

Welcome

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

For more information about Overeaters Anonymous and its program of recovery, please explore our site or visit www.oa.org.

New Meeting Starts June 18th

Please note the following new meeting will start Thursday June 18th:

Thursday 6 pm to 7 pm
Shore Life Community Church
875 Monterey Ave (@ Kennedy Drive),
Capitola 95010

This will be a "stick" meeting, where participants draw sticks out of a hat which have typical OA topics on them, and then are invited to share about their experience with that topic.

A great format! Check it out!

World Service Business Conference

Submitted by Meg H, Region 2 Trustee:

At the informal Board of Trustees (BOT) and Region Chairs meeting we were given a demonstration of the use of a web cam to have virtual delegates at the WSBC in the future. This is exciting because there are many Intergroups from all over the world who can't afford to travel to Albuquerque for the annual conference. Virtual delegates would be able to attend the Business meetings of the conference, ask questions and vote. They would not be able to attend the workshops, forum and committee meetings but at least they would have a voice in the business meetings.

At the end of the conference, the BOT passed a motion to establish a special fund for translations as directed by the conference. This fund will aid in the translations of communications from the World Service Office as well as of the literature. Members can send donations directly to this fund.

For the first time at the WSBC there were delegates from Iceland, Poland, Colombia and a Virtual Service Board

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Fall Newsletter Information

Submissions: PLEASE!—MSWord or Excel format
Email to: OASCNews@Yahoo.com
Deadline (if you want to make your edits) Aug 23
Final Deadline: Aug 31
Newsletter editor: Yitz M (831) 594-9489

Thank you to everyone who submitted material for the Spring/Summer Newsletter!

Find a Meeting

Tradition 3:

"The only requirement for OA membership is a desire to stop eating compulsively."

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|------------------|---|
| Sunday | 9:00 AM Speaker/Discussion Meeting Sutter Maternity & Surgery Center 2900 Chanticleer Ave Santa Cruz 95065 Free Childcare Available |
| Monday | 12:15 PM Literature Meeting St. Stephen's Lutheran Church 2500 Soquel Ave Santa Cruz 95062 Fragrance Free |
| | 7:00 PM Book Study/Speaker Mtg Soquel Congregational Church. 4951 Soquel Dr Soquel, CA 95073 Focus: Addicts and Alcoholics |
| Tuesday | 12:15 PM Step and Tradition Study Quaker Meeting House, 225 Rooney (Off Hwy 1 at Morrissey) Fragrance Free |
| Wednesday | 10:30 AM Voices of Recovery Study Bayside Baptist Church 1335 Seabright Ave., Santa Cruz (across from Gault School) |
| Thursday | 12:15 PM Brown Book of OA Study Quaker Meeting House, 225 Rooney (Off Hwy 1 at Morrissey) |
| | 6:00 PM Stick meeting (draw a typical OA topic from a hat and speak) Shore Life Community Church 875 Monterey @ Kennedy, Capitola |
| Friday | 12:15 PM "For Today" Book Study St. Stephen's Lutheran Church |
| Saturday | 9:00 AM Speaker/Discussion Meeting Calvary Episcopal Church 532 Center St, Santa Cruz Fragrance Free |

For information on the meetings, call our **Hotline Number (831) 429-7906.**

Or login to SantaCruzOA.org

All meetings are open to all OA members.

This information is subject to change.

(business conference continued...)

The Serenity Prayer was spoken at the beginning of each of the 5 business meetings in a different language, including Icelandic, Polish, Spanish, Hebrew, German and American Sign Language. We truly are a world organization.

One motion that passed that you all may be interested in is the new definition of Abstinence: Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Look for a more comprehensive report from your World Service Delegate, Anya.

Reflections from Region 2 Trustee

As most of you know, I was appointed Region 2 Trustee for January through May 9, 2009 (through the end of the World Service Business Conference-WSBC 2009). I was on a fast track to be ready for the February Board of Trustees (BOT) Meeting.. In January I went to the Region 2 Board Weekend Meeting as the Region 2 Treasurer and left that meeting as R2 Trustee. My trustee mentor was there as Interim R2 Trustee and gave me a private BOT orientation, when we could squeeze in a little time in that weekend tightly scheduled with R2 Board meetings. She shocked us all when she said I had to give up being R2 Treasurer as of the end of that meeting (as well as all my other positions above the group level). I am glad I needed to clear the decks because being Trustee was all consuming between emails and writing reports and reading the Orientation Binder and answering members' questions and BOT committee work (I was assigned to 3 committees).

So I survived the R2 Board Meeting but needed to prepare for the BOT meeting in February. The prep work was more stressful than the actual

meetings because they're done in stages. We had informal meetings for the Executive Committee, the Regional Trustees, and then the whole BOT. We also had a consensus meeting and committee meetings, all before the formal BOT meeting. We also, had meetings with lawyers to decide on legal issues. In the informals we discussed issues. In the consensus we discussed the motions, deciding which needed amendments, which could go as is on a consent agenda. Then, in the formal meeting we reported on the informals and committees and voted on amendments and motions. All very civilized. Amazing work with wonderful people in recovery.

I am glad I had a mentor. We don't have to do any of this alone! She helped me when I panicked at writing the Region 2 report for the WSBC Binder. There was just too much to report. She helped me to choose the highlights. She helped me when I got questions I didn't know how to answer, situations I didn't know how to handle, and I could also ask advice of the rest of the trustees and staff.

If anyone told me when I was new in OA that I'd be taking on this responsibility, I'd have bolted. But, just as the Steps when taken in order lead us from one to the next, my willingness to do service led me from one position to the next with the aid and guidance of my HP and sponsor and all of you.

I've made plenty of mistakes, some of which led to new policies and for some I simply had to make amends. Thank goodness I knew how to do that!

It has been wonderful, scary, enlightening, challenging, ego-puncturing, tiring, fun and satisfying to be your R2 Trustee. As of this writing I haven't yet applied to be trustee again but I will. HP only knows if I will be appointed.

In loving service,

Meg H.

OA Santa Cruz Representative to the World Service Business Conference

I spent May 5-10, 2009, as your representative at the OA World Service Business Conference, which is held in Albuquerque, New Mexico (the world headquarters of OA is in Rio Rancho, NM). There were 15 trustees and 173 delegates attending. Any OA member may attend, but only trustees and delegates sent by intergroups or regional service bodies may vote on the policies discussed. This is NOTHING like an OA convention. A few OA meetings were stuck in at 7 AM and 9 PM, but this is WORK. This conference decides the policies and programs that OA will focus on in the coming year – and the people here will, to a large extent, also be the people to do it all during the coming year. I didn't realize when I volunteered to go that I was also volunteering for a whole year of work! But I'm looking forward to it now. We were given a spiral book containing almost 300 pages of rules, by-laws, motions, amendments, finance reports, committee reports, statements by candidates for trustee positions, and a bunch of appendices. Astonishingly, this was not boiler-plate: over 5 intense days we actually dealt with everything!

I will summarize here the actual decisions the Conference made and also a few important things I learned that everyone in OA should know about. If you'd like to read my much more substantive notes that I wrote in real time during the conference, they are posted on our santacruzooa.org website.

1) The Sponsorship pamphlet was revised and the Conference was asked to vote to give its final approval. The Conference did not approve it, however, because many of us thought it was badly written, unfocused, and recommended AA literature more than OA. Since failure to be approved means it goes back to the Literature Committee for a rewrite, I put a lot of time into making suggestions for the rewrite, which I submitted there, and I volunteered to be on the Literature Committee. Next year we'll have a much better draft.

- 2) The temporary publicity campaign, including the production of radio and TV spots, was very successful and a motion to make it permanent passed unanimously.
- 3) A motion for WSO to develop and provide optional templates for any group's website passed, although a separate motion to hire a staff person to assist groups in doing so failed. Since WSO has no staff that can do this, the implication is unclear.
- 4) Dec. 12 (12/12) every year has been voted to be 12th Step Within Day, when we hope everyone will remember, especially at this difficult time of year, to contact and encourage those among us who are still suffering.
- 5) It was voted that candidates for Trustee must now have worked all the steps (before they were only required to have worked the 5th.)
- 6) It was voted that intergroups only have to submit their by-laws to WSO if they are changed significantly (before, it was any change at all).
- 7) It was voted that the official definition of abstinence be expanded by four words, which I will show in caps. "Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating AND COMPULSIVE FOOD BEHAVIORS." The aim was to include bulimics, anorexics, and others.
- 8) Finally, it was voted to set up a special fund for translating OA literature into many languages. (Currently, contributions to OA can't be earmarked to a specific purpose unless WSO has set up a special fund. Until this meeting, there were only two funds: Delegate Support (basically scholarships to Conference) and Professional Exhibits (to teach medical and other professionals about OA). But this new fund will attract more money from abroad and allow the literature to reach compulsive overeaters around the world.

***Things everyone in OA should know:**

2008 was the first year since 2001 that OA ran a deficit, largely because the value of our investments plummeted. We all give \$2-3 in the

7th tradition, but in fact what OA needs is \$8 to come back to the black. Since this is about the price of a movie, OA is looking for a good slogan to encourage people to dig deeper. Right now they're using "Give as if your life depends on it." Maybe it should be more specific, like perhaps, "Eight buck movie: isn't a meeting worth as much?" Please try to come with a better slogan – and please donate more.

Right now most of World Service's income is not from 7th tradition donations but from literature sales. But as sales of all published material from newspapers to books is falling in the age of online free stuff, this may not be sustainable. Lifeline Magazine has always operated at a small deficit, because it's considered a service rather than a product, but this year the deficit was \$62,000, which is unsustainable. It would be great to get some OA reps on Oprah, but to raise her awareness of OA we asking ALL members to email their stories of recovery to Oprah's website.

Re OA websites: more than one person must hold the login info and passwords to each intergroup's website in case the current webmaster goes out. The updated OA website went online Feb 2009. Check it out!

There already exists a webmasters group that shares ideas, which our webmaster should join if he hasn't already done so.

HOW groups are only part of OA if they suggest that people follow their rules, not if they require it.

The booklet "To the Teen" is being revised and needs stories of anorexia, bulimia, or compulsive eating by teens, by the end of July, so please encourage young members of the fellowship to try this!

Thank you, Santa Cruz OA, for sending me to be your delegate to the Conference. I appreciate the trust you place in me, and I will be happy to talk to any of you further about what I learned.

-Anya