regarding the new Region III Trustee. She will send a report including the name of our new trustee to Dodie H. at WSO. Rhonda J. announced that she will be serving as the Heart of Texas Intergroup representative at the Spring 2008 Assembly, which will be held in Austin, Texas in April. A packet of information was distributed.

Lynne M. passed out a flier and registration forms for a winter retreat in Phoenix. Marian G. brought a flier regarding the New Mexico Convention.

We were reminded to hand in our evaluation forms and the check on all the great raffle items before the banquet. Beth M. reminded us that the Fall 2008 Convention and assembly will be held in Tucson, Arizona and Jan M. asked for a round of applause to that Rhonda J. for her outstanding service over the past four years as Region III Treasurer.

## **GOOD OF THE ORDER**

Anne B-C said thanks for the Lifeline subscription she had received from the Assembly last year. Nola W. expressed a heartfelt thanks to Rhonda J. on behalf of Region III and presented her with a going away gift which was a gift certificate to Pet Smart. Rhonda J. expressed one again how much she had appreciated and loved the opportunity to be of service to Region III.

The green dots gathered at the front of the room and graduated from their first time regional service work. Francene A. thanked Rhonda J. for her exceptional service work to Region III and Richard F. complimented the Steering Committee members. There bring no further business, the Assembly was adjourned at 4:03 p.m. after a closing prayer.

# *REGION III GROUP DONATION FORM*

WSO Group # \_\_\_\_\_

Group Name \_\_\_\_\_

Meeting Day and Time \_\_\_\_\_

Meeting Place \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Make checks payable to **Region III OA**

Send to:

Juda S.

10157 Goldenrod Lane

Midwest City, OK 73130

Thank you for your group's contribution towards carrying the message of OA!