

ANCHORS OA

Vancouver Island Intergroup Overeaters Anonymous

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- World Service Office

TOPICS THIS MONTH

- Abstinence
- Importance of the Traditions

Celebrating OA's Birthday
Remembering Rozanne S.
founder of OA



Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food.

1. I admit I am powerless over _____. How does this make my life unmanageable?
2. Do I believe that a power greater than myself can restore me to sanity? YES or NO If no, explain why not. What would recovery look like in relation to this problem?
3. Have I made a decision to turn _____ over to the care of God/Higher Power? YES or NO If no, explain why not.
4. Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?
5. Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.
6. Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO If no, explain why not.
7. Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO (Refer to fears, resentments, harms in number four above.)
8. Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?
9. How and when will I make amends?
10. Continue to take a personal inventory. What specific actions can I take today?
11. What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?
12. What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

VANCOUVER ISLAND INTERGROUP

NEWS AND EVENTS

The last Intergroup meeting took place on **January 9th at 11:30** via Zoom.

PIPO COMMITTEE

Before PIPO (Public Information & Public Outreach) meeting on January 24th each person on the committee for Region 1 reached out to one professional sharing 1 to 3 sentences about their experience in OA. If you would like more information about what was reported back please email vancouverislandintergroup@gmail.com.

The following positions are vacant on the VIIG board.

- Public Information
- WSBC Delegate
- Region 1 Representative (2 positions)
- Group Coordinator

Next meeting will be on **March 13 at 11:30** via Zoom.

Zoom Meeting Info

Meeting ID: 846 1942 8127

Passcode: 123456

One-step Link:

<https://us02web.zoom.us/j/84619428127pwd=UVFuT2s2cS9ZWkY2YjdaTGxwMXAwUT09>

2021/2022 BOARD AND COMMITTEE MEMBERS

| Position | Name | City | Term Ends |
|---------------------------|------------|----------|-----------|
| Chair | Lauren N | Victoria | June 2021 |
| Vice Chair | Loretta B | Victoria | June 2022 |
| Secretary | Theresa H | Nanaimo | June 2022 |
| Treasurer | Lorrain Th | Victoria | June 2021 |
| Event Coordinator | Michelle M | Nanaimo | June 2021 |
| Region 1 Rep (Even Year) | Vacant | | June 2022 |
| Region 1 Rep (Odd Year) | Vacant | | June 2021 |
| Literature Chair | Elise W. | Qualicum | June 2021 |
| Newsletter Editor | Sarah H | Victoria | June 2021 |
| Public Information Chair | Vacant | | June 2022 |
| Group Coordinator | Vacant | | Nov 2022 |
| WSBC Rep | Theresa H | Nanaimo | Nov 2021 |
| Webmaster | Sarah H. | Victoria | Nov 2022 |

Temporary Sponsors

Newcomers' First Twelve Days

What is the purpose of the First Twelve Days in OA?

- To help newcomers, returning OA members, and other members learn about the OA Twelve Step recovery program by using this personal, short-term introduction to Overeaters Anonymous.
- To help sponsees learn how the OA recovery program might help them to stop hurting themselves with food.
- To help members who may be ready to sponsor but are reluctant to do so. This is an opportunity for a member to help a newcomer in a very structured way and to experience what it might be like to be a regular sponsor.

This program takes place during twelve sessions, which may or may not occur in twelve consecutive days. For instance, you may want to schedule calls on weekdays only. You also may want to look ahead at the sessions, and if you are uncertain about how to discuss any of the topics with the sponsee, you may want to ask your sponsor or another OA member for ideas.

During your calls, share the experience, strength, and hope you have because of the solution offered by working the Twelve Steps of OA. Without dominating the conversation and without judging the sponsee, share just enough to draw them out, answer their questions, and encourage their unique process of discovery and recovery.

Books that are not OA-approved, as well as diets and other programs, are outside issues. Remember, it is not your responsibility to force someone to be abstinent (nor is it possible). The journey of the sponsee is between that person and their Higher Power. A sponsor is there for support.

Newcomer Information

Am I a Compulsive Eater?

OA includes members who have experienced different manifestations of compulsive eating and food behaviors. Our fellowship includes anorexics, bulimics, and overeaters; ALL who struggle with food obsession are welcome and have found recovery in OA. Weight is not a criterion for membership. Take our [quiz](#) to see if you might be a compulsive eater.

What to Expect and How to Start

If you have concerns about your relationship with food, we hope that you'll give yourself a chance for recovery in OA. Meetings are available in person, online and by phone. We recommend that newcomers attend at least six different meetings to help you decide if OA is for you. Below are some resources, but please don't think you have to figure it all out at once; going to a meeting is a great first step.

It has almost been a year since the pandemic changed the way we live, interact and cope as individuals and a society. I chose the topics Abstinence and the Twelve Traditions.

Working through my perception of abstinence in relation to physical recovery has been in the foreground of my thoughts for the last few months.

There is always a part of me that knows I will never lose hope in OA and that it is the answer for my compulsive eating behavior.

I find the traditions are the heartbeat of the fellowship keeping OA running smoothly because of the guidelines that have been put in place by OA members keeping the fellowship self sufficient and our primary purpose to carry on the message to other compulsive eaters.

I've learned a lot about humility by reading the 12 Traditions. I am no better or worse than anyone else. Treating others with respect and kindness reflects back on me which makes me be kinder to myself for my imperfections.

I wish you all a wonderful start to the Spring season.

Yours in Service,

Sarah H.

Carrying the message. our special gift.....

"One of the greatest rewards of OA membership is passing on the hope of recovery to another compulsive overeater. Understanding, love, and hope for a new life are the gifts we have received in OA. As part of our program, we freely give of ourselves, and by so doing, we discover a fundamental twelve-step program principle—that our personal recovery depends on our willingness to share it with others."

1990 Overeaters Anonymous, Inc. Pamphlet- Person to Person-Carrying the message, our special gift.

Abstinence Literature

Resource Guide

The following literature is specifically helpful for obtaining and maintaining abstinence. Use literature every day to support you in keeping your abstinence and share the list with newcomers and sponsees to help them understand and find abstinence. You may also use the list to create meeting and workshop topics. Literature can be purchased on the OA website at bookstore.oa.org.

PAMPHLETS

- 1) A Lifetime of Abstinence: One Day at a Time
- 2) A Plan of Eating
- 3) Dignity of Choice
- 4) Is Food a Problem for You?
- 5) Many Symptoms, One Solution
- 6) In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery
- 7) Think First
- 8) The Tools of Recovery
- 9) Recovery Checklist
- 10) Strong Abstinence Checklist and Writing Exercise Wallet Card
- 11) Welcome Back: Suggestions for Members in Relapse and Those Who Care

BOOKS

- 1) *Overeaters Anonymous*, Third Edition, specifically the Forewords and Appendices, "The Role of a Plan of Eating in Recovery from Compulsive Eating"
- 2) *Abstinence*, Second Edition.
- 3) "The Doctor's Opinion" from *Alcoholics Anonymous*, Fourth Edition.
- 4) *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition.

For Today

"Nothing has more strength than dire necessity"
Euripides

Rock bottom is a place where change becomes a dire necessity. I must change or die. The strength of that necessity drove me to Overeaters Anonymous, pried open my closed mind and let in visions of a life beyond my wildest imaginings. Today, my admission of powerlessness is the dire necessity that gives me the strength I need to go on living and functioning as a responsible, contributing member of society. I am abstinent, I work the twelve-step program of recovery as well as I can each day, I go to meetings and I stay in touch with OA members.

For Today: Nothing gives me more strength than abstinence. It is the Number One necessity in my life.

VANCOUVER ISLAND OA MEETING LIST

OA Meetings on Vancouver Island

Meeting Type

Active In-person meeting being held

Online Online meeting only at this time due to COVID-19

Suspended No meeting at this time due to COVID-19, but may resume as government rules change

VICTORIA

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|----------------------------------|----------------|------------------|---|---|--|
| Monday | 7:15-8:15 pm | Online | ZOOM Meeting Meeting ID: 899 3381 6311 Password: recovery | Rene 778-433-3093 | Step Study |
| Tuesday | 5:00-6:00 pm | Active | #103-904 Hillside Avenue Press code 4784 | Joy 250-386-4784 | H.O.W. (all OA welcome) |
| Tuesday Wednesday Thursday | 12:00-12:45 pm | Active | St Andrew's Presbyterian Church, 680 Courtney Street | Lorraine 250-386-1238 | Kirk Hall. Ring the bell to enter the building |
| Thursday | 7:00-8:00 pm | SUSPENDED | ZOOM Meeting Meeting ID: 829 6721 4590 Password: recovery | Julie 250-388-4161 madrona623@gmail.com | H.O.W. (all OA welcome) |
| Friday | 5:00-6:00 pm | Active | 4490 Chatterton Way Unit 335 | Loretta 250-592-6705 | H.O.W. (all OA welcome) |
| Saturday | 10:30-11:30 am | SUSPENDED | NEW LOCATION Franciscan Friary, 1076 Joan Crescent | Christine 250-857-4793 Text/call for information | Love in Action Newcomer meeting. Sorry, no pets, babies or children |
| Saturday | 10:30-11:30 am | Online | ZOOM Meeting Meeting ID: 878 1101 2549 Password: recovery | Gloria 250-389-1789 gloriainvictoria@shaw.ca | Love in Action Newcomer meeting. |
| Sunday | 5:00-6:00 pm | Active | Near Jubilee Hospital | Jayne 250-598-7707 | H.O.W. (Phone ahead for address). |
| Sunday | 1:30-2:30 pm | SUSPENDED | Near VGH Hospital | Julie 250-388-4161 madrona623@gmail.com | H.O.W. (all OA welcome) Call first for current meeting information. |

DUNCAN

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|----------|--------------|--------------|---|----------------------|--------------|
| Monday | 6:30-7:30 pm | Online | ZOOM Meeting Meeting ID: 836 0165 1191 PW: 859422 | Orlando 250-732-6450 | |
| Thursday | 7:00-8:00 pm | Active | New Life Church 1839 Tzouhalem Road | Orlando 250-732-6450 | |

NANAIMO

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|----------|--------------|--------------|--|--|---|
| Monday | 5:30-6:30 pm | Online | ZOOM Meeting Meeting ID: 868 6410 3536 Password: oamonday | Lesley W. 250-327-1187 (phone/text) colourecovery@gmail.com | OA Steps and Traditions Study |
| Thursday | 6:00-7:00 pm | Online | Zoom Meeting Meeting ID: 847 2191 1040 Password: Thursday | Yvonne 250-802-2271 southwindsnanamio@gmail.com | Southwinds Nanaimo Steps, Traditions, Topics meeting. |
| Saturday | 7:30-8:30 pm | Online | ZOOM Meeting Meeting ID:849 6466 1572 Password: 180133 Last Saturday of the month. Link: https://us02web.zoom.us/j/84964661572?pwd=cIBvUXVJNmDsT0xna3FhdW1lYkdRZz09 | oananaimo@gmail.com | Into the Light Speakers Meeting |

PARKSVILLE

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|----------|-----------------|--------------|---|-----------------------|------------------|
| Tuesday | 7:30-8:30 pm | Online | ZOOM Meeting Meeting ID: 899 5180 4582 Password: recovery | Lorri B. 250-248-2582 | Step & Tradition |
| Thursday | 11:30 am -12:30 | Online | ZOOM Meeting Meeting ID: 876 3193 7154 Password: recovery | Jan 250-586-1615 | Topic Meeting |

COURTENAY

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|--------|--------------|--------------|--------------|--|--------------|
| Friday | 4:00-5:00 pm | Suspended | N/A | Brittany 250-792-4244 Maureen 250-897-8327 Abigail 250-650-9543 oacourtenay@gmail.com | |

CAMPBELL RIVER

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|--------|--------------|--------------|--|--------------------|--------------|
| Monday | 7:30-8:30 pm | Online | ZOOM Meeting Meeting ID: 858 9722 0471 Password: river | Katie 250-850-4032 | |

HORNBY ISLAND

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|-----|------|--------------|---|--------------------|---|
| | | | No regular meeting but for a spontaneous meeting contact Petra. | Petra 250-208-2899 | No regular meeting but for a spontaneous meeting contact Petra. |

PORT HARDY

| Day | Time | Meeting Type | Meeting info | Contact | Meeting Name |
|-----|------|--------------|--|-------------------|--|
| | | | No regular meeting but for a spontaneous meeting contact Anne. | Anne 250-230-1673 | No regular meeting but for a spontaneous meeting contact Anne. |

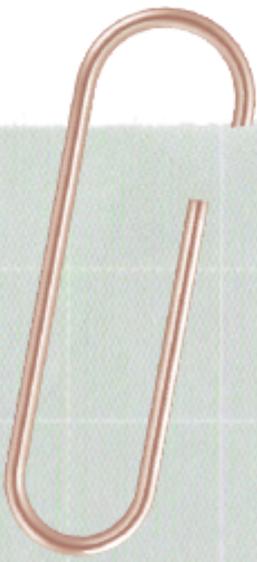
Virtual Sponsorship – by Email, Telephone, Zoom...

Do you need help finding a sponsor, or are you an available sponsor willing to work with someone remotely?

- Are you looking for a sponsor or sponsee but can't find one in a face-to-face meeting?
- Are you willing to sponsor someone? Fill out the SPONSOR application found on the Region1 website under the VIRTUAL SPONSORSHIP tab.
- Do you need someone to help you? Fill out the SPONSEE application.

When you press *Send to Region 1 Virtual Sponsorship Committee*, your completed application goes to the Virtual Sponsorship Committee. They will respond to explain the details of the process. The Virtual Sponsorship Committee will ALWAYS protect your anonymity. They will provide your "match" with ONLY your contact information.

More information about Virtual Sponsorship can be found at www.oaregion1.org.



Q & A

"What major event in your life has caused you to realize the extent of your pain?"

I'm not sure there is 1 major event, a lot of small insignificant parts of daily life that lead up to a collapse to help me realize the impact they have had on my life.

The main insignificant part is the defiance that tells me I don't have a disease. Death by a thousand bites. When I "got away " with an extra bit of food – a sneaked cookie here and there and the scale didn't change, I lost sight of the bigger picture and the scale that went up a pound at a time. What's a pound or 5, I thought to myself, I just need to not eat bread and sweets for a day or two, and it will be gone. That was the lie I told myself each time I had food that I KNEW was not for me. I was in denial, my rationale – don't hurt yourself by getting on the scale, so I stopped watching the number on the scale. Complete ignorance of my increasing size until the clothes didn't fit and I had to get something bigger – usually because of travel or someone visiting and the clothes I was wearing were worn out or too tight. Then I moved to the higher size without thinking about it too much. (it was a temporary jump I tell myself) When I got caught by someone, I just cut them out of my life and out of my mind. They were the problem, not me.

For example, when I had lost all the weight and had been below my goal weight, I'd agreed to make a cake for my son's Beavers windup. My husband was a leader and I felt I couldn't say no. So, I made the cake and iced it. Someone from the group called and said they were running late in serving so could I cut the cake and put it on a platter? Wanting to be agreeable, I agreed to do this. When cutting the first row (it's a sheet cake) I thought that perhaps the pieces were too big for little kids, so I trimmed the sides, and of course put the excess in my mouth. The next action was to cut a sliver along the entire row of cake and eat that. Pretty soon there was only half of the cake left and not enough to take to the hall.

I remember being quite embarrassed and stopped at a store to buy an entirely different cake to add to the plate. No one commented on the difference in the cakes. The next day at my weigh in I had gained 5 pounds. The counsellor asked me what I'd done, and I replied that I'd eaten half a cake and she looked at me like I'd gained a second head instead of 5 pounds.

I was so embarrassed I never went back and proceeded to put back on all the expensive, hard earned weight that I'd lost. It was years before I heard about OA, even though I'd gone to counsellors and prayed it hadn't helped. Pride was in the way!

A million excuses, a million extra bites and the same incredibly short memory lead me to where I am today – powerless over that first bite and my life is unmanageable.

REGION 1 NEWS AND EVENTS

March 2021

Saturday, March 6. 9am-5pm Central.

Perseverance: Working the Program Through Good Times and Bad. Promises of Eastern Iowa Intergroup Zoom event.
REGISTER IN ADVANCE

Saturday, March 6. 12pm-12am Central.

Young People's Retreat: Entire Psychic Change.
Zoom event, hosted by Metrowest Intergroup, Arizona Serenity in the Desert Intergroup, and Foothill Intergroup.
REGISTER IN ADVANCE

March 7-19 (daily except Saturdays). 9:30am OR 6pm Eastern.

Discussion of the new Temporary Sponsor/Newcomers' First Twelve Days Tool for Sponsors.
Nassau County Intergroup Zoom workshop.

Thursday, March 11. 7-8pm Eastern.

Sponsorship Panel: How Do I Get a Sponsor?
Central Indiana Intergroup Zoom event.

Friday - Sunday, March 12-14.

Serenity Retreat. Oregon Intergroup Zoom event.

Sunday, March 14. 1-2:30pm Eastern.

Newcomers Zoom Workshop.
Virtual OA South Jersey Intergroup Zoom event.

Sunday, March 14. 3-4:30pm Eastern.

Courage to Change the Things I Can. Virtual Region "Second Sunday" Zoom workshop.

Sunday, March 21. 1-3pm Eastern.

Inspiration Day! What Inspires You to Keep Coming Back?
New Jersey Intergroup Zoom event.

Saturday, March 27. 10am-1pm Mountain.

Big Recovery Under the Big Sky. Big Sky Intergroup Zoom event.

Sunday, March 28. 1pm-3pm Pacific.

Fitting the Pieces Together: Steps 5, 6 and 7.
Channel Island Intergroup Zoom event.

April 2021

Thursday, April 8. 7-8pm Eastern.

Sponsorship Panel: How Do I Know I'm Ready to Sponsor? Central Indiana Intergroup Zoom event.

Friday, April 9 - Sunday, April 11. Stepping into Spring - A Virtual Journey Through the Steps. North Cascade Intergroup Zoom retreat.
REGISTER IN ADVANCE -- LIMITED TO 100 PARTICIPANTS

Sunday, April 11. 3-4:30pm Eastern.

A Spiritual Toolkit.
Virtual Region "Second Sunday" Zoom workshop.

Friday, April 16 - Sunday, April 18.

Spring into Action
Virtual Retreat, Sonoma County Intergroup Zoom event. *REGISTER IN ADVANCE*

Saturday, April 17. 10am-11:30am Pacific.

Speaker Meeting.
North Cascade Intergroup Zoom event.

Saturday, April 17. Noon - 2pm Pacific.

The Joy of Living.
Los Angeles Intergroup Zoom event.

Saturday, April 24. Noon - 2pm Eastern.

Let It Go: Working Through Shame in OA Recovery.
Brandywine Intergroup Zoom event.

WORLD SERVICE OFFICE

NEWS AND EVENTS

Two Rozanne Recordings Are Free to Stream

OA celebrated its birthday in January. Take some time—38 minutes or so—to listen to “Reflections: A Visit with OA’s Founder,” the 1999 interview with OA founder Rozanne S., found via the Podcasts page and more directly at oa.org/founder-recordings.



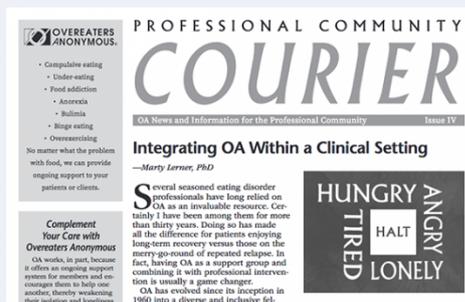
As she is interviewed, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she’s overseen the spread of the OA message around the world.

Also newly available, “And Now a Word from Our Founder” was published in 2003 as a compilation of five of Rozanne’s keynote speeches at World Service Business Conferences in 1994, 1997, 1998, 2000, and 2001. In them, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA’s Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice.

Let yourself be inspired as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.

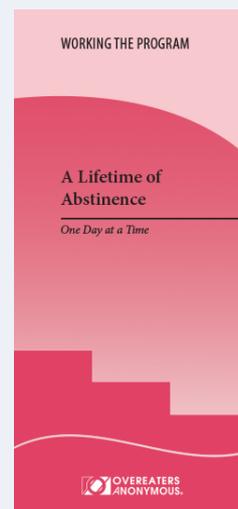
New Issue of Professional Community Courier Ready for Download

OA’s Professional Community Courier is an outreach tool that you can use to carry the message to doctors, nurses, therapists, clergy, and other health and wellness professionals to educate them about OA and how OA can supplement the treatment they provide. Courier articles are written by professionals who have witnessed OA recovery at work in their patients and clients, so the Courier is a great bridge to attract other professionals. Download it now from the [Document Library](#) and talk to your professional outreach committee about carrying the message.



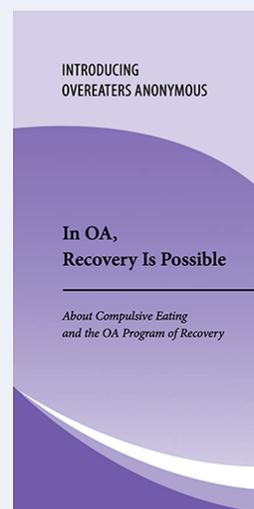
New! A Lifetime of Abstinence: One Day at a Time

A Lifetime of Abstinence: One Day at a Time (#155) dives more deeply into the details of what abstinence looks like on a daily basis, combining and replacing the discontinued pamphlets *A Commitment to Abstinence*, *Before You Take That First Compulsive Bite, Remember ...*, and *Maintaining a Healthy Body Weight*. A Lifetime of Abstinence: One Day at a Time gives newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate advice on the multifaceted disease that is compulsive eating. This pamphlet is now available both in print on the OA bookstore and as an e-book on Amazon Kindle, Barnes & Noble Nook, and Apple Books platforms for US\$1.00.



New! In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery

Now available, *In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery* (#135), takes the vital introductory information present in *Questions and Answers, A Program of Recovery*, and *Compulsive Overeating: An Inside View*—all now discontinued—and distills them into a single pamphlet that focuses more intently on defining compulsive eating and answering questions about the basics of our recovery program. *Compulsive Overeating: An Inside View* will remain included in the Professional Presentation Folder (#870). Conveniently, *In OA, Recovery is Possible* has now been released as both a print pamphlet in our OA bookstore and as an e-book on Amazon Kindle, Barnes & Noble Nook, and Apple Books platforms for US\$2.00.



First Quarter 2021 Issue of A Step Ahead Now Online

The First Quarter issue is ready!—with a new drop-down menu format that is friendlier for reading on mobile devices. Read the latest world service news, including:

- All proposed WSBC New Business Motions and Bylaws Amendments
- 2021 World Service Convention update
- Exciting literature translation news
- Important messages from our board chair and treasurer
- Many literature announcements from the WSO
- and more!

Download the [printer friendly PDF](#) or read A Step Ahead on [the web](#).

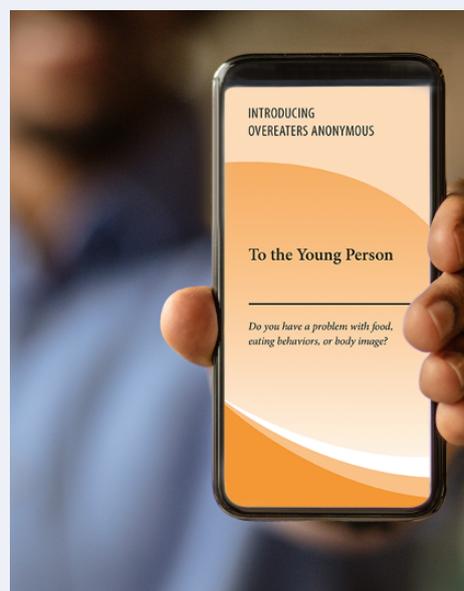
To the Young Person: Updated and Released Exclusively as E-book

To the Young Person has been thoughtfully modernized to include all-new recovery stories—plus a classic testimonial submitted by young OA members.

This pamphlet covers a broad range of disease manifestations, including anorexia, over exercising, and compulsive food behaviors, and explores how these have adversely affected the physical, mental, and emotional health of the young OA authors. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. The questionnaire preceding the stories in the pamphlet has been rewritten to be more engaging and personal, intending to make it easier to help young people decide if they have a problem with food.

To the Young Person is available exclusively as an e-book on Amazon, Barnes & Noble, and Apple platforms.

Copyright 2020.



2021 World Service Convention

Walking in the Sunlight: One Day at a Time

Check the [WSO website](#) for updates and join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, and country. Your information will be kept confidential to the World Service Office.

August 26–28, 2021
Orlando, Florida,
USA

Schedule of Events

Click [here](#) for a tentative schedule of events. Attendees interested in speaking or volunteering for Convention can complete the Convention registration form (coming soon).

Get the Word Out!

Show your spirit and spread the word with downloadable Convention bookmarks. Print [this version](#) at home or take this version to your professional print shop.

Convention Audio Recordings

Interested in audio recordings from the 2016 World Service Convention? [Download](#) the order form to purchase CDs or MP3s or call Alliance Audio Visual at 505-341-3900.

World Service Business Conference

Looking to the Future: One Day at a Time

April 21–24, 2021

Notice of Virtual Conference

As a result of the WSBC 2020 delegate voices at the Special Meeting of January 30th and a subsequent vote of the Board of Trustees (15 yes, 1 no), this is to advise that the World Service Business Conference for 2021 will be held virtually. Further details will follow as they become available from the Conference Planning Committee.

Delegate registration has been extended to **Monday, March 15, 2021.**

Future Conference/Venues Dates

2022: Embassy Suites Albuquerque Hotel (Albuquerque, NM USA) – April 25-30

2023: Embassy Suites Albuquerque Hotel (Albuquerque, NM USA) – April 24-29



Importance of the 12 Traditions

When we first come to Overeaters Anonymous, we are preoccupied with our own recovery and weight loss. It is not long, however, before we realize this is not a diet club, as we may have expected or perhaps experienced before. We hear the Twelve Steps read many times, and we begin to understand that OA presents a new way of living, rather than just a way to lose weight.

Another thing we often hear read at meetings is a set of Twelve Traditions. We may wonder at this repetition until we realize the Twelve Steps and Twelve Traditions have become familiar to us— have become part of our understanding.

Why are the Twelve Traditions so important to us? In general, the Twelve Steps guide the individual to recovery, and the Twelve Traditions ensure the well-being of the groups. Although the Traditions were developed to prevent group problems, individual members can also practice the principles of the Twelve Traditions in personal relationships. The Steps and Traditions have been hammered out by hard experience.* We find them vital to the growth and life of OA.

Excerpt from Pamphlet *12 Traditions of Overeaters Anonymous*
OA Conference Approved Literature

How much is your recovery worth to you?

Give to Keep our Fellowship Thriving

Our Seventh Tradition states that Overeaters Anonymous “ought to be fully self-supporting, declining outside contributions.” While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels, and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive overeater inside and outside our rooms.

When the Seventh Tradition collection comes around, do we remember how much we could be spending if we were bingeing instead of attending an OA meeting? Do we remember all the money we spent on weight-loss programs that didn’t work? OA, too, requires income to be a viable organization.

Experience has shown that recovery in OA is far more important and lifesaving than the debilitating disease of compulsive overeating. As long as we keep the Seventh Tradition, paying our own way from our own pockets, we earn the respect of the public and self-respect as well.

Supporting Groups and Service Bodies, Seventh Tradition of OA, OA Approved Literature

The Balanced Application of Tradition Four Throughout OA

Tradition Four

Each group should be autonomous except in matters affecting other groups or OA as a whole

When I came to OA, I initially focused on the Steps. Considerable time passed before I involved myself in service and looked at the Traditions, and even more time before I considered the application of the Traditions to my recovery.

Members suggested I go to meetings, get a sponsor, work the Steps, give up the food, get a food plan, find a God of my understanding, try and help others, and much more. They emphasized I didn't have to do any of this, but if I wanted to get well, I would be wise to do certain things. In other words, I was autonomous within OA, free to do whatever I liked, make whatever mistakes I liked, but I might want to consider the wisdom in doing what others had done. In time I came to understand my responsibility to behave like a person in recovery and carry the message to others; compulsive eaters and others would judge Overeaters Anonymous by how members conducted themselves and how they reflected the program in action.

A healthy OA group, like a healthy OA member, is one that knows it has the freedom to do whatever it likes. Yet, the group understands its very survival depends on following certain principles, making an effort to study and apply these principles, and being a living example of them in all its affairs. And a healthy longtime member, like a well-established group, knows that sometimes we need to go out there and learn from life's experiences. We must be there for those compulsive eaters who come stumbling back after faltering along the way. The longtimer also understands that while we do our research, OA will not collapse, be it at the individual or group level.

At every service level, the key to Tradition Four is autonomy with responsibility— and Patience.

In Memoriam

Rozanne S.

Founder of Overeaters Anonymous

1929—2014

"A journey of a thousand miles must begin with a single step." (For Today, p. 311)

With one step into a 1958 Gamblers Anonymous meeting, Rozanne S., the founder of Overeaters Anonymous, set foot on her worldwide journey to bring help and hope to thousands of people struggling with compulsive eating. Rozanne's journey has come to an end. The Board of Trustees and the World Service Office of Overeaters Anonymous pay tribute to the woman whose energy, vision, determination and compassion gave birth to OA in 1960. With the help of many others, hand in hand, she nurtured OA for 54 years.

Rozanne was born in 1929 in Milwaukee, Wisconsin USA, to parents who valued education and hard work. They instilled those values in Rozanne. When she was 12, the family moved to Chicago. Already she felt insecure about her weight and herself. At 18 and a junior at the University of Chicago, she thought being thin was the way to boys and happiness; she dieted from 142 pounds (64 kg) to 118 pounds (54 kg). A better fit, she thought, for her 5 foot 2 inch (157 cm) height. The boys came, and her grades plummeted. She left the university, enrolled in business school and regained the weight she had lost. A year later, she returned to the university and earned her degree.

She began work as a producer's secretary, first in summer stock and then in New York City. She returned to Chicago two years later and became a fashion copywriter for a department store. Her love of writing flourished. Seeking warmer climes, she moved to Los Angeles and reveled in her job as assistant advertising manager for a chain of department stores. Despite her success, low self-esteem plagued her, and she continued to suffer from compulsive overeating.

January 1955 opened the door to love, and by the end of the year, she and Marvin S. married. The births of daughters Debbie and Julie followed. (Marvin passed away in November 1999.)

In November 1958, she saw a television program profiling a new Twelve-Step program, Gamblers Anonymous. She and Marvin took a friend-in-need to a meeting, not realizing it was she who would find salvation. She thought, "I'm just like that . . . Their compulsion is with gambling and mine is with food, but now I know I'm not alone anymore!" (Overeaters Anonymous, Second Edition, p. 11). She realized she wasn't "wicked or sinful." She had a disease, and it had a name: compulsive overeating.

However, no groups existed for compulsive overeaters. A year later, in desperation she returned to another Gamblers Anonymous meeting where the founder encouraged her to pursue her idea of starting a Twelve-Step program for compulsive overeaters. On January 19, 1960, Rozanne and two friends convened the first meeting of Overeaters Anonymous. (For more of Rozanne's personal story of recovery, see "Keep Coming Back: Rozanne's Story," Overeaters Anonymous, Second Edition, p. 7.)

Rozanne became OA's visionary, always searching for new ways to reach out and carry the recovery message. She abandoned her initial attempts to rewrite the Twelve Steps and Twelve Traditions for compulsive overeaters, relying instead on the universality of the original Steps and Traditions of Alcoholics Anonymous (AA). Early on she recognized the media's value in carrying the message. She coaxed the producers of a syndicated television show to feature OA. On November 1, 1960, seven OA members appeared on the show; it produced a significant jump in OA membership. With meetings in her home, endless hours dealing with correspondence and counseling and cajoling on the phone, papers piled high

"I put my hand in
yours,
and together we
can do what we
could never do
alone.
No longer is there a
sense of
hopelessness,
no longer must we
each depend upon
our own unsteady
willpower.
We are all together
now, reaching out
our hands for power
and strength
greater than ours,
and as we join
hands,
we find love and
understanding
beyond our wildest
dreams."

— The OA Promise,
by
Rozanne S.

in her dining room, and hours spent on financials, Rozanne's life, with Marvin's support, became OA. But "together we can," and with increasing membership and helping hands, together she and OA members grew the organization.

Rozanne brought significant change to OA's diversity, its outreach and its recovery program. She suggested OA hold its first Conference in August 1962. In 1961, OA had voted to ban men. Rozanne disagreed. With the Conference Committee's approval, she invited A.G., a male Texan and cofounder of Gluttons Anonymous, to attend. Gluttons Anonymous merged with OA at the Conference, and thus began the welcome of men into OA.

The announcement of the upcoming Conference appeared in the first OA Bulletin, written by Rozanne and precursor to OA's Lifeline magazine. She thought of the name Lifeline when imagining a lifeboat next to a huge ocean liner at sea.

A first Board of Trustees (BOT) emerged from the first Conference, and members also voted to hold an annual May Conference. The OA Convention grew out of a day of sharing experience, strength and hope at the first Conference.

In 1979, after Rozanne expressed concern for helping international OA members, the first Conference International Committee became a reality with Rozanne as chair. She also served on the BOT and as National Secretary.

Rozanne wrote many literature pieces for OA, including the original To the Newcomer pamphlet (1966) to orient newcomers; I Put My Hand in Yours (1968) to give information on how to start and strengthen groups; and Beyond Our Wildest Dreams (1996) to share OA's history. A DVD interview titled Reflections: A Visit with OA's Founder and a CD compilation of speeches And Now a Word From Our Founder . . . Five WSBC Speeches brought Rozanne's insights and hope to members at large.

Rozanne's compassion for and understanding of the emotional, physical and spiritual challenges faced by compulsive eaters have touched people worldwide. She leaves an enduring legacy that will continue to inspire and heal those who still suffer.

Members who wish to honor Rozanne's memory with a contribution can go to 50447.thankyou4caring.org. Select Rozanne S. Memorial in the Designation drop down menu. You may also call the WSO, 505-891-2664, or send contributions by mail to Overeaters Anonymous World Service Office P.O. Box 44020 Rio Rancho, NM 87174-4020

Remembering Rozanne S.

My name is Nanci B. I have been in OA for 44 yrs abstaining maintaining a 150 lb weight loss. Rozanne was sponsoring me, our founder, at the time she passed. I got to speak at her memorial.

Here is something she shared with me:

The 12 Steps in Short Form

1. I cannot handle it
2. Maybe God can
3. I think I will let him
4. Who am I?
5. This is who I am
6. I am ready to change
7. Help me to change
8. This is who I hurt
9. Oops, I'm sorry
10. How am I doing?
11. What else can I do?
12. OA works if you work it.

Fondly,
Nanci B. , Los Angeles



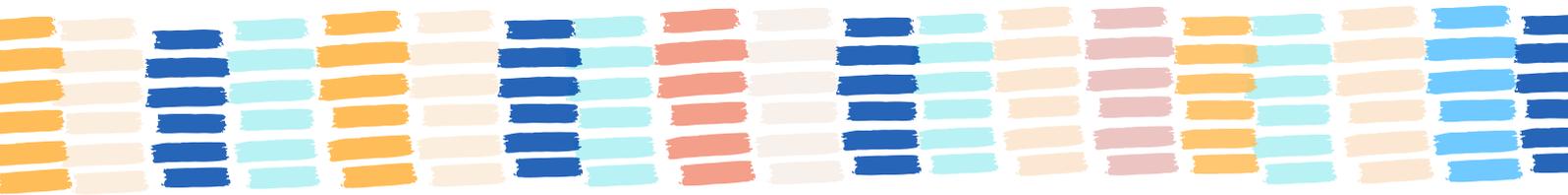
From Slip, Relapse to Recovery

An action plan for reclaiming and retaining our abstinence.

If we are struggling or have had a slip or relapse, we may need to take different actions than before to renew our commitment to abstinence and recovery. The food is the last to go when a compulsive eater slips, relapses, or struggles. A thorough look at food and food behaviors is necessary now because our lives as recovering compulsive overeaters depend on it.

Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power. This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.

OA Board-approved



We are all together on a journey to recovery even if we take one step forward and two steps back. There is no wrong way to work the OA program. Hope, courage and patience are what drive me in the right direction even if I feel I am not going anywhere.

Thank you for reading this newsletter, your support keeps me abstinent today, there is no other place where I feel like I belong as a compulsive eater.

Yours in service,

Sarah H.