

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



March 2014

Convention 2014

Abstinence is the Key

October 31, Nov 1 & 2, 2014

A lot of excitement is growing as we get closer to the October 2014 convention in Columbus, Ohio.

Double Tree by Hilton, the rooms will be \$105.00 per night with up to 4 in a room. Fridges are first-come first-served basis. 175 Hutchinson Ave, Columbus, OH 43235.

If you have any questions or want to help in any way, here is the email:


region5convention2014@gmail.com.

Feel free to contact

Eileen 614-595-5584 or

Paul 614-905-1019.

~Eileen C. Central Ohio Service Intergroup



Abstinence is the Key
and after it is found unlocks
the door to freedom

Overeaters Anonymous
Region 5 Convention

October 31 - November 2, 2014

Hosted By
Central Ohio Service Intergroup
of Overeaters Anonymous
Columbus, Ohio

DoubleTree by Hilton
Columbus-Worthington
175 Hutchinson Avenue
Columbus 43235
ColumbusWorthington.DoubleTree.com

More Information
www.Region5oa.org
www.centralohiooa.org

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CALENDAR OF EVENTS

April 28-May 3, 2014 WSBC, Albuquerque, NM

July 11-12, 2014 Region 5 Assembly, Merrillville, IN

OCT 31- NOV 2, 2014

REGION 5 CONVENTION COLUMBUS, OH
"ABSTINENCE IS THE KEY, AND AFTER IT IS FOUND
UNLOCKS THE DOOR TO FREEDOM"

November 7-8, 2014 Region 5 Assembly,
Merrillville, IN ** All Region Chairs will meet at
this assembly**

September 11-13, 2015 Region 5 Convention,
Chicago, IL

September 1-4, 2016 World Service Convention,
Boston, Mass.

***SUBMISSIONS FOR NEXT ISSUE OF FREEDOM FROM BONDAGE ARE
DUE BY JUNE 30, 2014***

PLEASE SEND TO CASPOOHBEAR@AOL.COM



ACTION IS WILLINGNESS TAKING FLIGHT

Action plan has helped me so much since I retired. Having so much time in my day, the action plan has organized this random person. Every morning when I get up, I pray, write my feelings about the day before, write my food plan and my action plan and send it to my sponsor. About an hour later I'm scheduled to call her. This structure has helped me so much. My action plan includes what I'm doing for my recovery, for my life and health, my family & my home.

One of the many benefits I've received through the action plan is getting help with character defects. My procrastination around cleaning my home is one of my worst character defects. Through the Action Plan, I have been able to look at the defect, discuss it honestly with my sponsor and ask God for help. She helps me be accountable through my action plan. I need supervision. This tool helps me surrender and makes my home a nicer place to live! ~Barb K. Region 5 Newsletter Committee

As I stumbled through life in pre OA abstinence, I had no structure. My sponsor had certain requirements of me which, of course, I immediately resisted. I didn't want to be so rigid. Not surprisingly, I struggled to become abstinent.

Each day my assignment was to read the Abstinence Prayer. I hated that Prayer. Eventually, I learned acceptance and was willing to do what was asked of me. Abstinence followed.

Words such as structure, assignments, requirements, and schedules are just other words for an Action Plan. I just didn't realize it. Today I find comfort in knowing what my day will look like. With this advance knowledge, I am able to tackle roadblocks and setbacks that occur throughout the day. I am able to compare the event vying for my attention to my Action Plan to determine its importance and perhaps make adjustments. The Action Plan doesn't mean total rigidity but is a framework for me as I go through my day.

~Gerri Region 5 Newsletter Committee

My abstinence is valuable to me, and the actions I take on a daily and weekly basis help me keep this treasured gift. Daily, I wake up and pray thanks for the blessings in my life, and ask my Higher Power for abstinence and to do the next right thing on this day. I record my food in an "app" on my phone that I have with me. Even though the app "grades" me differently than my stated food plan, it gives me a record that I can send to my sponsor if I'm

struggling. If I am not sleeping, eating my planned meal, and not busy at work, I answer the phone when a fellow OA calls. I try to have contact by text or phone with at least one fellow OA per day.

At least once a week I get to a meeting. If weather interferes, I use online meetings. At least twice a week I call my sponsor. In between I text and email. I try to move my body 3 days a week for my physical recovery, and I listen to my body's need for rest. The most sustaining action I take is service: Holding the key for my meeting, attending intergroup as our meeting rep, serving as delegate to Region 5 for our intergroup, writing this newsletter for our Region 5 newsletter committee. These service actions keep me accountable and keep me in contact with others who share my compulsion and the answer offered by the 12 Steps, 12 Traditions and 12 Concepts. ~Cassidy S. Region 5 Newsletter Editor

Action, to me, compliments other "A" words of great import – Abstinence, Acceptance and Anonymity – and they are all interwoven in my recovery. Action translates to "willingness" for me. If I am willing, I will take the action necessary to ensure not just my physical recovery, but also my emotional and spiritual recovery. My Action Plan includes the obvious – following the food plan I have shared with my sponsor; contacting my sponsor daily; working with my sponsees, and doing service. But my Action Plan also includes things that, if left unattended, pose a serious threat to not just my food plan, but to my recovery as a whole. These include:

- Working with my creditors to resolve some financial issues that resulted from loss of income and increased medical and living expenses;
- Preparing my home for sale by clearing out 30 years of accumulated "stuff"
- Looking for, registering for and taking courses that my sponsor and my doctor agree will help my loss of balance
- Making myself open to a new job opportunity

This list is always in flux – adapting itself to completions of the actions and to new things that call for Action. To some they may seem like outside issues, but they are not. They are things that make me want to take solace in food, make me want to isolate, make me lose touch with my Higher Power. For me, there is no recovery without Action – and it is as important to my Program as my food plan and all the other tools of recovery.



~Vickie N. Region 5 Newsletter Chair



Public Information/Professional Outreach PI/PO -- Together We Did

The Region 5 PI/PO Committee convenes at each Region 5 Assembly to brainstorm concepts and share intergroup experiences from their own professional outreach and public information activities. Our committee hopes passing these on will offer ideas and encouragement to your intergroup PI/PO committee and help you in your own outreach efforts as you share the message of recovery in your area.

Central Indiana IG did a mass mailing last year to all of the dieticians in the Indianapolis area. Each dietician received a few pamphlets and a local meeting list. This year's goal for their PI/PO committee is to share with Bariatric Centers their experience, strength and hope. Members go to the Centers and talk about their own recovery in OA (Bariatric surgery is an outside issue and therefore OAs express no opinion on it.)

Cleveland Central IG's PI Committee is presenting a Family Night for all family and friends of OA members. A panel of OA and Family of OA members will speak about the benefits OA has brought them. They are also posting 8x11 World Service Posters, with permission, on community bulletin boards located where OA meetings are held. The PI Committee has an ongoing business card campaign. Cards printed with local OA information are posted all over the area on community bulletin boards. Many OA members carry these cards to pass out to friends and potential newcomers.

Also in Cleveland, two local members shared their experience, strength and hope with parents and at-risk youth at the request of a social services organization who holds a weekly outreach meeting at a local YMCA. Their request was prompted by concerns the parents and foster parents had, not just about their children's obesity, but about their own. As a by-product, a few of social services staff members also expressed an interest in OA for themselves. OA literature was distributed, and members answered questions from the audience. The PI Committee is also planning to participate in the Cleveland Zoo's Senior Safari this

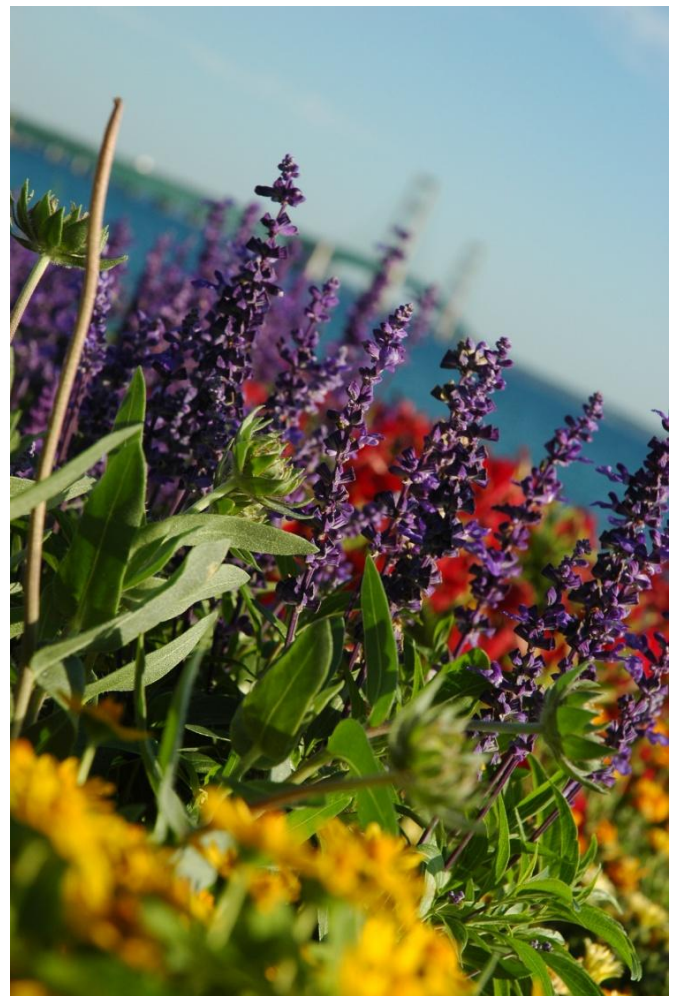
summer, providing literature and meeting schedules as well as answering questions.

Madison IG lists OA meetings in local free papers under their "Calendar of Events" section. And in an interesting twist, they announce meeting cancellations, due to snow, over local radio stations' PSA's. The OA name is heard over the radio and may plant that all important seed in a sufferer's mind.

Has this column helped your Intergroup? Would you like to share your accomplishments, ideas and triumphs? Please email me at the following:

alisonbw1949@yahoo.com. ***Together we can.***

Alison B-W, Region 5 PI/PO Chair



ABSTINENCE IN ACTION

Finding Gratitude in Action

I was really grateful to discover that this year’s “spotlight” tool will be Action Plan. I use an action plan on a daily basis to navigate through recovery and my life in general. My action begins early morning with what I call my CDAs (consistent daily actions). I pray, read program and non-program literature, write in my journal, meditate for 10 minutes, and send my food plan to my sponsor. From there I have my abstinent breakfast, get prepared for work and leave my home.

Once at work, each day I listen to at least an hour of recovery centered programming and I walk 20 minutes a day on my breaks. After work I call my sponsor, get home, take calls from sponsees, and have an abstinent dinner. Some nights, I attend an OA meeting, then come home and prepare for bed. This is my action plan for just about every day and of course there are deviations, projects to get completed, etc. but I use the same format to plan for those activities as well.

Thank God for OA, the Steps and tools. They have given my life some much needed structure and routine.
~Danielle G. Region 5 OA Member

Take Action

The best action I can do is turn to my Higher Power. I used to pray only on Sundays, holiday or in emergencies. I finally learned that the telephone won’t hurt me and I get so much peace from sharing what I am feeling. Each morning I start my day on my knees thanking God for another day and I end my day by thanking Him again and asking Him to watch over my loved ones. ~Anonymous Region 5 OA Member

Recovery Actions

I spin in a class three days a week for one hour to remind me to never go back to where I started from in my recovery. ~Frank F. Region 5 OA Member

Daily Surrender

A daily action plan allows me to surrender each day to my Higher Power. Each night I write a list of what I plan to do the next day. It includes time for Step work, quiet time to read and pray, exercise, doctor appointments, and housecleaning. Recently I added “FUN!” to my list. As my food plan gives me structure around my eating choices, using the Action Plan anchors my emotional, physical and spiritual health. I am grateful for this tool which frees me up to live my life abstinely and sanely.
~Nancy L. Region 5 Newsletter Committee

Excerpt from The Tools Of Recovery (abridged)
“An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. This too, like our plan of eating may vary widely among members and may need to be adjusted as we progress in our recovery. Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives.”

My Actions

- Read OA & AA Literature
- Attend Meeting
- Attend Intergroup
- Sponsor
- Exercise 4 times a week
- Abstain from sugar and white flour
- Do service work
- Stock healthy food choices
- ~Anonymous Region 5 OA Member

Action

I go to meetings, I help people and I try to be the best person I can be.
~Anonymous Region 5 OA Member

Action Plan

I pray and meditate in the morning and read *For Today*. I think of how I can be of service that day, whether it’s at work, with my family, at a meeting or for Intergroup. Then I follow up on that! ~ Steve Region 5 OA Member



***Action supports my program**

To support my program, I read my meditation books in the morning. After that, I read 2 pages of the Big Book. I get so inspired by what I read and it doesn’t matter what day it is. I also plan to write in my journal every day. What’s really important to me is that I don’t beat myself up (degrade myself) for forgetting to write or just not feeling like writing. When I am having a particularly hard start to the day, I mentally list the things I am grateful for.
~Anonymous Region 5 OA Member

TAG: YOU’RE IT! We want to see how our fellows work this tool. If you would like to share how you work Action Plan into your recovery, please send your story to caspoohbear@aol.com.

WHAT HAPPENS IN MERRILLVILLE SHOULDN'T STAY IN MERRILLVILLE!

March 2014 Assembly Reports from committee chairs



Public Information/Professional Outreach (PI/PO)

We reaffirmed the 2014 goal: to compile PI/PO actions from all over Region 5 and write columns for the newsletter, to encourage other PI/PO committees to "carry the message." The committee members will email information to me; I will write columns. We discussed the success of the Indiana Women's Prison meeting. Last year, we donated \$50 from our budget to fund literature for this meeting. Because of the tangible results, this year we will be donating \$100 for literature for this meeting. ~Alison B.-W., PI/PO Chair



12th Step within *Do you need a speaker??

A sponsor?? Derita and Steve are updating the Speaker/Sponsor List. Keep this in mind for workshops, retreats and other OA events.

*Dwayne provided WSO OA Event Guidelines and CHI-WIF Guidelines for Speakers at their events.

*We reviewed the blue pages and checked items on the first three of the five pages.

*We combined Service Mentor and Service Sponsor. Look at your groups and mentor or sponsor one or more members to do service. Invite them to Intergroup. Encourage service within the meetings.

*Suggestion to try: Copy the promises for your event and cut into individual promise slips. Have people pair off and pick one promise slip. Then they may talk about the promise between the two of them.

~Shirley L., 12th Step Within Chair



Intergroup Outreach Committee is emailing unaffiliated groups. There was a discussion about what really should be the description of service, we need to have

people more than setting up chairs, if intergroups are closing, people may not be giving as much as they could? Working with newsletter committee to get the newsletter out to meetings that are not affiliated with an intergroup, either at all, or who were affiliated with Northeast WI Intergroup which has chosen to de-register due to lack of available service.



Nominating There will be elections for Chair and Treasurer this fall. See the Region 5 website for applications.



Bylaws Committee requests that amendments to the bylaws be suggested to bylaws committee for review, rather than going directly to assembly.



Finance Our current treasurer won't be running. We will elect a new treasurer this fall. Discussion regarding an external credit card breach is being resolved.



Webmaster Over the past year the Region 5 website has gone through significant changes. We have gone from an old style HTML webpage system which required programming knowledge and internet expertise to a content management system (Joomla!) that is easier to manage and has expandability for the future. Joomla! 3.x has been introduced and in the near future we will move the site to this version. I have been working on a Region Component that works with this new version. This component adds new features to the current system including meeting list generation and Google Mapping of local intergroup meetings. All intergroups and officers will be able to publish content to the website. This is what I am currently working on and expect it completed within the next month. My hope is to roll out the new system at the July Assembly. If you have any questions or comments about the new site please contact me at craig@1751partners.com or use the comment button on the website.

In recovery, Craig R. Webmaster



Convention Abstinence is the Key, Columbus, OH Oct 31, Nov 1 & 2, 2014

Ruth was affirmed as convention chair for 2015 which will be in Schaumburg, IL, September 11-13, 2015

The 2015 Convention team decided to join the Columbus team to help out where ever they could. Makes for great training!!! At this assembly we joined forces to work on a timeline for all Region 5 Conventions. For example, when should the flyer be ready for distribution, when should the registration form be ready to put on-line, etc. Our timeline has not been updated for many years and the board felt it was time to review and update it. ~Ruth W. 2015 Convention Chair

WHAT WOULD YOUR SPONSOR SAY?

By Nancy L., Barb K., & Vickie N.

Sponsee: I don't think I'm getting what I need from our sponsorship relationship. What do I do?

Sponsor: I hope that we could talk about it and see if we can work it out. I would like to hear your concerns and feelings so that we could perhaps resolve them. We can both pray about it and trust that our Higher Powers will guide us in this decision. Thank you for being honest with me.



Sponsee: Someone asked me to sponsor them, and I know you've asked me to start sponsoring, but I don't think I'm ready.

Sponsor: Why do you say you are not ready? Someone saw in you what they wanted for themselves. How wonderful!

Sponsee: It is, but I've only worked the first three Steps, and I'm fairly new to the Program. Shouldn't I have worked *all* the Steps and have a long time in Program before I sponsor? I don't really have much experience to share.

Sponsor: Let's see. We've worked closely together as you've worked the first three Steps. You accepted your powerlessness; came to

believe a power greater than you can restore you to sanity, and decided to turn your will and your life over to the care of that Higher Power. You are abstinent and have a healthy food plan you discuss with me. You are making phone calls and doing the daily readings. You have a sponsor and call me daily. You journal and share what you write; go to several meetings a week, do service at those meetings and have an Action Plan you follow. Wouldn't your experience, strength and hope from working those first three Steps be of help to a newcomer or someone who is struggling? Would the person I just described have helped YOU when you came into the rooms?

Sponsee: Yes, but what happens when they finish the first three Steps?

Sponsor: Our Step work doesn't end when we begin sponsoring. It always continues. While you are taking that person through their first three Steps, you will be working on Steps 4 through 7, and when they are working 4 through 7, you will be working 8 through 12. You work yours. They work theirs. And when they get through Step 3, you can ask them to sponsor a newcomer, just as you did, and I did, and my sponsor before me did.

Sponsee: What do I do first?

Sponsor: You've already done it! You've talked to your sponsor. Now, think about what we've discussed and turn it over to your Higher Power. Remember that we can't keep our recovery if we don't give it away. The only way we stay abstinent is by helping other compulsive eaters. Then, read the materials in the *Sponsorship Packet* and make your decision. Service helps us stay on track and keep abstinent, and there is no more important service – to us and to another person – than sponsorship. But remember – we sponsor to strengthen and reinforce *our* Program first. We are each responsible for our own recovery.



From Our Trustee

My spiritual path

On my spiritual path I see OAs travelling before me, other OAs following behind me, my sponsor walking just in front of me, my God holding my hand, and abstinence is my light so I can see the way.

WSBC 2014

The World Service Business Conference (WSBC) 2014 will take place April 28–May 3, 2014 in Albuquerque, NM. The theme, “Our Primary Purpose,” will focus on abstinence and carrying the message. The agenda questionnaire, motions and bylaw amendments have been posted and include the following:

- Conduct a survey of the Fellowship to consider changing the OA name
- Change the Youth in OA Committee name to Young Persons Committee
- List email groups (loops) as a courtesy
- Delete the deadline of when service bodies should submit their revised bylaws to the WSO

I am really looking forward to attending WSBC for the first time serving as your Trustee. I hope to see you there too. I’m sure it will be a great experience for all delegates.

New Literature

Voices of Recovery Workbook is now available in both paperback and pdf.

Phone workshops

The Board of Trustees Virtual Services Committee is offering a year-long series of monthly phone workshops. On the first Sunday of the month, the workshop will feature Board of Trustee speakers and will focus on discussions of OA literature. On the second of the month the workshop will feature Region Chairs with a variety of topics. The Workshops are at 2PM Central time. The phone number is: 424-2203-8405 and the access code is: 925619#

FAQs for Treasurers

OA now offers a comprehensive resource for both new and long-time group treasurers. Visit the Group

Treasurer Materials page at www.oa.org/group-treasurer-materials/. You’ll find a description of typical treasurer duties, plus links to several OA documents designed specifically for treasurers.

Fellowship Census

The census showed a decrease in the number of US OA members but a modest increase in the total number of members. The OA population in the USA is about 34,700, with an average of nine members per meeting. The OA population in telephone and online (virtual) meetings is about 12,900, with an average of 39 members per meeting. The total OA population worldwide is about 60,200. This total reflects an increase over the 2008 census.

Plan for 2014: Focus on Actions Required for Abstinence

The BOT and Region Chairs will work together to create and distribute an Abstinence made Simple program with a workshop format, a Strong abstinence Checklist and recommendations of OA literature that focus on abstinence.

“Taking my life into my own hands means I must let go of God’s hand.”~Seeking the Spiritual Path page 29

Trustee on the Road

I was one of the speakers at a Workshop on Sponsorship held by Turning Point Intergroup in Chicago.

I am available to hold free workshops in your area on recovery, sponsorship, abstinence, strong meetings, service, Steps, Traditions, and/or Concepts. Let me know if you are interested

I am honored to serve as your Trustee. Feel free to contact me if I can be of service.

Yours in Service,

Linda

Region 5 Trustee Region5Trustee@gmail.com

Don’t miss the opportunity to laugh, learn and love with OA members in recovery. A *Lifeline* story could be the turning point in your life. [Subscribe today!](#)

From the Chair....March 2014

So what kind of ACTION have I taken for my recovery lately? Something way out of my comfort zone - I attended an OA meeting at the Indiana Women's Prison this week. A local OA member reached out to the Women's Prison, worked with the staff and brought OA to the inmates. This group is not open to any compulsive eater like most of our meetings are – you have to go through a background check, get a TB test, attend orientation and pass a 'volunteer' test before you can attend. (So it's not listed on the OA.org website either.) The inmates must commit to coming each week for the trimester; today, there are 5 ladies in the meeting plus the 'volunteers' from outside.

I must admit I was a little fearful about this – I've never been to a prison setting before, but I turned my fear over to God and asked Him to give me an open mind and open ears. The prison administration approved use of the Newcomer Packet, "For Today", "Voices of Recovery", and the OA 12&12 for the meeting; each inmate was given their own Packet and 12&12. (Volunteers can't bring in their own books, so we use the literature from the meeting supply.) The format is the same as many other OA meetings – we read the Steps, Traditions, the daily readings, we prayed and we shared around the table on the Step of the week. One of the ladies is allowed to have a "mentor" (sponsor); the others may not. I'm not sure what I expected but when I closed my eyes, this could have been any OA meeting – questions, hope, uncertainty, some fear, open/honest sharing, joy for the big & little victories – all things I've experienced for 13+ years in program. The difference was that I could walk out and go home. As I drove home, I thanked God for the opportunity to 'volunteer',

for the freedom of choice of foods available to me. (The primary food groups inside are carbs, processed foods, and starches – no fresh fruits or veggies.) I am blessed to be able to call my sponsor or other OA members anytime, to give and receive hugs – all things I've taken for granted at one time or another which are more precious to me today.

It also occurred to me that in my disease, I had built my own "prison" walls – isolation, numbing myself with sugar, fear of being around other people. OA has set me free!

One other thought to share with you.....this opportunity came about because one OA member saw a need and went to any length to carry the message. What ACTION can you take today/this week/this month to carry the message where you live/work?

Have a grace-filled day of recovery, my fellow OA members!

~Denise O. Region 5 Chair



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