



# OA Region One

## The Heartbeat of Recovery

www.oaregion1.org

Spring 2010

Table of Contents	Page
Coming Events	1
Region 1 Committee Highlights	1
From the Board	1
Recovery Corner – Stories from Members	2
12 <sup>th</sup> Step Within – Lifeline	3
Personal Ads (Sponsor/Sponsee)	4

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### Coming Events

(Detail information can be found at:  
<http://www.oaregion1.org/Events/Events.htm>)

#### LAKE COUNTRY IG ANNUAL RETREAT

April 23-25, 2010

N-Sid-Sen Camp/Conference Center  
 Coeur d'Alene, ID

Contact: Jessie M at 509-928-6527 mcdonaldspokane  
 at aol.com

#### VANCOUVER ISLAND IG SPRING RETREAT

June 4-6, 2010

The Bethlehem Retreat Center  
 Nanaimo, BC

Contact: Peg at 250-598-6110 harris1 at telus.net

#### PENINSULA IG SUNSHINE MARATHON

June 5, 2010

10am – 2:30 p.m.

St. Olaf's Catholic Church  
 Religious Education Bldg.  
 18943 Caldart Street, Poulsbo, WA

Contact: Brenda (360)394-5506,  
 xtahoe@embarqmail.com

#### PIERCE COUNTY/PENINSULA IG RETREAT

August 27-29, 2010

Pilgrim Firs Retreat  
 Port Orchard, WA

Contact: Andrea at 253-846-9757 recoverycom at  
 msn.com

### Issue dates and topics for 2010 are:

Date	Issue	Topic
July 15	Summer	Steps 7 – 9
Sept 15	Fall	Steps 10 – 12

Please contact the Newsletter Editor for distribution, changes, articles, and questions.

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### Region 1 Committee Highlights

We need **COMMITTEE VOLUNTEERS** for the coming year. Please contact the Region 1 Chair if you are interested in this service. Our Region is filled with talented people who would be an asset to the region. Please consider this service to enhance your recovery in program.

Thank you from the Region 1 Board



### From the Board

Chair	Debbie
Co-Chair	Open
Treasurer	Holly
Secretary	Merry
Newsletter Editor	Martha
Trustee	Open

Quarterly Newsletter published  
 by the Region One Assembly of  
 Overeaters Anonymous

## Region One 2010 First Quarter Summary

### Income

Group Donations	\$3,624.24
Event Proceeds (Conv 2009)	\$9,073.21
Repayment of Conv 2009 seed	\$1,500.00
Individual Donations	\$19.10
<b>Total Q1 Income</b>	<b>\$14,216.55</b>

### Expenses

Website expenses	\$382.28
Region One WSBC reps	\$1,519.11
Board travel and administration	\$2,072.30
2009 Convention expenses	\$237.93
<b>Total Q2 Expenses</b>	<b>\$4,211.62</b>

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### Recovery Corner – Steps 4, 5, and 6

**Step 4** – Made a searching and fearless moral inventory of ourselves.

#### *A Man and His Fourth Step*

Over my many years in Overeaters Anonymous I have done several fourth steps. I think it might be as many as four. So when I approached the latest one I knew I needed to determine what was going to be needed after I had already done some work on my issues.

I decided that I wanted to take a positive approach to this fourth step and not make it one of, “oh, I am such a bad person, I resent this thing or that person and why,” but instead to look at the questions and see what I had done in a positive way to improve.

The first fourth step done in 1986 was very comprehensive and many pages long. I can't remember how many questions there were, but the format was similar to the fourth step used in the HOW format. I believe it was a format brought over from AA but made to fit OA issues.

It took me about 6 weeks or so of hand writing pages and pages on a yellow legal pad then came the typing. Yes, typing on an IBM Selectric with correction key typewriter. This was before the PC was PC! The typing was single spaced, no typos of course and must have 15

plus pages. Once finished it was put into a small three ring binder.

This was MY fourth step. In it was every defect of character I could find in my then 40 years of life. It was PERFECT, and I had the misconceived idea that after all this work I would then be perfect with the perfect abstinence and perfect program for the rest of my perfect life. I guess God had other plans!

I also thought I would be relieved of compulsive overeating as soon as the fourth step was completed. I guess I thought I would be cured of compulsive overeating and any other issue I had in my life just by doing this one simple step. I don't exactly know where I got the idea, but I thought if I did this step, and then step five and gave all this stuff away all would be beautiful including me.

Well, nearly 25 years later and 3 or 4 more fourth steps later I am here to tell you I was wrong! Oh, was I wrong. So, once again I decided to do another fourth step.

This time I used the Overeaters Anonymous 12 and 12 4th step format. It took me several weeks of writing and realizing that there were things I had resolved so I eliminated those questions from this fourth step. If I had an issue with the subject matter of a question I attempted to put a positive spin on the answer and look at what I had done over the years to deal with this issue. I wanted to look at how I had made a change in my life today when dealing with something from the past.

Upon completion of the fourth step I did not feel emotionally drained as I had in the previous fourth steps I had written. I realized I was not feeling anything actually, but relieved that I had it out of the way. I did not feel glad or sad. I would say no emotion at all. Little did I know there might be a delayed feeling or two coming around the bend?

Then I waited a few weeks and did a fifth step with someone. Gave it away, said the 5th step prayer and discussed some of the things I had written about. I went home that night thinking to myself, “OK, one more time. Maybe it will take this time!” Now, I am not sure what I mean by “take this time,” but I am sure I was still waiting for the cure. So far, no cure!

What I got was a strong desire to compulsively overeat and I acted on it for several days. I had done what I was told to do by all the books and all the people who had gone before, and I still wanted to isolate and overeat. God was laughing at me or so I felt.

As I look back over the 24 years in program I realize this is my abstinence. I have never had a perfect abstinence. I guess I could say there was a period of

about 18 months in the early 90's when I had clean abstinence. Most of the time I get three to six months of abstinence and then I find myself back into carbs and sugar. For today this is my program and maybe this will be my program, and I accept it. When I accept I don't always have to like what I am accepting.

If anyone is looking at and dreading doing a fourth step, take a deep breath, say a prayer, and start writing. There is no perfect fourth step, no perfect format for doing it, writing it or giving it away. Many feelings may come up, but remember feelings won't kill you, but overeating can. The only wrong way to do a fourth step is to not do one.

*Happy Abstinence! LB, Bremerton, WA*

## **Step 5** – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

*A Friend is a person with whom I may be sincere. Before him I may think aloud.*

■ *Ralph Waldo Emerson*

Talking about feelings is essential in Overeaters Anonymous. When I go to an OA meeting, the people there are like close friends – whether I know them or not. The more open and honest I can be when I share, the better I feel and the greater my chances of recovery.

One member gave away a fifth step and was stunned by an immediate lifting of the severe depressions he had been suffering for months.

OAs are as different as any group of people anywhere. But we have one thing in common that bonds us instantly: we are compulsive overeaters.

For today: there is no one I can talk to who will understand me better than an OA member.

■ *For Today, p. 14*

## **Step 6** – Were entirely ready to have God remove all these defects of character.

*“In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be.”*

■ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 60*

OA has given me a newfound freedom, the freedom that comes as a result of practicing unconditional love and acceptance of the person I am today.

In my Fourth and Fifth Steps I realized what character traits and behaviors had outlived their usefulness to my life. I saw that my old ways of reaching out to the world kept me from reaching my full potential. In Step Six I became willing to let go of whatever stood in the way of my being present to life.

I am powerless over fixing myself, but I am not helpless. I can pray for the willingness to be willing to surrender and allow the natural progression of change to unfold in God's time. I can even enjoy myself in the process.

OA has given me back my power. Today I choose to practice unconditional self-acceptance while I relish in the mystery of change.

■ *Voices of Recovery, pg. 15*

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## 12th Step Within – Lifeline Article

### Quiet Satisfaction

Service means discovering how I can be helpful and useful in OA and in other aspects of my life. By doing service I get out of myself and stay abstinent. Giving to others means I am always underlining the importance of stay out of the food. When I perform more service, I feel steadier in my food plan and further away from my food obsession.

### Service With a Smile

As a beginner, I must give to others in order to give to myself. The act of service forges a stronger connection between my Higher Power and me. Service, such as sponsorship or leading a meeting moves me further away from self-will and gives me a quieter kind of satisfaction. If I don't give to others, I won't have anything to give to myself. – *Sarah K., Bellevue, Washing USA*

■ *--Lifeline March/April 2010, p. 21*





### **Twelfth-Step-Within IDEAS**

Twelfth-Step-Within (TSW) committees worldwide have IDEAS. Great IDEAS! Your great IDEAS! These IDEAS can help all OA individuals, groups and regions. Check out the OA Web site for TSW IDEAS to see what works to create stronger abstinence, better communication, greater fellowship and humor, help for newcomers, and more service and special events. Just click on [www.oa.org/services-for-members/twelfth-step-within.php](http://www.oa.org/services-for-members/twelfth-step-within.php).

The World Service Business Conference (WSBC) Twelfth-Step-Within Committee compiled this new site, but we need continued help from you... for more IDEAS! Contribute by emailing [TSW-Ideas@oa.org](mailto:TSW-Ideas@oa.org). And the Twelfth-Step-Within Committee at the WSBC will assist in putting your ideas on the site. Help us to help ourselves!

--Lifeline March/April 2010, page 23

## **Support Lifeline –**

**Lifeline is OA's meeting on the go. Give service to this meeting by subscribing to Lifeline. Thank you!**

[www.oa.org/subscribe\\_online.htm](http://www.oa.org/subscribe_online.htm)

### **Are you looking for a sponsor or sponsee?**

Please write a brief description of what you want in this person, then add your contact information (phone or email address).

Please send your ad to the Newsletter Editor at:

[mreeves58@hotmail.com](mailto:mreeves58@hotmail.com)

Or

Martha Reeves  
137 NE Tucannon Court  
Bremerton, WA 98311

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### **Personal Ads**

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# **Sponsor/Sponsee**

Hi,

I would like to request a personal ad for a sponsor. I'm interested in someone who is a student of or into the works of Dr. David R Hawkins, is open minded, and has completed the 12 Steps. My contact info is as follows:

e-mail: [mikekao@hotmail.com](mailto:mikekao@hotmail.com)  
phone: 201-362-536

I'm located in Shoreline, Zip Code 98155.

