

## Newsletter Coordinator Report

As an overeater I over-indulge in many areas of my life. I get over excited, but also get overwhelmed, I can be over-sensitive and of course I can overeat.

The service position of the newsletter coordinator gave me a valuable lesson in life, “*make it simple*”. When I started editing the first issue of R9’s newsletter due to a combination of my anxiety and ego, I struggled to learn from scratch professional magazine editing applications because well, it had to be perfect, right? So the editing of the first issue of R9’s newsletter was filled with my ego and anxiety. Thanks to the 12step recovery program though, I realized that I was behaving compulsively and I had to stop. I was not doing this service for me but to reach out to other OA fellow members!

Being a newsletter coordinator helped me be more organized and consistent as I researched about the appropriate graphics, layouts and material to use in editing. It also helped me be more willing to compromise and accept different opinions.

The following are the titles of the newsletter issues of the previous year.

1. Region 9 Assembly and Convention Unites
2. Service in OA
3. Working All Twelve Steps
4. Sponsorship
5. The miracle of the program
6. Going to any length... not to break my abstinence
7. Opening up to HP

Each issue incorporates personal recovery stories from OA R9 members, valuable material about our OA fellowship, such as book readings, important dates, tips and news through lively and easy to read design!!

Thank you for giving me this opportunity!

Chryssa, September 2015