



OA Region One

The Heartbeat of Recovery

www.oaregion1.org
Summer 2010

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Coming Events

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

ANCHORAGE IG – 2010 JULY BOARD MEETING July 17, 2010

Board Meeting: 9-Noon, Holiday Day Inn
Workshop "Blossoming in Program":
1st National Bank Conference Room, 2-5pm
Contact Alice for more information: ajwright@gci.net

OREGON IG - SERENITY RETREAT July 16-18, 2010

Alton Collins Retreat & Conference Center
Eagle Creek OR
Contact: Deborah at 503-781-3571 or Dorothy at 503-520-1855
or email: serenityretreat@oregon-oa.org

BIG SKY IG RETREAT August 6-8, 2010

Abba's Haven, 196 Bundy Road
Contact: Deb 1-406-850-1232

PIERCE COUNTY IG RETREAT August 27-29, 2010

Pilgrim Firs Retreat
Port Orchard, WA
Contact: Andrea at 253-846-9757 [recoverycom at msn.com](http://recoverycom.msn.com)

SEAVIEW & OCEAN PARK BEACH HAPPENING September 18, 2010

Peninsula Church Center
Seaview, WA
Contact: Diane B at 503-318-6608 [DBelais at yahoo.com](mailto:DBelais@yahoo.com) or Kathleen at 360-642-8439 [karsenaux at hotmail.com](mailto:karsenaux@hotmail.com)

CENTRAL OREGON IG RETREAT

September 18, 2010

"The Twelve Steps: Don't Leave Home Without Them
Journeying with the Twelve Steps"

Bend, OR

Contact: Trish 541-419-9152

Quarterly Newsletter published by the Region One Assembly of Overeaters Anonymous

EDITORIAL POLICY

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Issue dates and topics for 2010 are:

<u>Date</u>	<u>Issue</u>	<u>Topic</u>
Sept 15	Fall	Steps 10 – 12

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

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Region 1 Assembly Highlights

October 20th – 22nd, 2010

- New Chair Positions
- Board Member Reports
- Intergroup Reports
- Region 1 Committees
- Region 1 Policies and Procedures



From the Board

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

Yee haw! Gallop on over to Missoula, MT and Celebrate OA's 50th anniversary at the:

Region 1 OA Assembly and Convention!

October 20-24, 2010



For More Information go to the Region 1 website at:
<http://www.oaregion1.org/Events/REvents.htm>



Recovery Corner – Steps 7, 8, and 9

step 7 – Humbly asked Him to remove our shortcomings.

I'm a compulsive overeater. I've been blessed with abstinence for 17 years and 22 days by the grace of a loving H.P. and given away approximately 50 pounds. When I received an invitation to write something for the newsletter, I thought, "I'm a professional procrastinator." I've been thinking of writing about Step 7 for this newsletter for several weeks and I've been putting it off! So here it is.

I returned to OA after a horrendous relapse. I gained about forty pounds in 8-9 months. After I began attending OA meetings again, I continued to gain weight

because I wasn't ready yet to surrender. After five months of more weight gain, I was desperate. I finally surrendered when I asked someone to sponsor me who had the physical & spiritual recovery I wanted. I was willing to go to any lengths. She suggested I plan out my food, call it in, and work the Twelve Steps.

After I took Step 5 with my sponsor, I was much more aware of how I created my own misery. Thank God I wasn't when I was overeating. During Step 6, I became entirely ready to let God remove all my character defects. Now I was at Step 7. What does this mean? Why does one of my sponsors say that this is her FAVORITE STEP?

"In O.A. 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" (12 Steps & 12 Traditions of Overeaters Anonymous, p. 60).

The first word of Step 7 is "humbly." "Humbly" involves being WILLING to let my Higher Power, Goddess as I understand Her, to change me into the person She wants me to be. When I am aware of who I am today, I think it involves my mistakes, my strengths, my stretch marks, and the rest of who I am. Awareness is the start of accepting me for who I am. I think in order to take Step 7; I must accept who I am, being totally honest with myself.

Lately I have been looking for a job. I got fired from my last job (ugh), about which I felt ashamed. My sponsor encouraged me to do a mini-fourth step about the job: what I didn't do well and what I did do well at the job. After I gave it away to her, I became aware of a character defect: I was often afraid to ask the supervisor questions about how to do something for fear of looking stupid. When I turned to Step 6, I became entirely ready to let Goddess remove ALL of my character defects, including that fear of looking stupid. So when I move onto Step 7, I need to be willing to accept myself as I am, even the fear of looking stupid. I think being humble also means going back to my Higher Power again and again, and saying, "There I go again. I'm afraid of looking stupid. Give me the courage to take a risk."

One of my sponsors suggested I rewrite the 7th Step prayer from the book "Alcoholics Anonymous." She wanted me to personalize it, put it into my own words. So I rewrote it. My latest version also reminds me I need to be willing not to go back into the "river of character defects." In life I'm given opportunities to practice those defects or more effective behavior, such as procrastination or promptly being responsible. I ask

for strength from my Higher Power not to go back into those defects. Taking Step 7 isn't like asking God to wave a magic wand over me and then I'm perfect. For me, "humbly asking God to remove all of my shortcomings" takes willingness. Am I willing to do what my sponsor suggests when I call her with a question / problem? Sometimes I don't want to hear her response; I pray for willingness on my knees.

I think I need to trust my Higher Power in order to take Step 7. If I ask God to just remove this particular defect, then I am moving back into believing I know what's best for me. When I trust Goddess to remove my character defects in Her time, then my life always goes more smoothly and it's easier to be abstinent, one day at a time. Thank you for letting me share. I'm grateful for the OA fellowship and the 12 Steps of AA.

Signed: Anonymous in Oregon



Step 8 – Made a list of all persons we had harmed and became willing to make amends to them all.

Questions and Answers from the OA Workbook:

1. In looking at my relationships, what patterns have I discovered that have done harm to me and others?
 - a. I would have to say that the relationships that I had with friends and co-workers who were to advance me in my profession or with people I called "friend" but was really just to network and get me in a crowd that help my status. These relationships had no spiritual foundation and could not give me the support I needed in my life. They were very superficial and meaningless. They ended very soon after starting my step work because they were started with the selfish me. There was no reason to continue these relationships that were harming me or causing me to stay in my disease.
2. How do I identify what actually is harm to another person?
 - a. Harming another person to me is trying to control them. I have no business in telling other adults what they should do and how to run their life. It is hard enough to work on my side of the street and stay out of the food! I don't have enough hours in a day to focus on others and me. The Serenity Prayer is

my reminder "to have the courage to know the difference".

3. Have I harmed myself? How?
 - a. Let me count the ways! I have harmed my body, my soul and emotionally crippled myself with my actions of the past. It is now time to accept what has happened, learn from it and then give it over to God. I don't want to continue doing this to myself over and over again. It is too important to me to live in the freedom of abstinence than to suffer in the pain any longer.
4. What is my purpose in doing step eight?
 - a. My 8th Step will keep me into the action of relieving myself of the pain of the past and focusing on a spiritual life. I can't do this alone and I need the help of the fellowship and my sponsor to achieve this goal. Steps 4-9 are all about action and getting closer to my Higher Power. I need to continue the process of the steps. This will give me the freedom I seek from the insanity of my life. I also continue to work all steps over and over again to gain the willingness of revealing more of myself and why I do what I do.

Signed: Anonymous in Washington



Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

I can remember the first 9th Step I did in the first year of my program. I had written out all of my amends and went to each person to read the letter and discuss our relationship. I remember going to Alaska and reading the two letters I wrote to my sister and mother who had been deceased for a long time.

I read each letter out loud as instructed by my sponsor and I could feel the burden of the past roll off my shoulders. What a burden I was carrying for many years! The pain was gone. I was able to let it go and I have not had to revisit it in any other 9th Steps I have taken in program.

The 9th Step is a cleansing of the soul for me. I could not get this in the confessionals of the church or in the offices of counselors. I needed to go through the process of the Steps to accomplish the amazing miracle of releasing the past in the format provide through the

OA literature. This is truly a spiritual step and prepares me for the rest of the 12 steps I must take on a daily basis.

I am grateful to my Higher Power to have the patience to guide me to this freedom I feel. I continue to relive the miracle of the Steps each time I work them with my sponsor and share them with the fellowship.

- Bremerton, WA

- Michele M., Owatonna, Minnesota, Lifeline May 2009, pg. 21

"I am grateful that giving service made our area stronger and healthier. When my meetings and intergroup are stronger and healthier, I am too!"

- Melissa H., Brentwood, Tennessee, Lifeline February 2010, pg 21

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 can get out of myself and stay abstinent. Giving to others means I am always underlining the importance of staying out of the food. When I perform more service, I feel steadier in my food plan and further away from my food obsession.

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, Washington, Lifeline March/April 2010, pg. 21

12th Step Within – Lifeline Article

Service with a Smile Section of Lifeline: Quotes from stories in the past!



"I am not asking what I can get. The more I ask what's in it for me, the less happy I am. But it's hard to be unhappy when I'm thinking about what I can give someone else. Wanting to be for series fills me with joy and gratitude."

- Irving G., Lifeline June 2010, pg. 21

"When I think about doing service at intergroup, it reminds me, "Together we can do what we could never do alone." When I am overwhelmed by self-doubt, even the simplest tasks seem too much for me. It is a relief I don't have to struggle with those feelings on my own anymore."

- Caroline M., London, United Kingdom, Lifeline May 2010, pg. 21

"When someone asked me to consider a region representative position, my character defect of fear popped into my mind. I did not think I was capable or knowledgeable enough to do this type of service. Our wonderful region trustee told me, "God does not call the qualified; he qualifies the called." I believed her because of what I had seen her do. Early in program I remember someone telling me, "Look for what you want in a sponsor and ask how he or she is achieving it." I saw what our WSBC delegates had, and I knew I wanted it too."

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www.oa.org/subscribe_online.htm

Sponsor/Sponsee Corner

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