



Region 9



Susan, Region 9 Chair

Service is a must!

I am in the program for almost 12 years now, and I have always done some form of service. At the beginning, it was coming to meetings and arranging the chairs. Being abstinent. Speaking. Sponsoring. Taking on service in the ig, region, and world service level too. Every form of service helped and continues to help me keep my abstinence and my recovery.

I love doing service! I have met so many people who have such strong recovery, and I can keep learning from them. I ask for help. And when I can give back through service – it is such a joy. I am so grateful that i can receive and give. Thank you OA for this wonderful tool.

Susan

R9 Chair

Esti, Region 9 Trustee

From our Trustee's desk

Since I came to OA, 19 years ago, I do service. I did service because I was told that it is part of being a member of this organization. Only later, I learned the importance of doing service and the benefits I got doing it.

Service helps me to keep my abstinence, which is the most important thing in my life.

Service encourages me to keep coming to meetings, workshops and other events.

Service enables me to go out of my self-centeredness and do for others.

Service helps me to grow spiritually, learn new things and acquire new skills.

And most important service helps me to get and to maintain my recovery.

As a Trustee I am responsible, with the other Trustees, for the administration of the organization but as I am elected by the delegates of WSBC I have to answer directly to them and to do whatever they instruct me to do.

As Region 9 Trustee I am the liaison between the Board of Trustees and Region9. Four times a year I send in a report to the BOT telling them about our Region. If there are problems or questions from the Region I bring it to my friends, the Trustees, and they share their experience with me. I of course do the same whenever I am asked for help.

I answer questions and queries from members of Region 9 some of which are coming directly to me and some are coming via WSO.

I love my service as a Trustee. I love to meet with the other Trustees and work with them at the business meetings. We have also OA meetings every morning and it is great to be with members who are abstinent and in recovery for a long time who share their experience strength and hope.

I like to represent Region9 and to do service for the Region. I love the contact with all the different languages and cultures. I appreciate the special efforts members are doing in giving service and sometimes in starting OA in their countries.

I attend and take part in our Region 9 Board"s monthly Skype meetings where we discuss different issues that are of interest to the Region 9 Chair or other members of the Board.

I love my service because it is done in the same way as all my former service positions were done with humility, devotion, love, responsibility while remembering the fact that I am just a trusted servant that with the grace of God I was elected to do this service for a limited period and that when I'll finish my term I'll look for another service position.

OA is an important part of my life and I cannot be part of OA without doing service.

Love in service,

Esti

Mette. Region 9 Secretary

Service - Committees in Region 9

Committee work is very important to me. I think it is great that we have committees in Region 9, that work on things concerning the Region as a whole, so that new ideas can be implemented, and ongoing work can be done. To me, it has been fantastic to have a feeling of belonging in a committee, and somehow I became more and more ready to do service at different levels as the years gone by because I did committee work as my first service to Region 9, beside being representative at my first Assembly in 2010.

When I prepared and read the material before the Assembly 2013, I found that it was even more interesting to read all the Bylaw Amendments than ever, it was very exciting and inspiring and I didn't doubted for a second which committee I would take part in, I decided to join Bylaws Committee. I am to read some pages in the R9 Bylaws and Policies & Procedures before February 1st 2014, and decide if there is anything I think need to be changed through a motion for this year R9 Assembly, and then bring it to the committee.

My own understanding of what committee work in general is about, and what it means to me, is that I am to take responsibility and do the best I can to make things work, to take action no matter how small, and to work together with my fellow committee members, and attend committee meetings to show that I'm still here. It is important that I never forget that I am not alone – I am part of something. When I do service in a committee, it can be my way to bring the message of recovery to those who still suffers.

Love in Service

Mette
Region 9 Secretary

Isabella, Region 9 Treasurer

I have been in OA for 13 years and, by the grace of my HP and with the support of my OA fellows, I have been abstinent for the past 11 years. Obviously, service has been a huge part of that journey. It basically started by me saying, "oh, I can so that". And I was secretary of my Intergroup. For this very first Intergroup meeting we met in an OA member's living room, in a circle on the floor...a lot has changed since then....but I have kept coming back. When I share about service I always emphasize that service is a very big part of my recovery, it's one of the reasons that I'm still in OA. Service has always given me a sense of belonging and a sense of responsibility. It is a way for me to contribute to my group and, in a wider sense, to OA as a whole. It has helped me to take the OA program of recovery seriously and to give it as much space in my life as it deserves.

Service has taught me that there is always somebody who got my back and that I don't have to be invested in what I perceived as other people's shortcomings. I have to do the job to the best of my abilities but I can't control the outcome. This has been a valuable lesson even for my work life.

I wish y'all a wonderful and abstinent 2014!
Love in fellowship
Isabella
R9-treasurer

*' This past holiday season has been unusual because I have been more conscious of foods from which I abstain. It started the day before Thanksgiving while remembering the old days of shopping madly for pastry, liqueur and candies to round out holiday festivities. Higher Power reminded me this is disease thinking. After surrendering these thoughts to Higher Power, my Tenth-Step inventory revealed buried grief about my mother's death earlier in the year. Thoughts of food disappeared as I felt my pain. My Higher Power helped me know my grief, develop a new understanding of my relationship with my mother and come to a new place in my life. Inappropriate food thoughts and emotional responses, such as resentment or anger, were the signals for surrendering to my Higher Power and doing an inventory ' **Facets of Recovery***

[\(http://www.oa.org/membersgroups/program-inspiration/recovery-story/\)](http://www.oa.org/membersgroups/program-inspiration/recovery-story/)



STEPS/TRADITIONS/CONCEPTS/GOODTOKNOW

Steps

- 12) Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.
- 1) We admitted we were powerless over food-that our lives had become unmanageable.

Traditions

- 12) Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.
- 1) Our common welfare should come first; personal recovery depends upon OA unity.

Concepts

Concept Twelve

The spiritual foundation for OA service ensures that:

- a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c) No OA member shall ever be placed in a position of unqualified authority;
- d) All important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
- e) No service action shall ever be personally punitive or an incitement to public controversy, and;
- f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Concept One

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Tips –

- * **Sponsors - educate sponsees to give service**
- * **Establish newcomer’s meetings**
- * **Encourage identification of abstinent sponsors at all OA events**
- * **Let’s work along with the 2014 Goals of OA Worldwide :**

1. **Increase focus on actions required for Abstinence**
2. **Increase focus on the necessity of working all 12 Steps**
3. **Increase focus on individual’s responsibilities to carry the message**

NEW SUPERCOOL STUFF!

- **The 2014 Goals of OA Worldwide inspired the idea for this awesome new logo (as you could see on page 1 😊)**



- **2013 Region 9 Assembly & Convention Report on the R9 WEBSITE**
- **Translation/Projects Fund Application Form on the R9 WEBSITE**
- ***Voices of Recovery***
Daily reader contains inspirational quotes from OA literature along with experience, strength and hope written by OA members. **#986/\$11; #987 box of 25 \$247.50. Also available for Kindle and Nook e-readers.**
- ***NEW! Voices of Recovery Workbook***
Companion workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery*; includes space on each page to answer questions. **#996/\$11; Also available as a downloadable PDF, \$7.50**
- **NOW ONLINE: FIRST-QUARTER ISSUE OF A STEP AHEAD**
<http://www.oa.org/now-online-first-quarter-issue-of-a-step-ahead/>

Dates to remember:

- **January 10, 2014 - WSBC Conference e-Documents #2 on OA Website (Conference e-Documents # 1 already on OA Website)**
- **January 18, 2014 – OA Birthday Celebrated Internationally**



IMPORTANT DATE OF JANUARY: OA'S BIRTHDAY

On Saturday, January 18, 2014, OA blows out its 54 candles! All over the world, every year, OA takes notice to this day and remembers the OA first meeting which took place in January of 1960. From this first meeting in Hollywood, California, OA has now 6500 groups, divided into 10 regions. The Overeaters Anonymous Fellowship has grown, just as each of us, by working the Steps and using the program in our everyday lives, have grown. **HAPPY BIRTHDAY** to all of us!

Twelfth-Step-Within Committee

- **February 1, 2014 - Translation/Projects Fund application deadline (to R9 Treasurer)**
- **February 22, 2014 - OA International Unity Day**

IMPORTANT DATE OF FEBRUARY: UNITY DAY

This year, **UNITY DAY** is celebrated in OA on **February 22, 2014**, all over the world. It reminds us that in our meeting room, or intergroup, or country, or region, or all over the world, we can remember that we are not alone. As the first Tradition says – "Our common welfare should come first, personal recovery depends upon OA unity. The Traditions maintain group unity. A meeting format, meeting directory, and newsletter bring compulsive overeaters closer to each other. Service boards and group conscience, an OA Conference – these unify us in our fellowship. As it's written: "I put my hand in yours and together we can do what we could never do alone!" Let's all celebrate, together, this very special day.



Twelfth-Step-Within Committee

- **February 27, 2014 - WSBC Agenda Questionnaire due to WSO**

13th Reading on Sponsorship (ANSWER TO WHICH PIECE OF LITERATURE THIS IS COMING FROM ON PAGE 14)

Very often I hear struggling newcomers say they don't have a sponsor and can't call anyone because, "I'm afraid I'll bother people." This article is for them and for all who are afraid to reach out. I want them to know how valuable they are to my program.

I've been a member of OA for 4 and 1/2 years and have maintained a back-to-back abstinence for almost 2 years. At meetings I offer myself as a sponsor. Sometimes I think I have enough people to sponsor, but I let God make the decision. Consequently I make and receive a lot of calls – but it was not always this way.

In the beginning my sponsor was the only person I ever called. I was afraid to "bother" someone else. Today I know that I am important, but it took a long time and consistent abstinence for me to realize it.

This past summer I started working with this young woman, 23 years my junior. I began to feel that helping her was a way to make amends to my own children for my behavior while in the grip of my disease. I knew that God had put her in my path so that I could take a closer look at how I related to my daughter.

And then a serious problem occurred in my marriage. Suddenly there was a huge financial burden and some hard personal decisions to be made.

I was overwhelmed by the needs of this newcomer. Since my first relapse thought is: "I am junk!" I tried to push her away with my behavior. I felt I had no recovery to give her, and told her to get another sponsor. She stuck to me like glue anyway. "You're not getting rid of me that easily!" she said. "I want you, and I'm keeping you!" Often she'd challenge me, saying: "I haven't seen you at meetings lately. You can't afford to give up your meetings because you're busy." To my disease, this newcomer was an annoyance. To my recovery, she was a lifeline from my H.P.

Never feel like you will be bothering someone when you call or ask them to sponsor your. This is how the program works.

Sponsorship

'Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors. However, many of us choose to work with just one sponsor. In either case, it's helpful to avoid changing sponsors frequently'

- <http://www.oa.org/newcomers/tools-of-recovery/#sponsorship>

MESSAGE FROM OUR R9 ASSEMBLY&CONVENTION HOST 2014 ☺



'TOGETHER WE CAN - IN SERVICE AS IN RECOVERY'

We worked together and we learnt how to ask for funding in order to send a representative to the Region 9 Assembly.

We worked together and we sent representatives: to Iceland in 2010 with funding from the Region, and self-funding to Belgium in 2011, to Poland in 2012 and this year to Israel - from where I am now writing to you.

We worked together and we organized our service bodies, preparing bylaws and forming a National Assembly, which elected the Greek National Service Board and tasked it to apply to host the Region 9 Assembly in Greece in 2014, at the same time as the yearly Convention of OA Greece.

We worked together and we formed a convention committee which prepared the file in support of our candidacy. We presented it today to the Assembly and we won the vote!

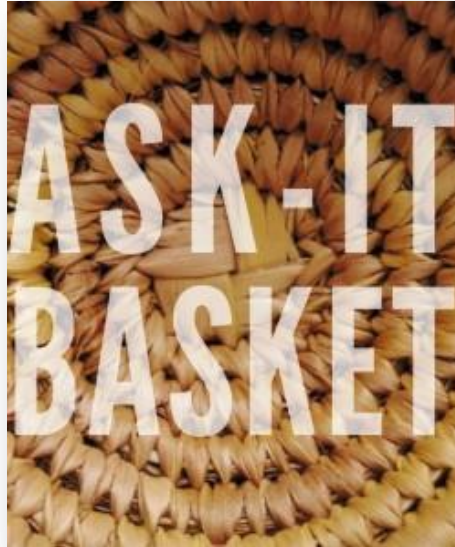
So next year in the autumn we will have about 30 members in recovery from Europe, Asia and Africa who in performing their service will visit us and for 5 days will share with us their experience, strength and hope. Can you guess how many years of abstinence we have in the room this year?

352!!

And this because we worked together, putting the principles of our program above personalities, focusing on our common purpose.

We have a lot of organizing to do - here is an excellent opportunity to make use of the service tool. I tried it and I don't exchange it with anything, as it brings me in contact with other members in recovery who maintain it by passing-on the message. For me, such action is the magic recovery recipe.

Miranda
NSB of Greece, Region 9 representative



Questions come from OA region 9 members... answers come from OA world service Trustees. Q's & A's may have been shortened for our newsletter - anyone wishing the full question & response, please email to Region 9 Chair.

Donations

Q. Is asking for a voluntary donation of Â£5.00 to attend an Intergroup organized workshop breaking the 7th tradition? Newcomers are being invited to attend as well as OA members. We are happy to waive the suggested charge if anyone is in difficulty and cannot afford it. Thanks for your help.

A. Asking for a donation or even a registration fee for a workshop is not a break of the Traditions. There must be expenses to hold this workshop and it is also a way to raise funds for the Intergroup. We are always asking for donations in our workshops or other events and it doesn't matter if they are Newcomers or long timers in the program. Of course whoever comes forward and say that he has a difficulty we tell him to donate as much as he can. We are not preventing anyone from coming to the workshop.

IDEA DAY

Q. I am writing as I have a question concerning the Idea Day. I know that Overeaters Anonymous celebrates the Idea Day the third Saturday of November, that should be this year November 16th. In Italy some groups decided to celebrate the Idea Day on Sunday, November 17th. This bothers me a lot, and I was wondering if doing so, we are violating OA Traditions.

A. I agree with you that it is important to celebrate the OA special days on the same dates that were agreed upon. It is part of our Unity but if there is a special reason why you do not do it on the same day I don't see here any problem of not honoring the Traditions or something that is not to be done. I would like to encourage your NSB or Intergroups to do celebrate OA events on the fixed dates for the unity of OA in the world.

ARTICLES FROM REGION 9 COMMITTEE CHAIRS

Siobhán, Bylaws Chair

Service in OA keeps me well. This year I have extra time on my hands and being the Chair of the Bylaws Committee has kept my head busy! Being of service to others always helps me to forget about myself (in a good way!) and serving as Bylaws Chair the past year has helped me to do just that. I never thought I could enjoy such a position but I do! It also keeps me in contact with many other OA members from all over the world throughout the year.

Today I am grateful for OA and grateful I can give back some of what was so feely given to me, I can do that through service, whether its sponsoring, opening a meeting or serving on the Intergroup board, to name a few.

Though I am being of service I receive so much from doing it, in particular peace of mind which is one thing before OA I always sought. OA has given me a programme for living which helps me to live well one day at a time.

Siobhán

Bylaws Chair

Webmaster, Electronic Communication Chair

Hello,

For my first time as a representative at R9 – I was, so, a green dot, it started quickly, as I became Chair, and webmaster, of R9 Electronic Communications Committee (ECC) ! Thanks to all participants to trust me enough with this responsibility.

ECC came with a new very nice and well done website. I am grateful for all those who worked, hard, on it, these past years. We will work in a collaborative process, to make the website better, and even more usable. You, from OA R9, should be able to find all you are looking about Overeaters anonymous in Region 9.

Please feel free to go around the site and tell us what you think about, what you should like to see, or not. All you can tell us about the website, to be useful for you, to make it better, nicer, will help us a lot. If you are from a country which is still not in the list, tell us. If you have an event in your country, send us the information.

I am sure this service will help me in my recovery. Thanks for that, too.

Love in Fellowship,

The webmaster

webmaster@oaregion9.org

Debora, PI Chair

Doing service is and was a lifeline. It kept me coming back. It made me grow as a person and as an OA fellow being. It gave me rich experience. I remember In the beginning I came to OA. I didn't had time for service but I had a lot of time for the disease. I remember making excuses for not doing anything. I am thankful that OA exists and I have so many opportunities to grow and to get to know more of myself day by day in doing service.

SERVICE

SAVED my life

EYE OPENERS on how I function in life

RICH experiences

VITALIZED my recovery, to keep renewing it!

INITIATED doing other things beside feeding the disease

CONNECTED me to others in this loving fellowship

EMPOWERED me to see my qualities, to choose for construction instead of destruction and

SERVICE learned me so many new skills.

Thank you OA and thank you for all I can serve

PI chair Region 9

Flemish Rep

Debora

Meike, Newsletter Coordinator

Personally service has been one of the most important things in my recovery. It started with opening my home group meeting and making sure that we had enough water for coffee and tea. Today it's still one of the most important things, because it helps me to stay abstinent, humble and also to focus on something else than what my head tells me I need to focus on. I'm writing this article at my university and my day started off not so calm. Went to a meeting in the afternoon and all of the sudden I got the idea to print something for my meeting tonight and write this article at my university. It seems like a small task, but the fact that I now got those little pop ups in my mind is because of working the program and doing service even when I don't feel like doing it. Service is giving away so I can receive what I can't give to myself: freedom of compulsive overeating.

Meike

HAPPY JOYOUS AND FREE: The Twelfth-Step-Within Committee Letter

Dear OA R9 friends,

This year the committee will be working on

- updating the sponsors list;
- collaborating with all delegates of the Assembly to try to reach the countries who were absent this year;
- prepare workshops and news ideas that work to be put on the website as support to the group and service bodies;
- remember the important dates of OA and give some hints about how bring the message and celebrate recovery!

If you have ideas, energy and enthusiasm about recovery and the fellowship, please join us!

Glad and grateful to serve my fellows with love

Catherine

Twelfth-Step-Within Committee Chair

tsw@oaregion9.org

OA IMPORTANT DATES

| | |
|----------------------------|---|
| Third Saturday of January | OA's Birthday |
| February 22 11:30 a.m. PST | Unity Day |
| First week of September | Region 9 Week |
| Third Saturday of November | International Day Experiencing Abstinence |
| December 12 th | Twelfth-Step-Within Day |

Dear Region 9 Representatives,

We in the Sponsors Sub-committee of the OA R9 Twelfth Step Within (TSW) Committee are busy working on compiling a current list of available sponsors within our region who are willing to sponsor by email, phone or Skype. Our starting point was the R9 Sponsors List constructed over the past few years. We have contacted each person on that list to confirm who is still active and available to sponsor.

We are interested in expanding this list to include the various languages spoken in R9 and more sponsors in each of those languages. So far the list includes available sponsors who speak, German, Bengali, English, Russian, Hebrew, French Greek, Japanese, Spanish, Hindi, Tamil, Dutch, Yiddish, Swedish, Danish and Gujrati.



We are asking each of you to forward this request to all of the intergroups in your countries, requesting that they in turn pass it on to each and every OA group's secretary or contact person.

We are looking forward to hearing from many OA members in the near future. Kindly ask all to reply to tsw@oaregion9.org.

Thanks so much for your service!

"Together we can do what we could never do alone!"

In OA fellowship,

Reva

OA Region 9 Twelfth-Step-Within Sponsors sub-committee

ANSWER & IN SERVICE

***Answer to 13th Reading on Sponsorship** – "A New Beginning" *book, page 48 – 50*

Region 9 Board

Trustee - Esti (Israel)

Chair - Susan (Israel)

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Treasurer - Isabella (Sweden)

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Region 9 Website

World Service Website