



4 Thought

Volume 9, Issue 3—Fall 2012

Covering: Illinois [except the Chicagoland area], Iowa, Kansas, Missouri, Minnesota, Nebraska, North Dakota, South Dakota, Manitoba, Northwest Ontario, and Nunavut Territory, Canada.

The mission of Region IV is 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 and Twelve Traditions of Overeaters Anonymous.

Abstinence, Recovery, Freedom by Region 4 Chair

It's July and time for our 2012 convention, Region 4, Abstinence, Recovery, Freedom. I look forward to being in Omaha and seeing so many of my OA friends. We have 100 members preregistered and I know there will be more who just drop in. Thanks to the Convention committee for all their hard work over the past 2 years to bring this recovery event to Region 4. I hope each of you that attend will receive a new burst of recovery that helps you continue with your abstinence and service to this fellowship.

Our Ways and Means/ Finance Committee continues to do their part in providing items that promote recovery and financial support for the Region. We have our 10th Step Recovery Journal, the new Region 4 lapel pin and Service, Tradition and Concept Principle Magnets available for purchase. All proceeds go back into supporting Region 4's expenses so we can continue to carry out our task of supporting our primary purpose.

Region 4 is looking for ways to improve the connection between our Intergroups and the region. We're here to serve the groups and Intergroups, but we need feedback as to what we can do to help. We

have funding available for supporting the Intergroups with PI projects, literature assistance, speaker funding and travel expenses. We offer workshops to encourage local members to participate in their Intergroups and help members understand the need for carrying the message outside their meeting.

As members we have the responsibility to make suggestions and ask for help, but I think sometimes we need to be reminded that help is available. The Outreach Committee is contacting each Intergroup and both gathering and disseminating information on ways we can improve our connection.

Our April Assembly in Minnesota was very rewarding. We had 16 representatives from 9 of our Intergroups. A skit on Abstinence was performed at our workshop, followed by a question and answer period where ideas were shared on how to get and maintain abstinence. Since abstinence is the bedrock of our organization I don't believe we can ever talk about it too much.

Region 4 funded 3 Intergroups so they could attend the Assembly. We are happy to use our funds to help bring members to the assembly. However, I want to remind all of us that our Intergroups and

Groups can take up extra collections to help be self-supporting. The more I study the 7th Tradition the more I realize the importance of contributing not only financially, but with service to help our fellowship stay strong. The more we depend on others to carry the burden, the less independent we become. Please remember to give generously in both areas. It's what step 12 and tradition 12 tell us to do.

Region supported 3 of our Intergroups to the World Service Business Conference. Our small band of 10 delegates took on the task of representing our area in many ways. We had two members serve on the bylaws committee, one of whom took on the task of secretary for their subcommittee. Two members are serving on the literature committee which means they will be reviewing and making recommendations for updating our



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Overeaters Anonymous

XXXIX MN State Convention

HOSPITALITY SUITE

Great Fellowship

Coffee • Tea • Soda • Water
Multiple microwaves • Two full-size refrigerators

HIGHLIGHTS

- Hotel room drawing for the first 100 to register
- Two national keynote speakers, one per evening
- Q&A with keynotes on Sunday
- Networking for newcomers
- Workshops, panels, and personal stories
- Evening entertainment
- OA meetings

Partial scholarships available.
Contact Patti or Kim at 651-202-9995 or
2012register@gmail.com.



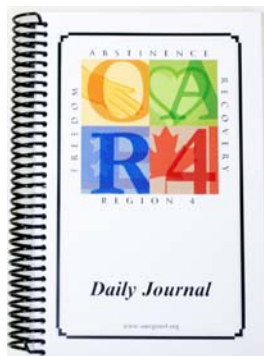
Minnesota 2012 Convention

November 2, 3, 4, 2012

Online or **Mail-In** Registration
Deadline: October 19, 2012

Pick up a registration brochure at
your local meeting, or register online
at www.overeaters.org

Region 4 Daily Journal—For Sale



Daily Journal for Sale!!

Enjoy Region 4's
Daily Journal

A place to write down your...

- Food
- Intent for the day
- Gratitudes
- Step 10 never looked so easy...

Ease of Use

- They are lightweight and great for travel
- All of your writing can be in one location
- Lays flat when opened
- Coil binding keeps pages intact
- Affordable—@\$12 — includes postage

Get one for...

- Yourself
- Your sponsor
- Your sponsee
- A fellow member

Go to www.oaregion4.org
for ordering.

Abstinence, Recovery, Freedom by Region 4 Chair

(Continued from page 1)

existing literature and one of them is working on the 3rd edition of the Brown Book. Two members served on the Twelve Step Within Committee, one serving as the Delegate Co-Chair. Two are serving on the Public Information committee and one of them is the chair of a Sub-Committee for Public Outreach. Each of these members is also serving as Region Rep and are active in their Intergroup as well. Each of them is an abstinent, participating member of our fellowship and I commend them on their dedication to our program. Without members such as these, our goals as an organization would not be accomplished. I am grateful to serve with such dedicated members.

I invite every member of Region 4 to participate in service at the group and Intergroup level in your area. I know the members who take on service beyond the group level will find a purpose that strengthens their commitment and recovery. As your recovery grows, please consider giving service at the region and world service level as well. What better way to give back what you have received. As it states on page 166 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous "Individuals are fully self-supporting when they do what they can, when they can, giving back some of the help they have been given in OA. "

-In OA Service, Cyndy L.

YOUR INTERGROUP

1. How many meetings are in your Intergroup?
2. How many region representatives can you send?
3. A region representative represents how many groups?
4. How much financial assistance can you get when asking the region for help?
5. What is length of service for a Region Board member?
6. What board positions are voted in on the odd years:?
7. What board positions are voted in on the even years?
8. How many terms can a board member serve in one position:?

PRIZE!! Send an email with your answers. Those who answer at least 8 correctly by Sep 30, win a Region 4 Lapel pin. Email: Meg at rellimgem@gmail.com.

Answers from Summer 2012—Region 4—What Do you Know? Check this link for more tidbits: <http://www.oa.org/pdfs/trivia.pdf>

1. 1960 (January 19), 2. Hollywood, CA, 3. California, 4. New Mexico, 5. WSBC = World Service Business Conference, 6. July 1962 (AG from TX), 7. A booklet, written in December, 1960, with "How it Can Help You", "12 Steps", "How it came into Being", "12 Unifying Rules" (12 Traditions), and an open letter, 8. Rozanne's dining room, 9. 15, 10. Life Line magazine

Why Being a Region Rep is Awesome

- ◆ Meet new fellows and reunite with familiar fellows from eight states and part of Canada
- ◆ Get the latest info from World
- ◆ Each Assembly is in a different city and state, so you get to travel. This October we get to go to Canada.
- ◆ Region 4 has funding to assist your reps in their travel
- ◆ Get to participate in fun and interesting service: Outreach, Convention, Ways & Means, Newsletter, Website, Planning...
- ◆ Expand your OA community
- ◆ You may find a sponsor or sponsee at Assembly
- ◆ Fabulous Region Convention on the even years
- ◆ The July 2012 Region 4 Convention was FANTASTIC!!
- ◆ Learn about other events in our Region— You can visit or offer to speak or do service

Being Sponsored and Sponsoring—What do we get?

"I've sponsored 50-60 people with a 100% success rate!! I am still abstinent." Anonymous

What have I learned from my Sponsor?

- * Abstinence evolves and is a process. It's about letting go of fears and letting HP guide me, one day at a time.
- * I can tell on the disease to my sponsor. Sometimes, we can even laugh at the insanity; however, the most important part is to turn to the tools and steps.
- * I don't have to do this alone.
- * When I call in my food, I pay much more attention to portion and choices. It helps keep me honest.
- * I don't have to be perfect. I don't have to have a perfect food plan, use the tools perfectly, or work the steps perfectly; however, it is my job to suit up and show up and do my best and to keep trying.
- * Don't say "no" to service. I can do things that I didn't think were possible. Also, bonds with others are created through service opportunities that help support my program.
- * Give myself a chance to loosen up, laugh more, and have fun.
- * Embrace the fellowship. Allow the support to carry me when I am struggling.
- * Someone loves me enough to tell me the truth, challenge me,

support me, and guide me through recovery.

- * I am not the disease. I can make mistakes and still be worthwhile.
- * I can do more than I thought. I don't need to limit myself.
- * It's important to speak my truth.
- * I am valuable and lovable.
- * I don't need to deal with food alone.
- * I can tell the truth, no matter how scary. Walking out of denial is freeing.
- * Helping others is the best way to maintain my recovery and get out of myself.
- * It is my duty to carry the message.

What have I learned from my Sponsees?



- * They help me more than I help them.
- * Old timers, as well as newcomers are often filled with unbelievable amounts of inner wisdom.
- * They have a HP, and I am not it.
- * They are in charge of their food plan and working the steps; I am a loving guide. My job is to encourage, not convince.
- * Sponsorship helps me feel useful. It inspires me and lifts my heart.
- * I've learned to give options, encourage, and let them find their Truth.
- * Boundaries are important to balance program and life.
- * The more love and support I give, the more they blossom.
- * Life is much like program. We can't keep recovery if we don't give it away. In my life, I must be willing to serve and share in order to keep the flow moving. I must practice the principles in all my affairs.
- * It's okay to say, "I don't know," "Pray about it," or "Write about it."
- * When someone trusts me enough to work all 12 steps with me, it is a sacred gift. It's important healing, beyond the immediate results we see.
- * Every single one of us has a HP.
- * HP will put words in my mouth when I don't know what to say.
- * Sometimes listening is the best gift I can give.
- * Gentleness is healing; however, it must be balanced with honesty.
- * My job is to work the 12 steps with a sponsee, not be a counselor. Our focus must be on the steps and tools.

~Lisa B, MO

FALL ASSEMBLY 2012

October 19 – 20, 2012

Winnipeg, Manitoba Canada

Passport needed

Viscount-Gort Hotel

<http://viscount-gort.com/>

1670 Portage Ave,
Winnipeg, MB R3J 0C9,
Canada

800-665-1122

People phoning in reservation can just quote OA – Region 4 Event. The Heart of Canada Intergroup Convention will be held concurrently with the Assembly. Those attending the Assembly are not required to pay a registration fee, but may join the Saturday evening program if Assembly business is finished.

Cost = \$129.99 for single or double occupancy (regular rate is 139.99). **Note:** 10 dollars will be added per day if third person sharing the room. Rooms are being held **until Sept 19th** at this price.

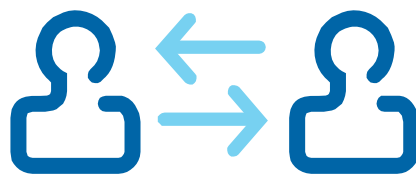
To get an update on price conversion, visit www.xe.com

Sponsors + Sponsees + Strength

What have I learned from my Sponsor?

1. I need someone to be accountable to. If I do not need to check-in regularly with someone in the OA program who knows me I believe I would become more and more careless about my program. My sponsor keeps me honest.
2. It is helpful to have someone who is mature in the OA program who can give an objective outside look at the situations I am dealing with. My sponsor gives me a fresh perspective and good counsel.

3. It feels good to be acknowledged for my successes by someone who knows this disease and the challenges we can face. We all need a “cheerleader.”



What have I learned from my Sponsees?

1. How well we (people) “duck and weave.” It’s amazing how many ways there is to say “I have-

n’t done it,” “it is my next thing to do,” “yes, I’ll be getting to it.”

2. How inspirational Higher Power is when two or more of us are sharing struggles, solutions, in the program.
3. How hard it is to accomplish physical, emotional, spiritual goals without a firm commitment.
4. How “human” we all are.

~Anonymous

Stories of Recovery from Springfield, MO - Overeaters Anonymous Members

Story I

OA and I found each other in March of 1981. I was 75 pounds overweight and in a very unhappy marriage. As I walked into my first meeting I felt accepted and in a safe place. I cried in every meeting for weeks before I could share, but those there reassured me it was "OK." During the next, soon to be, thirty years, I have had long periods of abstinence with major weight loss, periods of "white knuckling," and relapses with weight gain. Hope, which I had none of before OA, is the one constant in these last 30 years that keeps me coming back. During my recent period of relapse and weight gain and now "white knuckling," I still have strong hope of a serene abstinence. If you are still struggling, I know with the help of OA you will find the same hope of recovery I have.

~RM, Springfield, MO, Greater Ozarks Intergroup.

Story II

I first came to OA in 1984. I had a long history of trying different diets, pills, and pay and weigh programs. I had been a lifetime member of one of the original weight-loss programs, but that lifetime last only about a year or so before I gained all my weight back. When I came into OA, I was about 40 pounds overweight and had almost given up that anything could help. I was forced to go to a twelve-step program by a counselor I had been seeing weekly free in my work setting, who refused to see me again until I started attending meetings. She later said she knew to recommend 12-step program because her clients who began going to meetings began to change drastically and positively. For the twenty some years I've been in the program, I have found it always works when I work it, and not so much when I don't. I have kept off 30 pounds, and am working to lose more. The changes I have made spiritually, emotionally, and

physically are priceless. I have found an abstinence for the past 11 years that I can live with, and I love the acceptance, honesty, willingness, and open-mindedness that I have been met with in OA. Once I began working the steps of OA, I knew I was home and didn't have to keep bouncing from program to program anymore. I am forever grateful to be part of OA.

~GRC, Springfield, MO, Greater Ozarks Intergroup.



Story III

A close friend who knows I'm in OA called me over the holidays last year and asked, "How do you do it? How do you keep from eating crazily over the holidays?" I was filled with gratitude for the OA program as I outlined my strategy, not just for the holidays, but also for a life free of the insanity, shame and isolation of binging.

Today, I go to OA meetings, work the steps with my sponsor and HP, read literature, make frequent calls to OA members when I'm struggling, journal, etc. I'm sure it sounded like a lot of work to my friend, but compared to the energy I used to put into binging, dieting and the obsessive/ compulsive nature of overeating, this is a breeze. These tools, used on a daily basis, help me to remain abstinent so I can make healthy, self-caring choices for myself, regardless of what life brings my way.

But, the best part about belonging to the fellowship of OA is the support and love that I feel every time I walk in the door of a meeting or pick up the phone. In OA, you never have to be alone.

~KL, Springfield, MO, Greater Ozarks Intergroup.

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For Better or For Worse: Sustained Abstinence and Recovery

I will start by qualifying: my name is Teresa. I am a compulsive eater, continuously abstinent since July 19, 1990. As of this writing, I have been abstinent for 8,079 days, one day at a time, thanks to my Higher Power and the Twelve Steps of Overeaters Anonymous. I am currently maintaining a 69 pound weight loss and a normal healthy body weight. And guess what – continuous abstinence and recovery is no protection from the trials and tribulations of life, but it IS protection from turning to food to deal with them.

I worked at a job I loved for 20 years, and on my 20-year anniversary I was furloughed due to lack of funding. I continued to work at the same job for an additional 60 days, but half time, without benefits, and for half the salary I earned in 1987.

As of yesterday, I am unemployed.

I have lost my salary, my insurance, my office, my co-workers, my vacation and sick leave, the fulfillment of a meaningful job - many losses, both large and small. But I have not lost my Program.

I have had to deal with the return of some very uncomfortable feelings. I have felt fear, anxiety, and resentment. Over the last 22 years of recovery, I have experienced the promises coming true in my life, including losing the fear of financial insecurity. But recently I have discovered that it is far easier to not be afraid of financial insecurity when I AM financially secure – or at least, have that illusion. But I have also lived through many other challenging times without losing my abstinence or my faith – unemployment, marriage, my husband's illness and disability. The same Program and Higher Power that kept me abstinent and reasonably sane during those times

will continue to do so today.

So how do I work my program in challenging times? In some ways, no differently than when times are easy. I follow the same disciplines, use the same tools, and work the same Twelve Steps. I already attended meetings nearly daily, both face-to-face and phone meetings. I continue to share my 10th Step, my thoughts and feelings with my sponsor and other program friends on a daily basis. I stay in constant contact with my Higher Power. The Big Book reminds me what to do when (not IF) I feel agitated or doubtful - remind myself that I am no longer running the show, humbly saying to myself many times each day "Thy will be done". Then I turn my thoughts to working with others and carrying the message – that continued, sustained abstinence and

recovery is possible because of the Higher Power I have found through working all of OA's Twelve Steps, in order, repeatedly.

And always, ALWAYS, I maintain my abstinence from compulsive eating – not despite going through difficult times, or even because of them – but because I am a compulsive eater, and I cannot

pick up the food. All of the losses related to my unemployment are nothing compared to what I will lose if I return to compulsive eating – my health, sanity, serenity, and ultimately my life. Abstinence and the Steps allow me to match calamity with serenity. This period will pass, and something else will take its place, but abstinence, my Program, and my HP are the bedrock upon which I have built my life, and they will never fail me.



~Teresa K, Region 4 Trustee

Stories of Recovery from Springfield, MO - Overeaters Anonymous Members (continued)

(Continued from page 6)

Story IV

In December it will be four years I've been coming to OA and they've been the best four years of my life. You see *now* I have a life as before OA I didn't and stayed home. I was too big to move, and move was another nasty four-letter word.

Through the grace of God, OA and my dietician I see weekly I have succeeded to now have a life after losing more than 135 pounds. Before I managed to go from my bed, to my chair, to the computer and to the bathroom and when we needed groceries, I went with my husband and sat in a chair in the front of the store as we *always* coupled the grocery shopping with going out to eat and I didn't want to miss that!

I could hardly walk before. My high number of steps after losing weight for about five months was 845 steps per day. I have managed to reach over 14,500 steps per day since then. OA is a great program. At meetings we hear others strength, hope and experience and know we're not alone, and

sometimes wonder if they have been peeking in our windows as their stories sound so familiar. The program works—if you work it.

~PK, Springfield, MO, Greater Ozarks Intergroup.



Story V

What do you say about a program that saved my life? I walked into OA about 3 years ago, after another round

of dieting. I lost 144 pounds. but was packing it back on very quickly. This was the story of my life. I started gaining weight at 8, and continued to gain, lose, and gain again until the age of 57. Two years of dieting, lost the weight again, and I was thin for about a week, starting the cycle all over again. OA saved my life literally. I really don't know if I could live through another round of this disorder. I've learned that dieting is not the answer, abstinence is. Acceptance of self, unconditional love from members and meetings, working the program, the steps, my higher power. I have learned to trust, give of myself and love. Thank you all so much.

~JR, Springfield, MO, Greater Ozarks Intergroup.

STORY VI

Thanks to my involvement with OA, I have seen a remarkable change in a dangerous health issue. My triglycerides had reached an extremely dangerous level

of over 1,440. My physician told me that I was "a walking time bomb." She said that I could end up with pancreatitis and die within a few days.

With the help of my sponsor, the steps, my Higher Power, and group support, I was able to eat in a healthier way and see my triglycerides go below 300, which is

amazing. I was able to do this without any type of fat-lowering drug. I have been in Overeaters Anonymous over five years. I have maintained a weight loss of 30 lbs., and am in the process of losing more weight as I faithfully attend meetings.

~CA, Springfield, MO, Greater Ozarks Intergroup

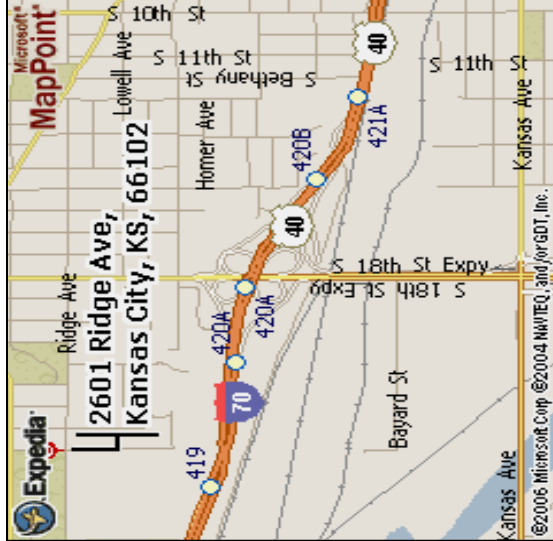
2012
Annual Retreat
Greater KC Area
Intergroup

Sanctuary of Hope
2601 Ridge Ave
Kansas City, KS
66102

Phone (913) 321- 4673

What's in Your Toolkit?

Restock at the Retreat!



From I-70- take the 18th Street exit, go north past the National Guard Armory to Ridge Avenue.

Turn left (west) onto Ridge Avenue. Go to 26th Street. Use the Sanctuary of Hope entrance.

Oct 12th , 13th , 14th
Friday, Depart 6:00 p.m. for local meeting or remain at the Sanctuary for quiet time.
Program begins Saturday at 9:00 am and ends Sunday at Noon

Registration

Name _____

Street Address _____

City, State, Zip _____

Email Address _____

Phone _____

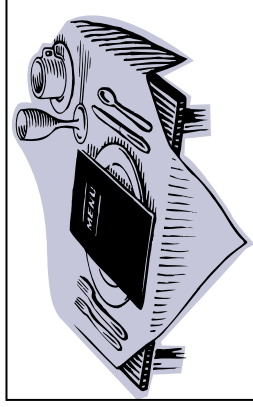
Special Needs _____

Payment Amount \$ _____

12 STEPS OF OA

1. *We admitted we were powerless over food* - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters *and to practice these principles in all our affairs*

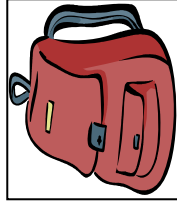
NOURISHMENT



Meals are served buffet style. Menu will be posted on the website when it is finalized www.kansascityoa.org

A refrigerator and microwave will be available for use.

Free coffee, tea, and water!



What Should I bring?

Your current toolkit - hopefully it includes pen, paper, literature, and book bag!

PENNIES 4 POKENO!

Registration Options

Double occupancy unless specified.

**Overnight Registration
Single Room Additional***

\$30.00 per night

\$ _____



Friday & Saturday

\$155.00 Room and 5 meals

Fri. D, Sat. B/L/D, Sun. Breakfast (B)

\$ _____



Overnight Saturday

\$90.00 Room and 3 meals

Sat. L/D, Sun. B

\$ _____



Weekend Day Pass 2 Meals

\$40.00 Saturday Lunch (L) and Dinner (D)

\$ _____



Weekend Day Pass No Meals

Before Oct. 1st \$20.00 or

At the Door \$25.00

\$ _____

Additional donation

\$ _____