



IV Thought

Overeaters Anonymous
IV Thought

Volume 1, Issue 4
Fall 2007

Illinois, Iowa, Kansas, Manitoba, Minnesota, Missouri, Nebraska, North Dakota, Nunavut, Ontario, South Dakota

Duluth, Minnesota to Host Fall Assembly

Region IV Fall Assembly, October 19-20, 2007
AGENDA

Friday, October 19

3:00 PM: Meeting of the Region IV Board

7:30-9:00 PM: Intergroup Sharing Meeting

Saturday, October 20

8:00 AM: Orientation for New Region Reps (RR) (everyone welcome – you may bring your breakfast); Region Rep Registration (sign the sign-in sheet)

8:30 AM: Assembly Opening

Serenity Prayer, Preamble, Steps, Traditions, Concepts, Standing Rules; Roll Call by Intergroup, New RRs, Visitors, Board and

Trustee; Appoint Parliamentarian
Appoint Minutes Approval Committee; Appoint Treasurer's Audit Committee; Adopt Agenda

Credentials Report – Nicki K.

9:00 AM: Officer's Reports:

Secretary's Report – Nicki K.

Treasurer's Report – Cyndy L.

Vice-Chair's Report – Jo S.

Trustee's Report – Connie H.

Chair's Report – Teresa K.

9:45 AM: Standing Coordinators' Reports:

Office – Linda L.

Region IV Manual – Thomas M.

Delegate Funding – Brandi S.

Assembly Planning – Julie B-H.

Website – Angie K.

Newsletter Editor - Jen B.

10:00 AM: Committee Meetings:

Convention

Outreach

Ways and Means/Finance

12:00 PM: BREAK FOR LUNCH

1:30 PM: Reconvene with the Serenity Prayer; Credentials Update – Nicki K.; Committee Reports:

Convention – Sharon A.

Outreach – Helen M.

Ways and Means/Finance – Connie Y.

2:00 PM: Presentation/Discussion: How to Have Healthy Meetings

3:00 PM: New Business; Election of Treasurer and Vice Chair

Nomination of Trustee Candidate(s); Bylaw Amendments and Continuing Effects Motions; Approval of Budget for 2008 Future Assemblies; *Emergency New Business; Announcements

4:30 PM: Closing – Adjourn with Responsibility Pledge

Dinner on your own, Open Meeting with Speaker at 7 p.m.

* Contact Chair by Thursday Noon to add Emergency New Business items. We will break at 5:30 PM and reconvene immediately following the guest speaker, if necessary.

Message from the Chair: What We Can Not Do Alone

Greetings to Region IV! I have just returned from the Region Chairs Committee (RCC) and Board of Trustees (BOT) meetings that were held at the World Service Convention in Philadelphia. What an amazing experience! I'm not sure of the final registration numbers at this time, but the WSO staff thought that it exceeded 1000 people, and maybe went as high as 1200! For someone who goes to meetings that may be as small as 3-5 people, it was incredible. I encourage everyone to start planning and saving for the World Service Convention to be held in LA in 2010. We will be celebrating OA's 50th birthday in the city where we began, and it promises to be an amazing time!

The RCC and the BOT worked on refining the Strategic Plan that was unveiled at the World Service Business Conference in May 2007. We are looking at how to have healthy meetings, committed service bodies, strong financial health, and enhanced public and professional awareness. What drives all of these

other areas is abstinent members. Without abstinent members, meetings will be weak, and newcomers won't stay if they don't see and hear recovery. Without abstinent members, there is no one to do service at the group, Intergroup, Region and World Service levels, so there would be no literature, no meeting lists, no conventions, etc. Abstinent members realize the value of their recovery, and give as if their lives depend on it – as they do. With more money, we are better able to carry the message that OA exists to the public and professionals, who in turn refer people to us. Everything is interconnected, and without abstinent members all the other areas suffer.

So how do we become and stay abstinent? The answer today is the same as when we were founded in 1960, and when I became abstinent in 1990: we put down the food and we work the

Twelve Steps, all of them, in order, in all our affairs. Doing so develops the relationship with the Power that will do for us what we cannot do alone. The tools are very useful in working the Steps, but the Steps themselves are the core of the Program, and if we work them we cannot fail to recover. And as we recover and grow stronger individually, we give back to the Program that has saved our lives, and we all become stronger and healthier. Isn't that a beautiful thing?

I look forward to seeing many of you at the Fall Assembly in Duluth, MN Oct. 19-20, 2007. And speaking of conventions, be sure to save June 27-29, 2008 for the next Region IV Convention in St. Louis, MO!

Your trusted servant, Teresa Kopel, Region IV Chair

Find the
Quote:

"Most of us feel we need look no further for Utopia. We have it with us right here and now."



Inside this issue:

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Meet Me In St. Louis: Thoughts from St. Louis Overeaters

Top Ten Reasons Recovery Beats the Disease Anytime, Anyplace, Anywhere

10. A healthy body that moves well, even in 100 degree heat.
9. A mind full of thoughts like, "What can I do for my fellow compulsive eater today?" rather than "What do I weigh today?"
8. An attitude of accepting what I cannot change, which encompasses a heck of a lot more than it used to.
7. A detachment from unhealthy people, even though I may be related to them by blood, and an attachment to people in recovery, even though I may have just met them.
6. A freedom to be who I am instead of who I think you want me to be.
5. A variety of tools that I can pick up any time during the day that never fail to work.
4. An inner strength and courage that keeps me learning, growing, changing.
3. A feeling of "Life is still okay" on hard days, and a feeling of "Life is wonderful" on great days.
2. An understanding that "progress, not perfection," is a sane slogan, not a cop-out.
1. A connection to a Higher Power who loves unconditionally and who provides all that I need, one day at a time.

Anonymous

Learning to be Real

What comes to mind immediately when I think about what recovery means to me is learning to be real, with myself and others. I first had to quit the lies I told to and about myself, like: "I am not adequate or lovable", or "Just one more bite won't hurt me". I also had to start being genuine with my feelings, such as: "Ouch, I hurt when you want me to believe that I am dumb, fat, or not enough", or "That doesn't

matter" when it really does. Before recovery, I put on a happy face while internally, I was dying. Today, I get to be fully self-expressed with a whole range of emotions. I may not always be cheerful, but I am authentic and my insides most often match my outsides. I'm Loretta and I am a grateful recovered compulsive overeater.

She Does What It Takes

Recovery to me means using the program & steps to stay out of the food and into "doing what I can" to live happily & healthy one day at a time. Currently I am consciously living steps 10, 11 & 12 on a daily basis to stay emotionally, physically, and spiritually fit. When I start thinking other people are causing me problems or making me unhappy, it is a big clue that I need to talk to my sponsor(s) to get into a better space before food calls to me. And I do this. I have several people I can talk with depending on the issue -- and I always reach out to the person who I know is my "guru" on the subject troubling me. Recovery also means being honest with myself about what I am eating at meals and that's why periodically it is important for me to "tune up" by writing down my food daily. I'm so grateful to be doing that currently and emailing this after writing it in my notebook gives me 2-chances to look at what I'm doing. Jeanine

Recovery Means Life!

It means life. Without recovery, I firmly believe I would be dead of a heart attack. I was well on my way to death before I came into the OA program. That fear is what got me to my first meeting. Recovery also means I enjoy my family more, I'm not afraid to live anymore, and I have so many more friends than I ever had before. My jerk boss even turned into a nice guy!!! That was HP's doing, but OA gave me the sense to ask HP to do it. Ginnie

Oh What An Experience!

Oh wow, what does recovery mean to me? WOW! It means the WORLD to me! Without it, I would be dead! I know that for a fact! Before being abstinent and living the 12 Steps, my life was miserable and unmanageable! I existed only to eat. :(Since being abstinent and learning to live this WONDERFUL 12 Step way of life, my life is happy, joyous and free! I know that is such a cliché but it is the TRUTH and I have NO WAY to explain it. I just know that those who have had a spiritual awakening as I have know exactly what I mean. Today I eat to live and in between those meals, I actually LIVE life! WOW! I wish that I could express it better, but whenever I try, it just comes out so tongue-tied because it is just something that I cannot explain; one just has to experience it! THANK YOU GOD that I've experienced it! Brandi :-)

I Don't Waste Time Mourning

At it's most basic level, recovery means fighting back from an illness or an injury and reaching a level of wellness that I once had a very long time ago but don't truly remember. More than that, though, it means reaching so much higher and further than I have ever been before. I am stretching myself physically, emotionally, and spiritually and becoming the person (individual) God has always intended me to be.

I won't waste time mourning the years I lost to this disease of compulsive overeating. My objective now it to look forward to what I CAN achieve (with God's help). I know I am so capable of amazing things. In the span of one year, I can see the positive changes that have already happened within me and this gives me incredible encouragement and hope that there is so much more to uncover and discover.

Recovery to me is a process of growing up and maturing and accepting responsibility for myself and my own happiness and fulfillment.

No one else is going to do it for me. Only I (along with my Higher Power) can determine what is best for me and what brings me satisfaction and a sense of purpose. Leslie

Having A Life Worth Living!

Recovery means HAVING A LIFE WORTH LIVING! Before OA, I merely existed and prayed for a better life. OA was and is the answer to my prayers. A way of living live and enjoying it. It does not mean that I will not have problems and difficulties, it just means that I will be able to handle them because I have the steps and the tools to help me through any difficult situation. Also, I have my spirituality that tells me that "God and I can do anything" and it is true! I thank God for OA daily! Nancy H.

The Flip Side of Acceptance

I am currently working on step 9. As I prepare to consider possible amends to each person on my list, I am surprised to have it revealed to me that all the people I have been judgmental of is really the flip side of acceptance. If I am judgmental (outwardly or in my mind) I am not accepting of others. I am grateful to know that AA's Big Book tells me "...acceptance is the answer to all my problems today." I am grateful to know that all I need to do with this awareness is pray for my defect to be removed (by HP and in His timetable) and ask for help with my acceptance. Keep coming back – it works!

Becky



Proposed Budget for 2008

Ordinary Income/Expense

Income

Bank Income

Interest: 0.60

Total Bank Income: 0.60

Committee Income

Convention

Hospitality: 100.00

Meals: 1,700.00

Registration: 2,500.00

Seventh Tradition: 100.00

Start Up: 0.00

Total Convention: 4,400.00 Ways and Means/Finance: 100.00

Total Committee Income: 4,500.00

Donations

7th Tradition: 160.0 Group Contributions: 10,200.00

Total Donations: 10,360.00

Total Income: 14,860.60

Expense

Committee Expenses

Convention 2008

Convention Chair: 50.00

Decorations: 100.00

Entertainment: 250.00

Hospitality: 100.00

Hotel and Meals: 1,500.00

Program: 90.00

Publicity: 60.00

Registration: 50.00

Total Convention: 2,200.00

Delegate Funding Coordinator: 15.00

Manual Coordinator: 400.00

Newsletter

Newsletter Mailing: 0.00

WSO Labels: 16.50

Total Newsletter: 16.50

Outreach Committee: 20.00

Planning Coordinator: 120.00

Web Site 143.40

Total Committee Expenses: 2,914.90

Intergroup Support

Public Information Funding: 500.00

Representative Funding: 1,000.00

WSBC Delegate Funding: 4,000.00

Total Intergroup Support: 5,500.00

Non-profit Registration Fee: 10.00

Office Supplies

Copies: 200.00

Miscellaneous: 40.00

Postage: 300.00

Total Office Supplies : 540.00

Officers Supplies

Copies: 60.70

Supplies: 20.00

Total Officers Supplies: 80.70

Post Office Box Rental: 25.00

Travel

Assemblies Brd Mtgs : 3,400.00

Reg Chair/Trustee Mtg: 1,100.00

Reg Chair/WSBC: 1,100.00

Total Travel: 5,600.00

WSBC

World Service Registration: 90.00

Total WSBC: 90.00

WSO Contribution

Annual Contribution : 100.00

Total WSO Contribution: 100.00

Total Expense: 14,860.60

Net Ordinary Income: 0.00

Net Income: 0.00

"Ask Yourself These Three Questions: Do you have the time? Do you have the ability? Do you have the willingness? If so, how can you say no to service?"

Region IV will be voting on the following positions at the Fall Assembly: Vice Chair (one applicant), Treasurer (no applicants at this time) and Region IV Trustee (two applicants at this time - nominees voted on at WSBC). See the Region IV Website for qualifications and the application process if you are interested in serving in any of the above positions.

A Word from Our Trustee: New Public Awareness Campaign Begins

Hello, Region IV! I just got back from Convention 2007 along with more than 1200 attendees! Region 4 had a good number of people attending and everyone was grateful for such a great convention. The next WSO Convention will be in Los Angeles, California on August 26-29, 2010, the home of OA. OA will be celebrating it's 50th birthday, so start planning to attend now!

At this year's Convention, a representative of Rick Johnson & Co, who were chosen for Public Awareness Campaign, gave a presentation. This will also be available on the WSO web page. One note of interest is that the campaign will include providing information to local service bodies (groups and intergroups) for public awareness. This will be for awareness of Overeaters Anonymous only, not for the promotion of OA!). The purpose of the Public Awareness Campaign is to inform and educate the public that Overeaters Anonymous offers a solution to the problem of compulsive eating and to provide information on how to contact OA. in keeping with our Eleventh Tradition. The campaign will make no promises regarding weight loss, time frames or other guarantees. There is a special fund set up for all who are willing to contribute to this project. The Public Awareness Campaign is part of the Operation Plan (you may remember seeing the information about the "bicycle" in the third quarter of *A Step Ahead*, the WSO newsletter). The plan includes strong meetings, committed service bodies, financial health, and public/professional awareness. Another goal for the Operation Plan plan is to have the web site also available in Spanish sometime in 2008. There will be a survey of the fellowship this year that will help to determine if the public awareness campaign is being effective.

A flyer introducing the Professional Presentation folder was included in the July mailing to the intergroups. The folder includes flyers, pamphlets and a cover letter to the professional.

Contributions are needed for the delegate support fund (at WSO) for delegates from around the world to be able to be represented at the WSBC 2008

The printing of "A Kids View" will be discontinued, and it will soon be available for downloading only on the Youth Page of the WSO web site.

There was not enough time to have the ask-it-basket questions at the WSBC 2007, and these questions and answers will be available for view on the WSO web site.

The Region 9 trustee, Dominique B has had to resign from the board at the insistence of her doctor for health reasons. Kathleen R (former region 9 trustee) has accepted filling in for her until the 2008 WSBC.

The cost of updating the video "OA, It Works", developed in the 1980's, will be

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Overeaters Anonymous IV Thought

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You get MORE with Region IV!

IV Thought is a quarterly publication that is distributed in March, June, September and December. And we want to hear from you! Email your stories, thoughts and articles relating to recovery from compulsive overeating to admin@oaregion4.org. Please be sure to put "IV Thought" in the subject line. IV Thought will make every effort to print all articles received but reserves the right to edit as necessary. *The opinions expressed in this newsletter do not necessarily represent those of Region IV or Overeaters Anonymous as a whole.*

We're on the web!
www.oaregion4.org

Events Around the Region

October 12 - 14, 2007 - "Back To Basics" Platte River State Park, Louisville, Nebraska. The Greater Omaha Intergroup invites you to their annual retreat, which runs from Friday evening to Sunday afternoon. Join your friends for recovery and fellowship.

October 19 - 20, 2007 - "Region IV Fall Assembly" Hawthorn Suites, Duluth, Minnesota. The Northern Serenity Intergroup welcomes the Region IV Fall Assembly.

October 19-21, 2007 - "SHINE - Sharing, Honesty, and Intimacy leads to New Experiences", Revive Us Again Retreat Center, Dittmer, Missouri. The St Louis Bi-State Area Intergroup invites you to their annual Fall Retreat.

June 27 - 29, 2008 - "We Have Ceased Fighting - The Hidden Promises" Holiday Inn - Earth City, St. Louis Missouri. Celebrate your recovery in an atmosphere of fellowship and support at the Region IV OA Convention. Attend workshops and hear speakers from intergroups all over the region.

For more information on these events, please go to www.oaregion4.org.

What is Region IV?

Region IV is made up of all the Overeater's Anonymous groups and Intergroups in Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwest Ontario and Nun avat Territory, Canada. It is one of the ten Regions organized to serve communication between groups and intergroups within and between each Region and OA worldwide.

The Region IV Mission is to make OA known throughout the Region so that anyone with a 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 Overeaters Anonymous.

From Our Trustee

Continued from page 3

Investigated. Many have felt it is a good outreach video and would be well received if updated. A flyer called "Is food a problem for you?" was presented and will be distributed to groups and Intergroups.

The new book "Seeking the Spiritual Path: a Collection from *Lifeline*" is now available at World Service. Also available are the pamphlets *Black OA Members Share Their Experience, Strength and Hope* and the revised pamphlet *A Guide for Sponsors* (which includes 30 questions to ask newcomers).

WSO is requesting your Intergroup to

email a copy of your newsletter to jhendrix@oa.org.

And last but not least, please have your intergroups send in the meeting update information every three months. The next update will be October and it is important to keep our meeting information up-to-date for the newcomer. Imagine showing up to your first OA meeting and finding no one there? Would you come back?

See you in Duluth for the Fall Assembly!
Love, Connie

Dear Bathroom Scale,

It's been a long and rocky road for us, hasn't it? To say we've been through a lot of "ups and downs" would be an understatement. However, I'm announcing today that our relationship is over!

I know the seeds of my co-dependency with you began in childhood. I remember going with my mom to a diet club as a child and watching her weigh in. She brought home the crown one month for losing the most weight and let me wear it on my birthday. I'll never forget how excited I was to wear that crown and the impact it had on me – losing weight was good! Not the best lesson for a little girl to learn.

Then there was the horror of being weighed once a year by the school nurse in front of all my classmates. And to add insult to injury, the school nurse was my grandmother! There was no escaping her or the humiliation I felt over everyone - boys and girls – knowing exactly what I weighed, which was usually more than most of the girls my age. Yes, it was in grade school that the obsession with you really took hold.

For years I let you control my life and emotions. The numbers you spit out would dictate if the prior day had been a "good" day or "bad" day. Even when I had eaten healthy and exercised, you could dash my positive mood in a flash! A good report from you in the morning would set the tone of my day.

This relationship of ours turned ever more twisted as I learned how to manipulate you. Weighing in the morning, with clothes off, after emptying my bladder – that was the gold standard! Skipping meals, taking diuretics, exercising like crazy, using diet pills, enemas and laxatives, purging – all these were tactics I used to fool you into saying I weighed less, even if only for a minute.

As I entered OA and received the gift of freedom from compulsive overeating, your presence in my life took on monstrous proportions. First, I began weighing every morning. Then I soon began weighing at night. After that I began moving the scale around the bathroom to find just the "right" spot where I'd weigh the least. Insanity! I can never truly be abstinent as long as I continue my compulsive behavior with you.

With the help of my sponsor, I have realized that there is a place in my life for a scale. Regular, monthly weigh-ins are a part of my program that keeps me accountable. Those weigh-ins will take place on a monthly basis, fully clothed, using a doctor's scale. I will remember that the scale simply provides information. It is not the source of my joy, my sorrow, or any other emotion in my life. I will remember that no scale can measure my abstinence or my worth as a human being.

Thank you for providing so many years of service. I bless you with love...and I release you and let you go now.