

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5
April, 2015



Overeaters Anonymous Region 5 Convention

September 11 - 13,
2015

Chicago Marriott
Schaumburg
50 N. Martingale Rd.
Schaumburg, IL 60173

- Hotel Room Rate: \$99.00/night + tax
Extend Your Stay...Rate applies 1-day prior
and 1-day after convention
 - Early Bird Pricing until June 1st: \$99.00
(Convention and Banquet)
 - Pre-registration Pricing: \$105.00
(Convention and Banquet)
(June 2nd thru August 1st)
 - Speakers
 - Saturday Night Banquet with
Entertainment
 - Clothing Exchange
 - Literature for Sale
 - Market Place/Boutique
- ...and much more!!

Hosted by:

Chicago Suburban Southwest Intergroup (CSSI)
Chicago Western Intergroup Farout (CHI-WIF)
Northwest Indiana Intergroup (NWII)
Suburban North Intergroup (SNI)
Turning Point Intergroup (TPI)

You may register online!
[http://www.region5oa.org/
events/2015-region-5-aa-
convention/](http://www.region5oa.org/events/2015-region-5-aa-convention/)

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CALENDAR OF EVENTS -

<http://www.region5oa.org/calendar/>

**World Service Business Conference –
April 26 – May 3**

**Hoosier Recovery Day - June 27 -
Indianapolis**

**Region 5 Summer Assembly – July 10-11
- Louisville**

Ohio Day of Sharing – August 1

Region 5 Convention – September 11-13

Region 5 Fall Assembly – November 6-7



The Principles of Steps 1, 2 & 3

Honesty, Hope & Faith

The First Three Principles: Honesty, Hope and Faith

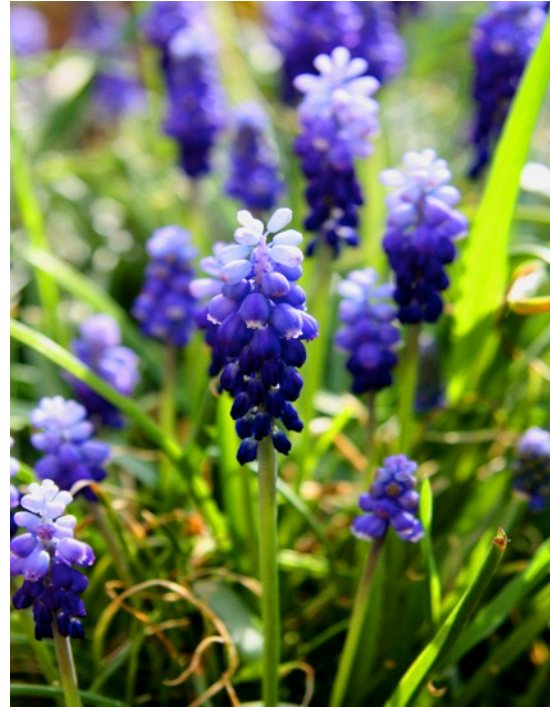
Author, Aldous Huxley once said, *"There's only one corner of the universe you can be certain of improving, and that's your own self. So you have to begin there, not outside, not on other people. That comes afterward, when you've worked on your own corner."*

I love this quote because it tells me that I need to focus on my own recovery before I can help others. To be able to give something away, I need to possess it. If I want sponsees to be honest, have hope and believe in a power greater than themselves—Steps 1, 2, and 3—I also have to work Steps 1, 2, and 3. To put it another way, I can't, God can, I think I'll let Him.

Being honest and admitting that I am a compulsive overeater and my behavior has made my life unmanageable helps me get past my ego, believing I can handle it. I can't control or fix this disease of mine. By its very nature, it is self-destructive and out of control. Realizing I need help, I foster an open-mind, enabling me to see that there is hope for me. When I am willing to have faith in a power greater than myself; when I am willing to go to any length to achieve recovery, and willing to *Let Go and Let God*, then and only then am I teachable and able to change.

Thank goodness for the principle and steps of OA as they afford me a source for growth and change, and a place to work from. Each step is related to a spiritual principle, and each principle is related to my behavior, thoughts, feelings and beliefs. The first three principles and steps provide the foundation for all the other principles and steps. Without honesty, hope, and surrender, I wouldn't maintain my abstinence for any length of time. Above all, I need to search for honesty within...emotional honesty, spiritual honesty, and honesty about my actions, feelings, thoughts and beliefs. This is not always an easy task for me. But this is a skill that I am working on; a work in progress. I am learning to walk the walk, one day at a time.

Joel



Step One covers 51 pages in the Big Book. It is the most critical step we will ever take, and must be take over more than once a day.

Admitting the I am NOT the originator of my idea that I am powerless and that my life is unmanageable should set us **HONESTLY** for the next two steps. It means "I can't do this game anymore!" "Show me what you want me to do!" and lastly "Please direct my thinking and my actions!" "Show me how to arrange my priorities".

Realizing that there is a HP who has a plan for me helps me see my problem **HOPEFULLY**. Re-enforce these thoughts each day and you will feel the peace of God surround you. In defining the problem of compulsive overeating, we emphasize the two-fold disease which each of us has accepted as a destiny and ultimately supplies our big hope in this program. When we effectively work Steps 1 through 9, our obsession with the food becomes very quiet and sleeps for as long as you pray and keep trying your best to avoid your trigger foods.

Lastly we must make a leap of **FAITH** and truly believe that HP will give us what we need to spread the OA message. He will direct us according to His plan if we give him the effort it takes to remain abstinent, avoid our binge foods, and try to carry the message of recovery.

Belle S.

From the Chair....March 2015

Our Newsletter Committee selected the Step Principles for our theme this year; my thoughts today are on Honesty-Hope-Faith....the principles for Steps 1, 2, and 3.

Honesty – this principle is critical to **ALL** aspects of my progress in this program and serenity in my life. Am I honest with my Higher Power? (For me, that's God.) HP happens to know everything about me already, but I need to treat my relationship with Him as I would a great friend. I want to be honest and authentic, to bare my soul to someone who will listen, understand, and still love me....that's what God does.

Am I honest with myself...about my food, my willingness, who I am, what I say/do in my marriage/work/friendships/church? Or am I living in denial....not a good place to be – the rent is too high! Am I honest with my sponsor? Does she hear what's really going on with my food/life/recovery OR does she hear "I'm okay"? (I learned a long time ago if I say "I'm okay", I had better be ready with an explanation!) Do I temper my honesty with kindness in dealing with others – family, friends, fellow OAs?

Hope – I live by hope most of the time. For me, I realized early in recovery that there is a difference between hope and expectation. I used to expect my husband to know what I was thinking or needed. I expected my team at work to do what they were supposed to do without someone watching over them. I expected my family members to make decisions without my involvement. I was kind of mean, very unhappy, and controlling (since no one could read my mind, darn it!). Then OA and this fellowship helped me understand the concept of Hope....you can experience recovery if you keep coming back, keep listening with an open mind, keep working at it. Hope says to me that I can pray for something to happen but not expect it. When it does happen, I'm grateful; if it doesn't happen, that's okay too. For me, life is saner when lived with hope rather than expectation.

Faith – what a wonderful discovery and gift this is! It's a relief to not rely on me, to not be alone, to cast all my cares & feelings on a Higher Power (God) and let go....to know that it will all work out in the end. A movie I like uses that line...."It will all work out in the end"...then adds "...and if it hasn't worked out, it's not the end." I like that idea... God is constantly working on me/refining me to be better. Isn't that what recovery is all about? Progress, not perfection!

Our journey on this 'happy road of destiny' never ends, but it does keep getting better and better for me as I learn to live by the principles of the program. I don't recall getting this guidance when I was growing up, but I am ever so grateful for it now. Ain't recovery grand! ☺

**Blessings to you today,
Denise O**

I'm glad to have the chance to write about Honesty, Hope and Faith.

Much of my time in OA I've seemed to hover around in step two, even when I'm officially working on the "higher" steps.

My idea about what my higher power is shifts, my ability to trust that I can recover varies from day to day. I like to think that I am very honest, but I know that I have times when I am fooling myself about where I am in my recovery process. Just today I was talking to someone about how easy it has been, this time, to stay off sugar. So then tonight of course it isn't easy. I am having strong cravings, and with the cravings some thoughts that "it doesn't matter" and that I should just go ahead and eat compulsively. I wasn't feeling very hopeful, but my feelings are shifting as I write. How amazing that is! And how simple.

The truth of the program for me is that my recovery, the absolute miracle of this sugar addict being sugar free, doesn't come from my honesty, faith or hope, since they are all fallible and imperfect. My recovery comes from something that I don't fully understand. Things work the best when I don't question the power of my disease, or the power of learning to turn things over. Like I just did with this writing. Thank you for being part of my recovery by giving me a place to share.

Robbie



Honesty: During my morning prayers I ask my HP to help me to be "impeccable with my word". That my words be honest and that I speak the truth. Inherent within the reminder is to hold my tongue too. But insidious lying to myself and to others was all I knew how to do to survive and to self protect. It was so normal. To present versus be. It is a character defect that clings like mold or barnacles on a shell. Hard to peel off. Admitting I was powerless was the beginning of the cleansing. I stopped lying to myself about food and believing the lie that this time it would be different.

Hope: I will be restored! I can hear "hallelujah".....almost. I can imagine hearing it. Restored. Restored to my right size. Restored to sound thinking. Restored to serenity and peace. All these miracles are true for me today. And I can PROMISE if you do what we do it will happen for you. And the recovering people before me made this promise to me. There is a solution. There IS a solution. I no longer have to live with the binges, the wanting, the hopelessness, the self-loathing, the shame. And this Power is HUGE.

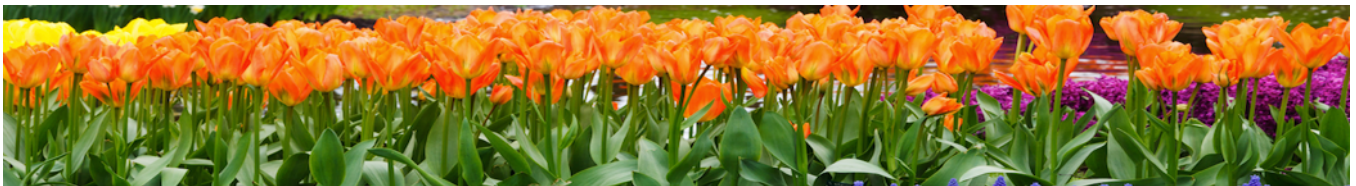
Faith: Recovery is a deeply rich experience. During my use I bounced from extremes like an unregulated pendulum and then numbed out on quantity, carbs. and sugar. I was scared of life without the swing/numb cycle. When I approached step 3, I was willing to allow for something else to move into my life. I already had days of not eating compulsively. I had never had that in my entire life. Something bigger than me was clearly at work. The surrender of powerlessness makes one willing. Now that the pendulum hovers more and more in the middle, in the grey of life, I have discovered that life experience is no longer swinging wide but deep. Really deep. It is a bottomless well proven over and over as I am repeatedly taken care of and the richness of life experience far outweighs any short term gratification from food. So far no matter the situation in my life, I have been loved by this Power.

Juliette R.

Region Assembly's March Intergroup Sharing Notes

- Add a column to the "We Care List" and add "Text" if members are willing to text
- Newcomer suggestions:
 - Have a member meet newcomers after the regular meeting or even at the beginning of the meeting and go over the newcomer packet and fill out the form for the free Lifeline.
 - Get volunteers for temporary Newcomer sponsors are requested at the beginning of the meeting and these are the members that meet with the Newcomers after the meeting.
- Intergroup's can do the Intergroup or Service Board Inventory on oa.org.
- Meetings may want to use the Strong Meeting Checklist on the oa.org website
- Add a short topic discussion or lead at the beginning of an Intergroup meeting can attract more people to attend Intergroup .
- Check out the new Region 5 website: www.region5oa.com.
 - Intergroups can submit events by clicking on the link: "Did you know you can submit events in the Calendar" tab.
- The World Service Business Conference Web/Tech committee has developed a website which offers some possible technology solutions. <http://oawebtech.weebly.com/index.html>
- It was suggested that more than one person in an intergroup know how to update their website.
- Remember that Anonymity is an issue and can be easily compromised on social websites. Some Facebook groups maybe private and by invitation only and may be acceptable for use. Be aware of what you are signing up for.

--Joel I.



WHAT HAPPENED IN MERRILLVILLE?

March 2014 Assembly Reports from committee chairs



Public Information/Professional Outreach Committee chair Beverly B reported that the committee recommended having links on region5oa.org to go to oa.org's pages for professional and public information. Members will get public health department contact information for their areas, network with their groups and intergroups, and research materials to give to professionals and the public. The committee will investigate the feasibility of using billboards to spread the OA message.



Twelfth Step Within Committee:

The committee chair Shirley L reported that the committee created an R5 speaker list application to be posted at region5oa.org. It is based on the one posted at oa.org. They also brainstormed about 7th tradition and growing groups and made the speaker list and the audio library list available.



Bylaws Committee Chair Carol D reported that next assembly's plan is to work on cross referencing our Policies and Procedures with our Convention Guidelines and updating our Standing Rules as suggested by our guest parliamentarian. Several amendments were made by the committee and passed.



Convention Committee 2015 Chair Ruth W reported that the committee recommended that the convention huggers and greeters be in a separate committee instead of part of the hospitality committee. A chair for hospitality is currently needed.

The committee also suggested that lists of local OA meetings, restaurants, houses of worship, etc., be available in the convention hospitality room.

It was decided that all convention documents will be kept on a flash drive to be handed to the next convention committee. There will be no Convention 2015 bookmarks or pins, unless another group chooses to be responsible for them. The committee chair would ask Cleveland Central Intergroup to supply the literature to sell at the 2015 convention.



Intergroup Outreach Committee Chair Steve B reported that the committee decided to release to the IGs a statement when "About Region 5" is posted on the website, so it could be used in their newsletter or other communications. They also assigned states/province to the committee members for them to contact IGs not represented at assembly. A motion made by the chair on behalf of the committee was adopted- "Merrillville, IN will be the central location beginning with the year 2014 or sooner for the March and November assemblies. The July assembly location shall rotate to different areas of Region 5 beginning July 2015. The March and November assembly location may rotate at the discretion of the Region 5 board."



Newsletter Committee Chair Barb K reported that an email will be sent to R5's emailing list to request articles for the next issue of Freedom from Bondage to be sent to barb1362@me.com by March 27, 2015. The topics for this issue are the Principles of Steps 1-3: Honesty, Hope, and Faith. Publication date is April 4th. The topics for the July issue are the Principles of Steps 4-9: Courage, Integrity, Willingness, Humility, Brotherly Love, and Discipline. The topics for the November issue are the Principles of Steps 10-12: Perseverance, Awareness, and Service.



Nominating Committee:

The committee chair Susan M reported that the committee made a list of suggested candidates for Region 5 Vice Chair and Secretary. Members were assigned to ask these people to apply. The chair also announced that interested parties should contact the Region 5 Secretary if they are interested in applying for a region office or have a candidate to recommend.



Finance Committee chair Michael B reported that the books were audited and entries approved. The decision was made to use "SquareCash" for online money payments; however, other options are being explored.