

## Table of Contents

Table of Contents .....	1
Region IV Chair’s message .....	1
Region IV Trustee’s Message.....	3
The Ten Practical Points of Recovery found in Alcoholics Anonymous, 3rd Edition, Pages 58-60.....	4
Region IV Information.....	5
IV Thought Mission.....	8
From the Editor:.....	9
IV Thought Statement of Purpose.....	10
Region IV Spring Assembly April 24 <sup>th</sup> and 25 <sup>th</sup> , 2003.....	11
Corrections to the Region IV Timeline.....	13
Step Two – Came to Believe that a power greater than ourselves could restore us to sanity .....	14
Upcoming Events.....	15
Thank you for 13 years of Abstinence.....	16

## Region IV Chair’s message

In writing this in the midst of another winter snow event, it is easy to think how very important the winter and internal growth are to each of us. I have found how beneficial it is to use the slower beginnings of the year to strengthen my program and my contact with my Higher Power. Then when the spring and all its beauty and busy activities arrive, I am not only looking so forward to it, but also can enjoy the whole unfolding with more patient eyes.

There are many lessons to be learned about fear and how procrastination, turning to ‘other things that need to be done’, and just plain ignoring are ways of dealing with fears. But the fears whether they are large or very small, do not just go away until we deal with the next right thing. So whether we put off speaking, leading a meeting, or writing an article because we may not ‘do it right’, it is still about fear. The most effective way to get past the fear is to just do whatever is blocking us. We may not do it perfectly or even close to what we want, but we can learn and do it better the next time. This is so on my mind because I have put off writing this message.

When looking into traditions and whether there are breaks, I am finding that usually traditions are broke from lack of knowledge. But when someone breaks (or bends) a tradition, it affects their own integrity and self-esteem as well as damaging the group that keeps their recovery possible. It may also make others not able to put trust in that person. So it is in all of our best interests to study and keep the traditions. I have had a personal issue resolved, and looked into the days needed for vacation if running for Trustee, and have put in my application for the WSBC conference in May. I am asking the Region

Assembly in Omaha to confirm my nomination, so please come to the assembly if you have any issues for or against this.

I am so looking forward to seeing many of you in Omaha in April, and hope that most of our intergroups can be presented there. Please contact the office or an officer if you have not registered.

Great news is that we have some money available at this time for sending intergroup representatives to assembly and to WSBC. Please take advantage of this enhancement for your intergroup and your own recovery. Have your intergroup chair person contact the region office for more information.

**Love, Connie**

## **Region IV Trustee's Message**

My name is Janice. I am a compulsive overeater. I love Overeaters Anonymous. It is a fellowship with a purpose. Where all compulsive overeaters may come in unity to learn to trust and identify with each other; where each takes the responsibility for the structure and solidarity of our organization: where we each can have our autonomy in a place of neutrality, so that our spirituality may mature and grow. Respecting these vital spiritual principles keeps each one of us on equal footing.

We have all been reduced to helplessness by compulsive overeating and each can be freed from the devastating illness by this miraculous program. Status in life makes no difference in becoming compulsive overeaters and makes no difference in the chances of recovery. What makes the difference is obedience to these spiritual principles. I know that for my personal recovery the more that I understand these spiritual principles, the more reverence I have for them, and the more I practice them.

As I continue the action of studying our traditions my understanding deepens as I reflect on the significance of unity in our fellowship. Unity emphasizes oneness of the whole. Unity is oneness and yet, OA is for all of us. The unity of OA is a matter of life and death to us. We need each other if we are to survive.

The principle of unity has also made a difference in the quality of my personal life. The uniting of my physical, emotional, and spiritual recovery are vital to my welfare. The combination of my experience, strength, and hope connects me to myself and my fellow human beings in meaningful ways. As a result, I am united with the God of my understanding's power, His love, and His way of life.

How well do I practice the principle of unity within myself and with my fellowship? Continuing to take the time to learn more about OA as a whole, and to support OA.

How do I live up to the principle of the second tradition in OA meetings? It amazes me how well the second tradition works when I am willing to simply serve and let a loving God express Himself through the group conscience.

How well do I understand the service structure of OA? Am I willing to follow through with group conscience? Understanding that this conscience is an expression of the group unity spoken of in the first tradition; the common bond which grows among us, enabling me to let go of self-will.

Overeaters anonymous is unique in offering a spiritual program which has brought recovery to thousands whom had lost hope. Am I extending my hand and my heart to all who share my compulsion, just as it was held out to me? Am I doing my part to ensure that the hand of OA will always be there? Am I focusing on OA's primary purpose?

What would happen if I decided to let somebody else safeguard these twelve traditions? I might wake up one morning, and find that there was simply no more OA, where would that leave me? I don't want to take that chance. Do you?

**Janice S., Region IV Trustee**

## **The Ten Practical Points of Recovery found in Alcoholics Anonymous, 3rd Edition, Pages 58-60**

1. **“...thoroughly followed our path.” p. 58 line 2**
2. **“...completely give themselves...”. P. 58 line 3**
3. **‘...developing...rigorous honesty.” p 58 line 9**
4. **“...willing to go to any length...”p. 58 line 18**
5. **“...fearless and thorough...” p. 58 line 23**
6. **“...let go absolutely.” p.58 line 25**
7. **“...asked His protection and care with complete abandon.” p.59 line 5**
8. **“...the steps we took...” p 59 line 7**
9. **“...Do not be discouraged.” p. 60 line 7**
10. **“...willing to grow along spiritual lines.” p 60 line 10**

## **Region IV Information**

### **Chair**

Connie H

XXXXX

St. Louis, Mo.

XXXXX

[conniehsl@aol.com](mailto:conniehsl@aol.com)

### **Vice Chair**

Jan B

XXXXX

Lawrence, KS

XXXXX

[jbutin@ku.edu](mailto:jbutin@ku.edu)

### **Secretary**

Teresa K

XXXXX

Iowa City, IA

XXXXX

[teresa-kopel@uiowa.edu](mailto:teresa-kopel@uiowa.edu)

### **Treasurer**

Ann H

XXXXX

Sartell, MN.

XXXXX

[GrizzlyAnn@aol.com](mailto:GrizzlyAnn@aol.com)

### **Region Trustee**

Janice S

XXXXX

Houma, LA

XXXXX

[janices684@aol.com](mailto:janices684@aol.com)

### **Office Coordinator**

Jana G

Region IV

9907 Gravois Rd. Suite E

St. Louis, MO. 63123

(314) 638-6070

[iwanateach@yahoo.com](mailto:iwanateach@yahoo.com)

### **Manual Coordinator**

Cyndy L  
XXXXX  
St. Peters, MO  
XXXXX  
[cyndylenz@msn.com](mailto:cyndylenz@msn.com)

**Delegate Funding**

Carol S  
XXXXX  
Iowa City, IA  
XXXXX

**Outreach Committee**

Molly M  
XXXXX  
Omaha NE  
XXXXX  
[mollymarienau@hotmail.com](mailto:mollymarienau@hotmail.com)

REGION IV OVEREATERS ANONYMOUS  
9907 GRAVOIS RD. SUITE E  
ST LOUIS, MO 63123  
[oea4@oaregion4.org](mailto:oea4@oaregion4.org)  
[WWW.OAREGION4.ORG](http://WWW.OAREGION4.ORG)

**Convention Committee**

Berte L  
XXXXX  
Winipeg, MB, Canada  
XXXXX

**Assembly Planning Coordinator**

Bev C  
XXXXX  
DesMoines, IA  
XXXXX

**Electronic Communications**

Michael A (co-chair)  
XXXXX  
Manchester, MO  
XXXXX  
[sobermichael@yahoo.com](mailto:sobermichael@yahoo.com)

Marcia B (co-chair)  
[mebalk@sbcglobal.net](mailto:mebalk@sbcglobal.net)

**Editor**

Angie T  
XXXXX  
Waite Park, MN  
XXXXX

[ironwood@astound.net](mailto:ironwood@astound.net)

**World Service Office**

P.O.Box 44020  
6075 Zenith Court  
Rio Rancho, NM. 87174-4020  
(505) 891-2664  
(505) 891-4320 (fax)

[www overeatersanonymous.org](http://www overeatersanonymous.org)

## **IV Thought Mission**

**~To make OA known throughout the Region so that anyone with the desire to stop eating compulsively may find an OA group, and provide support so that any OA member can have recovery from compulsive eating through the Twelve Steps of Overaters Anonymous~**

## **From the Editor:**

Region IV Spring Assembly is just around the corner and I am so excited to be a part of the business meeting for Overeaters Anonymous in our area. It is my own little insurance policy that OA will continue to exist in my hometown and State so others that suffer as I did can find relief from this deadly disease. I am grateful today for the willingness my Higher Power has given me to work on this newsletter and to carry the message.

Please note some corrections from the Calendar of events that was included in the last issue.

In service, **Angie T.**

## **IV Thought Statement of Purpose**

*To communicate the business of our Region*

*To publicize recovery events*

*To be the voice of assembly*

*To publish, within space limitations, recovery articles*

To build and strengthen the unity of Region IV

## **Region IV Spring Assembly April 24<sup>th</sup> and 25<sup>th</sup>, 2003**

**Friday, April 25, 5:00 PM** Meeting of the Region IV Board  
7:30 to 9 PM Intergroup Sharing Meeting

**Saturday, April 26**

8:00 AM Orientation for New RR (everyone welcome):

[You can bring your breakfast]

8:00 AM RR Registration (sign the sign-in sheet)

8:30 AM Assembly Opening

Serenity Prayer, Preamble, Steps, Traditions, Concepts

Roll Call by Intergroup, new RR's, Visitors, Board & Trustee

Appoint Parliamentarian

Appoint Minutes Approval Committee

Appoint Treasurer's Audit Committee

Credentials Report - Teresa K.

Officers' Reports:

Secretary Report - Teresa K.

Treasurer's Report - Ann H.

Vice-Chair's Report - Jan B.

Trustee's Report - Janice S.

Chair's Report - Connie H.

Standing Coordinators Reports:

Office - Jana G.

Region IV Manual – Cyndy L..

Delegate Funding - Carol S.

Assembly Planning - Bev C.

Committee Meetings:

Convention

Outreach

Ways and Means

Electronic Communications Committee

**12:00 PM** BREAK FOR LUNCH

**1:30 PM** Reconvene with the Serenity Prayer

Credentials Update - Teresa K.

Committee Reports:

Convention

Outreach

Ways and Means

Electronic Communications Committee

Presentation/Discussion: Service & Tradition Workshop

New Business

Present Trustee Candidate  
Future Assemblies  
\* Emergency New Business

Announcements

Adjournment

Responsibility Pledge

Closing

\* Contact Chair by Friday Noon to add Emergency New Business items.

We will break at 5:30 PM and reconvene immediately following the guest speaker, if necessary

## **Corrections to the Region IV Timeline**

The Sinsinawa, Wis (NEII) retreat is going to be Nov. 1 & 2 2003 (the retreat facilities were unavailable in Oct. this year. 2004 Sinsinawa, Wis will be October 23 & 24. 2005 Sinsinawa Wis will be October 22 & 23.

Northern Serenity Intergroup workshop was not accurate—no workshop planned. The Quad Cities Intergroup is not having a 2003 Spring Retreat. The IG Chairperson has moved and the phone no. is not current.

## **Step Two – Came to Believe that a power greater than ourselves could restore us to sanity**

I never thought that what I was doing to others and myself was insane. I could lose weight if it wasn't for all those people. I would forget what I had eaten even when I wasn't hungry. I would drive through a fast food place and then drive to another while eating the burger; fries and soda hoping no one would see me. I have tried diet pills, shots, 900-calorie diets, liquid protein, etc. Loose weight, gain, loose, gain, loose, and gain. What a merry go round I was on.

I have isolated by staying to myself. Not going to meetings, going to meetings, not answering the phone, not calling for help, but putting on a mask and struggling inside. I was not living the steps. I wanted to die, because I just did not want to go on. The compulsive eating is not working. The food just doesn't taste the same. It is the Power that is saving me from the destruction of myself. I have become so busy, that I don't have time for recovery. I have been involved in several good spiritual things. Well, I must take the time now. I must do something now or I will die emotional, spiritual and possibly physically. I can't restore myself to sanity, but God can. When each one of us share at the meetings-that power is there.

Yes, I now know that HP can restore us to sanity.

**Phyllis T**

## Upcoming Events

- **American Martyr's Retreat May 3-4, 2003** in Cedar Falls, Iowa. Contact person: Kelly P. It is from Sat. am to Sunday 11:00 am, meal are provided along with a single bedroom for each guest. We are trying to get the word out this year to make a great, well attended event!! **Iowa State OA Convention is Sept 12-14 , 2003** in Des Moines, IA.
- Central Iowa is sponsoring a **Super Saturday July 19, 2003**  
Four Points by Sheraton Hotel and Suites, Des Moines North:4800 Merle Hay Rd  
Urbandale Iowa, Just off I 80, easy to get to 9:00 a.m. to 4:00 p.m.
- The Quad Cities Intergroup will host a **Fall 2003 Retreat, Oct. 31st to Nov. 2nd.**  
Verlea Ewing Christian Retreat Center, Milan, Ill. \$40.00 before Oct 17th & 45.00  
after. Contact Pat M, [pat4pat@yahoo.com](mailto:pat4pat@yahoo.com).
- The Quad Cities Intergroup plans to host the **2004 Business Assembly April 16th & 17th** at the Four Points Sheraton, Rock Island , Il. Information will be presented at the 2003 Spring Assembly for approval.

## **Thank you for 13 years of Abstinence**

Hi, my name is Cecilia and I am a compulsive overeater.

Today by the grace of God and the love you have all enfolded me in, I celebrate 13 years of abstinence. It boggles the mind. I who couldn't go the day without a binge, who thought I was worthless because I could not push myself away from the table (which is really tough when you have the brakes on), have had imperfect abstinence for 13 years.

Before: I yelled and cornered my kids - Today I apologize when I am wrong and they are not afraid to point out my shortcomings

Before: I followed my husband from room to room and went into a crisis when he left for the day. - Today he is, as we speak, in Colorado for a week with a friend whom I don't like.

Before: I hated my mother in-law and we played my husband against each other. Control was the name of the game - Today she and I are very close and I encourage her and Tim to spend time alone together.

Before: I took my mother in-laws attempts to help me in the kitchen and the house as a statement of how inadequate as a woman and housekeeper I was. - Today I accept her help as the act of love it is.

Before: On April 15. I got to the post office at midnight to file the extension to file my taxes. - Today I can't wait to get all the paperwork and get my taxes done before Feb. 15.

Before: I waited for the late notices to arrive before I paid the bills even though I had the money in the bank. - Today I know exactly how much money I have in my checkbook and all my bills are current.

Before: I had to put people down to build myself up. - Today sarcasm is gone from my life and I can laugh at myself without ridiculing myself.

Before: I lived in a pigsty and couldn't even pick up after myself. - Today I clean my house because it makes me feel good and my kitchen is clean before I go to bed.

Before: I craved food all the time. I was the slave and food was the master. - Today the cravings are mostly gone and when they return I know who my master is, a loving God.

Before: I had many friends and was always alone. - Today I have many friends and I am never alone unless I choose.

Before: I was terrified to be in my own company. - Today I can't wait for some alone time.

Before: I kept people away by making excuses and lying. - Today I don't have to keep people away because my boundaries keep me safe.

Before: I resented my mother because she was hurtful. - Today I can tell my mom when she hurt my feelings and we can be honest with each other. I have taught her how I want to be treated.

Before: I kept my dad away because I couldn't set boundaries with him and I felt stupid around him. - Today I speak my truth clearly and kindly and I can debate him and know that even though we disagree I am often right.

Before: I didn't know how to be a friend and gossip was the way. – Today I have many friends and they honor me with their trust.

Before: I couldn't admit that my disability was difficult and that often times it just sucks. In fact, I prided myself on the fact that I had no negative feelings about that at all. - Today I know that sometimes it just really hurts. There are times that it is inconvenient. The cool thing is that most of the time it isn't a big deal. When it is I have many people, I can share my feelings with and get the love and support I deserve.

For all of this and countless other miracles, thank you. I couldn't have done it without you. *A special thanks to Anne O. who taught me to cry and loved me for ten years, to Kay C. who loves me through my obsessions and to both of them for laughing at me when I couldn't laugh at myself.*

**Cecilia L.**