



Region 9 Service in OA



“Always to extend the hand and heart of OA to
all
who share my compulsion; for this,
I am responsible.”



Service In OA

At this moment I'm busy with the finishing touch for the Bylaws, P&P and summary to go out. I'm so glad that we have a buddy system in OA and that also service positions don't have to be carried out alone. It felt like a pretty big task to be the bylaws committee chair and my perfect-meikestateofmind wants to be on top of everything. Luckily I know now that this is my disease. On the other hand I also see that I tend to make things more bigger or scarier than they are and that my self imagined fears can make me run away from things (in and outside OA).

In OA I can practice with this and I'm learning to face the fears so that they will disappear.

I ended up in OA because I couldn't help myself with my food issue and just coping with life, but through doing service in OA I'm helping myself. I give away so that I can receive. Besides all that I've got the opportunity to see amazing places like Tel Aviv and Athens when I was there for the Assembly. A huge bonus with all the other things that are bonuses in OA 😊.

Thank you all for doing service and keeping OA alive wherever you are located in the world.

Meike, Bylaws Committee Chair

The OA Promise

I put my hand in yours and together we can do what we could never do alone.
No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower.

We are all together now,
reaching out our hands for power and strength greater than ours and,
as we join hands, we find love and understanding beyond our wildest dreams.

Trivia Question Ni:

What was born in October, 1965?

IMPORTANT DATE OF JANUARY:

OA BIRTHDAY

On Saturday, January 17, 2015, OA will blow its 55 candles! All over the world, every year, OA take notice to this day and remember 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 every day lives, have grown.

HAPPY BIRTHDAY to all of us!



Service and R9 Committees

From the first time I joined a R9 Committee, I felt involved. When I prepared for 2010 R9 Assembly in Iceland, I read in the material that I needed to consider which committee I would like to participate in during the Assembly, and in the year to come. To me that was very good; I didn't know that R9 have committees, and I found it very interesting and exciting to see all the committee names, and could only guess what each of them worked with.

I see it as very important to have and keep the committees. Here do the representatives have a great opportunity to do service on Region level, and the green dots can learn more about how everything works. At the assemblies, I have learned a lot about committee work through the years, and I still think it gives me so much recovery.

One committee (TSW) do service to inform members within R9 about the existence of the Region, to liaise with countries not present at the assemblies, to promote the R9 Sponsor List ...

Another committee (Bylaws) do service by going through Bylaws and P&P, revise them after assemblies, make Bylaw Amendment Motions...

These are the two Committees I have been a member of and I have loved it very much. I was a member of TSW from 2010-2012, and last year I became a member of Bylaws Committee. This year at the Assembly in Greece, I chose Bylaws again.

It is like I'm growing as the years go by; I become more ready to do the different tasks in the committees I participate in.

Love in Service
Mette, Region 9 Secretary



Helpful OA slogans

If I have a problem and eat over it, then I have two problems.

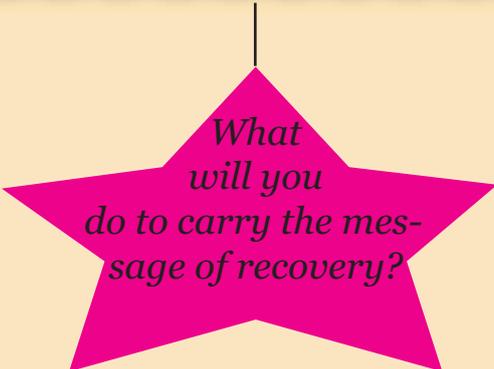
IMPORTANT DATE OF DECEMBER: INTERNATIONAL TWELFTH-STEP-WITHIN DAY

Our Twelfth-Step-Within Committee would like to remind you the upcoming International Twelfth-Step- Day

*Within Day to be held on December 12th.
The purpose of this day is to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. Here are some of the suggested actions we can do for that special day and... all year long!*

TWELFTH-STEP-WITHIN DAY HINTS

1. Prepare special EVENTS (speakers, skit, marathon, ask-it-panel)
2. Offer to drive someone to a meeting
3. Circulate flyers "Is food is a problem for you?" with tear off hot-line number
4. Place some Lifeline in hospital, doctor's waiting rooms, metro...
5. Conduct "in-home meeting" for isolated or sick people
6. Write an article and send it to Lifeline and R9 newsletter
7. Call 12 newcomers
8. Send 12 card "Miss you" to absentee members
9. Offer to babysit for someone to attend a meeting
10. Invite another group or past member to lunch or dinner
11. Make 12 CALLS to members who no longer attend meetings
12. SMILE at the meeting!!!!



What
will you
do to carry the mes-
sage of recovery?

Steps, Traditions and Concepts of OA Service

Steps

Step 10 Continued to take personal inventory and when we were wrong, promptly admitted it.

Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Traditions

Tradition 10 Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Tradition 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Concepts of OA Service

Concept 10 Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Concept 11 Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.



The New Brown Book

**Forty
all-new
stories**

Now available for purchase at bookstore.oa.org

(#980/\$13.50; #981/\$303.75, box of 25)

or search your preferred e-book retailer.

For expedited orders, please call 1-505-891-2664.

Service for OA for me,
 It is the second year I serve as Region 9 Twelfth-Step-Within Committee Chair. Last year's challenge was about not controlling everything and doing a little every day, not having everything done in one day and then stopping doing service for one year... all about balance!

This year brought me a new goal: staring back to coordinate and working with other better! A lot of members decided to be part of my committee and I have to coordinate, explain, be in charge without being bossy, check out without controlling. This is not easy but it is a fantastic school of life!

Now some news of the committee...

Virtual Skype Guests List

We have a list of speakers available to share through Skype during a face-to-face or skype meeting!!!

Please write to me to receive it!

Sponsors List

We still have our sponsors list thank to you and for you! Please write to Reva if you want to be a virtual sponsor or if you need one!

Ideas that work

When you organise a successful workshop or event, please share it with us!
 You can fill the form and sent it back to me!

On the Twelfth-Step-Within Page, you can both download the form to fill or download some workshops that work!

<http://www.oaregion9.org/service/12th-step-within-committee/>

Events

We can share our recovery events within our region

Write to webmaster@oaregion9.org to put an add on the events page of our website!

Please visit it and travel through OA world!

Love in the Fellowship,
 Catherine, Italy, Twelfth-Step-Within Committee Chair tsw@oaregion9.org

Trivia Question

N.2

Q: Principles upon personalities is found where?



WHAT'S NEW IN REGION 9'S WEBSITE!

1. Summary Amendments 2014
2. 2014 (Greece) After Assembly documentation
3. Twelve Step Within: Special event and fun activities
4. 2014 Assembly workshops

Abstinence

I like to think of abstinence as a gift that grows with me as I grow in this program, becoming more valuable one day at a time, helping me discover the best person I can be.

When I joined Overeaters Anonymous just over two years ago, I equated abstinence with deprivation. If being abstinent meant I would have to deny myself the foods I loved most, then maybe abstinence was not the right way to go. But I was desperate enough at the time to try anything. I had, after all, been on any number of diets over the years and believed implicitly in all their promises of weight loss and ultimate happiness until the moment they inevitably failed, so I was willing to go along with the program and see whether or not it could deliver on its promises. My sponsor identified sugar as my main trigger food, asked me to avoid it and advised me to stick to three meals a day with two snacks in between. She was wise enough to know that in giving me a degree of flexibility as I worked the steps and attended meetings with my fellows, my understanding of abstinence and my willingness and ability to maintain it would evolve and grow stronger.

I have since discovered that while this program is very much about my relationship with food, it is also about a lot more than that. Sometimes I think that had I known what a huge commitment OA would require of me and had I realized the enormous changes it would eventually make in my life and relationships, I may have been too afraid to go ahead with it. It's largely thanks to my Higher Power, who has been with me all along, even when I did not realize there was anyone there, that I have managed to persevere.

So what does abstinence mean to me today? Rather than deprivation, abstinence translates as privilege, as the opportunity to experience the clear head and clean heart I need to live my life the best way I can. Instead of feeling that I am denying myself the sugar I once craved which always, always led to a binge regardless of how little or how much I ate of it, I now know that thanks to abstinence I am being given choices that were not available to me before OA. In fact, that's exactly how I think of my life these days, as divided into two parts: before and after OA. The latter is infinitely richer, is filled with good health and promise.

If I were asked to define abstinence in only two words, I would describe it as "inner peace", the inner peace I had been searching for all my life and only found once I joined OA and was granted the gift of abstinence.

Nada A., Beirut, Lebanon.

Helpful OA slogans

It's not what you're eating,
it's what's eating you.

Giving Service In OA

Service has always been important for my abstinence and recovery. In my first year, someone suggested that I go to Intergroup to represent our meeting. I said no - I was too new. It was scary. When I did start to be my group's representative at the IG level, I was so happy to see how much I liked it. It was fun. And I got to meet more people who were abstinent and in recovery - more people to connect to. I got experience, strength, and hope from them. Giving service at the region and world level has been amazing too. I myself have had more than 12 ½ years of continuous abstinence, but when I'm at World Service Business Conference and someone shares at a meeting that they have 32 years of continuous abstinence - wow! It's what I need to hear to keep going on the road I am on.

Since that first year in OA when I said no, I have never repeated that same mistake. It doesn't matter what service position it is, as long as I do service. To help, be useful, pass the message, get out of the "me" world.

You may not know, but region 9 is in need of a Banker. If you are from England, meet the qualifications, and would like to take on this service position, please let me know. And with rotation, next year my service position as Region 9 Chair will be over - maybe you will take on that position?

Susan, Region 9 Chair

Dates to Remember:

1. December 12, 2014 - Twelfth Step Within Day
 2. December 29, 2014 - Delegate Registration Forms due to WSO for WSBBC 2015
 3. 55th OA Birthday Party Celebration
- Save the date January 23 -25, 2015 at the LAX Hilton, California, USA.
Register online at oabirthday.com



What Service means for me:

Service keeps me sane. Every time I do service, I get out of my own self, my own bubble and I connect. Service does not take a lot of time, nor effort. It takes a certain orientation of my being, a readiness to be present and a desire to be useful. Service starts for me in the morning, when I pray to be abstinent and to be of service. I do service through the fellowship by taking care of my sponsees and sharing my strength and hope in meetings. Thanks to what I have learnt in OA, I have become more caring with my colleagues, friends and family as well.

Every time I focus on service, I know that I am one step away from the self-absorbed addict in me who wants to isolate, have negative thinking and use. I actually do service to myself when I practice gratitude and positive thinking, when I focus on action rather than resentment.

Furthermore, every time I meet with a sponsee, I get out of the encounter feeling joyful, grateful and closer to my higher power. I sometimes come to the meeting drained and disconnected, I always get out centered, and so grateful to be useful. It is a miracle!

At the core of my disease, was an inherent feeling of worthlessness, and this has thankfully disappeared through practicing the program.

It is such a blessing to be able to give to someone through this program, as I know that if one follows the recommendations of OA, then they will recover. It is such a powerful and wise program! I am so grateful to have the privilege of doing service for the fellowship.

Elyssa, Lebanon



Tips

1. Strong Abstinence Checklist translated into many different languages now on our R9 Website!
2. Overeaters Anonymous, 3rd Edition now available from WSO
3. Increasing Focus on Actions Required for Abstinence – Abstinence Power Point, and Abstinence Literature Resource Guide can be found on the OA Website
4. OA Newcomer Orientation Video, OA R9 Glossary, Getting & Giving Help Workshop (Sponsorship), New Sponsorship Workshop 2014 - found on the R9 Website
5. Abstinence, Working All 12 Steps, and Individual's Responsibilities to Carry the Message ... OA's focus for 2014 - 2016

Working All the Steps

Understanding how the steps work together in my recovery doesn't mean I pick and choose among them, substituting one I like for another that I don't like.



Recognizing how they all work together helps me do what I need most for my recovery.

BALANCE IN THE SERVICE

Ciao everybody,

I am a compulsive overeater and I've been in the Fellowship since 1995. I am abstinent, I have and

I am a sponsor, I do service and maintain a 30 kg-weight-loss since around 15 years.

As an introduction, I would like to stress how I feel honoured to have the opportunity to write my experience about service. When my friend asked me to do so, my first answer was: "Balance in the service, are you sure you asked the right person?". Then I thought about it and was able to recognize that I had a little of experience and could share the balance I have today (which could be completely different from tomorrow's balance).

When I arrived in OA (I attend the Fellowship in Italy) my group has been open since one year or so. I remember that we had for literature the Steps as the Traditions were not printed nor translated in Italian yet at that time. To try to put those into practice we only had the questions that were to be printed later in the 12Steps& 12 Traditions book. The "For Today" had been translated and printed into 4 leaflets as a special edition of our journal. Each of us was a newcomer. The old-timers had arrived few months before myself, maximum one year.

On these basis I have begun my recovery and my service experience. In the Fellowship I've learnt what was the difference between doing service because you have to and doing service as a spiritual act.

To me service has always been a tool that kept me abstinent but that didn't make me abstinent.

If I do service but I eat compulsively, my experience is that I have little hopes to recover.

If I do service and I am abstinent I can really experience the spirit of this powerful tool.

Among other things service is also in the Third Legacy and therefore part of our recovery.

Naturally, having had experience on many levels I went through different phases. From the great enthusiasm and devotion of the early stages I have turned into a know-it-all that everyone ought to listen to because I knew the Traditions by heart. Too bad I didn't know the Concepts that deepen the meaning and remind me that in OA what normally wins is common sense. So I passed from not knowing the Traditions to knowing them thoroughly.

I could tell you which sentence at which page. I still know it but I use it differently. I was physically recovered, I was feeling spiritually fit but I was harbouring perfectionism and power hunger.

Evolving in the Program and after getting a few thrashing, I understood that I had to change my way of doing service. A desire of letting go of pride, arrogance and need for approval was making its way inside of me through service, living the Twelfth Tradition. I realised that I can give back to others what I was given only if they want it. Otherwise I can take three steps back and wait for event to unfold naturally. I can assure you that by doing so I've seen miracles happening and I've seen groups growing and blossoming. I have learnt that I'm not necessary but I do have my experience. I've learnt that there is no need to worry because there's a greater God taking care of me, of my sponsees, the groups and the Fellowship.

After years serving OA on many levels to national level, at the moment I'm the secretary of my group. (In Italy intergroup is the set of groups belonging to the same geographical area.) Only by keeping behind the front line I allow newcomers to have the same experience I've had, a marvelous experience that I would have again, even the most difficult parts because they have allowed me to grow and become who I am.

Above all I've learnt that in the Program there are no rules to impose or laws to abide by, because individuals learn to adhere to the Principles. I don't need to be right anymore, nor to show off or dictate my ideas.

Who governs in OA is a God of love however I understand Him.

And I'm not that God.

Thank you.

Anonymous

Twelve Step Within Format for Information Gathering**“Ideas that Work”**

Type of Project (chose the oportune one and cancel the others)

- 1.Fellowship/Humour
- 2.Service/Special Events
- 3.Twelfth-Step-Within Day

Project Name

I offer you what OA gave me

Project Goal

fun, sharing experience, strength and hope, unity

Organizing Service Body

Milan Arcobaleno (Northern Italy Intergroup)

Contact Information

Catherine cathwelvesteps@gmail.com

Resources Needed (budget, volunteers, materials, etc.)

cards with gifts, one per participant (see appendix)

we wrote on the white side, you can change the cards and use other design or smaller gift pictures to write on the same side...

candles to put on the table to create a festive atmosphere

pens for everybody

Implementation Process (incl. length of time for planning and implementation)

Length of time (depends on the number of participants): around 15 minutes for 25 persons

The animator distributes the cards to each participant.

The animator asks to the participants to write down on the card one gift that OA gave them. (it

can be only one word or a sentence, the animator can guide that part)

Each participant writes down on the back of the card. (ex. HOPE, BEING ABLE TO LIVE ONE DAY AT THE TIME, STRENGHT, LOVE FOR MYSELF AND FOR OTHERS)

The animator offers his/her own card to the participant to his/her left. (ex. "Julia, OA gave me LOVE and I offer it to you."

The participant who received the card (ex. Julia), offers his/her to the participant at his/her left.

The sharing goes on until the last participant has offered his/her card to the animator.

Additional Comments (incl. things of which to be mindful)

This is an activity to be proposed during an event, Twelfth-Step-Within Day, or in between business meetings during an assembly, conference, Intergroup Business Meeting...

A good idea of service can be to ask a creative person to colour or to prepare the cards. We did so. But we can also prefer the «keep it simple» and printed already coloured cards!

Results

Fun, sharing, strength and hope. It created a soft atmosphere of share and gratitude in the room, strengthening the unity of the persons coming from different groups of the Intergroup.

It helped us to see how many gifts we've been receiving since we've been in the Fellowship.

Catherine, Italy

Region 9 Twelfth-Step-Within Committee Chair

*Questions & Answers to Trivia Questions:**A n1: Tradition 12**A n2: OA Lifeline, from 1962- Bulletin.*

Africa ● Europe ● Middle East ● Western Asia

IN SERVICE**Region 9 Board**

Trustee - Esti (Israel) @ r9trustee@gmail.com
 Chair - Susan (Israel) @ chair@oaregion9.org
 Secretary - Mette (Denmark) @ secretary@oaregion9.org
 Treasurer – Aileen (UK) @ treasurer@oaregion9.org

Committee Chairs

Literature and Translations -
 Irenne (Denmark) @ translations@oaregion9.org
 Twelfth Step Within -
 Catherine (Italy) @ tsw@oaregion9.org
 Public Information -
 Miranda (Greece) @ pi@oaregion9.org
 Bylaws
 Meike (The Netherlands) @ bylaws@oaregion9.org
 Electronic Communications
 Webmaster @ webmaster@oaregion9.org
 Finance
 Aileen (UK)
 Acting Banker - Stella (UK)

Newsletter coordinator
 Chryssa (Greece)) @ newsletter@oaregion9.org

Region 9 Website
<http://www.oaregion9.org>

World Service Website
<http://www.oa.org>