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God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference

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 this message of recovery to those who still suffer .

OA Region Ten includes countries and territories in Australia, the Far East, New Zealand, South East Asia and the Western Pacific Basin.

REGION TEN WORLD SERVICE BUSINESS CONFERENCE DELEGATE FUND

Region Ten holds a special appeal each year specifically for the purpose of raising money towards assisting a Service Body with Region Ten to send a delegate to World Service Business Conference.

The scholarship will be offered when there is more than \$1,000 in the fund. At the Assembly in 2012 \$3,000 was allocated to the fund from our annual 7th Tradition Contributions. It was also adopted that the scholarship can be used by more than one Intergroup.

Region Ten Service Bodies are invited to send contributions to this fund. Please advise the treasurer that the money is tagged for this fund when you send your contribution. Applications to attend WSBC in 2014 will be considered at the next Region Ten Assembly.

Disclaimer: Region Ten NEWS SHEET expresses the views and experience of OAers recovering in all parts of Region Ten. Opinions expressed in NEWS SHEET are not to be attributed to Region Ten or to OA as a whole, and publication of any article does not imply endorsement by Region Ten NEWS SHEET or Overeaters Anonymous, except where so indicated.

Volume 18 # 1
March 2013

YEAR OF ABSTINENCE AWARENESS REGION TEN TRUSTEE REPORT

Greetings to all in Region Ten,



It's amazing to think that we are already well into this year of Abstinence Awareness which has come about as part of OA's strategic plan to have STRONG MEETINGS filled with abstinent members, all service positions filled; active rotation of service, meetings are growing, newcomers stay and become abstinent, sufficient sponsors and operating in the spirit of all 12 Traditions.

I encourage all members, groups and intergroups to take time to identify ways they can strengthen recovery in their area by focusing on Abstinence awareness. What events, workshops, meeting topics could be held in your area? Please share with the rest of us in Region Ten ways your groups or Intergroup is focusing on Abstinence Awareness. Your ideas may give others the motivation to hold similar events or workshops in their area.

I am available to visit your area and hold workshops on topics such as Abstinence Awareness, Strong Meetings, Public Awareness, Strengthening Service, as well as the Traditions and Concepts. Each year I have a travel budget to be able to

undertake visits within Region Ten to aid the fellowship by providing sessions longer than 4 hours in duration. Thus far this year I'm planning a visit Perth.

It is wonderful to hear that our new OA Professional Exhibits banners are being used at health events in both Australia and New Zealand to raise the profile of OA and Abstinence Awareness. Please let Cliff, our secretary, know if you are in Australia, or Elizabeth, the Outreach Committee Chair, if you are in New Zealand if you have an upcoming event.

I continue to find our daily readers *Voices of Recovery* (VOR) and *For Today* to be wonderful sources of inspiration and prompts for strengthening my

Region Ten OVEREATERS ANONYMOUS

NEWS SHEET

NEWS SHEET brings you information from different groups and members about events and activities from Region Ten.

REGION TEN TRUSTEE REPORT (CONT)

programme. For example, recent readings in VOR on Jan 24th and Feb 3rd gave great clues to ways to live in the solution. What tools and 'textbooks' am I using; and what actions am I taking so that I can experience recovery?

In a few days I attend the next Board of Trustee (BOT) meeting, a busy time where I'll also be at committee meetings about what literature needs to be reviewed and international publications /translations. In particular the February meeting of this committee looks at ways to support translations within OA. I'm hoping we may be able to provide some aid for the Chinese speaking fellowship.

Don't forget to access all the wonderful resources on the oa.org website. Does your intergroup / group have a 'designated downloader'? How about taking on that position? Have you read the latest version of *A Step Ahead* or the latest Bulletin if you have signed up to receive email updates. Also the 13 podcasts developed for airing in the USA are now freely available via the OA website. Lifeline subscriptions have increased markedly but don't forget to submit an article, renew your subscription, or take out one if you haven't.

My best wishes to all

Faith M, Trustee

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Email: japanlanguageservice-board@gmail.com
W/site: www.oaintokyo.org

We ask that Intergroup Chairs and Secretaries please keep these details up to date by advising the Region Ten Secretary and the WSO of any changes.

www.oaregion10.org

GIFTS AND TALENTS TO SHARE (CONT)

It is delightful to be on the Outreach/Professional Exhibits Committee, seeing ideas expand and formulate, with the desire and the dream of ideas actually coming forward. We have a whole year to work on those plans and I am excited about that. And building on relationships is just an absolute delight.

Thank you very much for this opportunity, Sydney - for allowing me to be here.

Annette

Sydney Intergroup Region Ten Representative

INSPIRATION AND GRATITUDE

I am very grateful to be here representing Canterbury Intergroup as a Region Ten Rep for the third time.

The amount of service work that takes place around the Region throughout the year continues to amaze me. I am overwhelmed by the work that the Region Board does throughout the year, which contributes to the smooth running of our OA groups and also promotes communication between the groups.

It is very inspiring to hear of new groups and members coming to OA from Asia, as well as the continuing growth of OA in New Zealand and Australia.

It is nice to see familiar faces year after year. I am privileged to be here with two other Region Reps from Canterbury Intergroup; to sit beside them, participate, to be a part of and to be useful. That is so different from my experience outside of OA.

It is always great to see new people coming to Assembly, and the excitement that they experience. To see their transformation from being quite apprehensive about what Region Assembly will be like, to realizing how efficient and amazing the work is that we all do at this level.

I will keep coming back, showing up and doing what I can.

Carla M

Canterbury Region Ten Representative

REGION TEN CHAIRPERSON REPORT

Hello to fellow compulsive overeaters in Region Ten,

The 2012 Assembly report is now available. In short:

- Our Annual Assembly took place on 24 to 26 October 2013 in Eleanora Heights, Sydney, Australia.
- There were 12 region representatives in attendance representing seven Service Bodies/Intergroups, from a total of eleven.
- Four committees were formed and several observers joined a committee of their choice. These committees set their goals so Region Ten can continue to help the still suffering compulsive overeater.
- Elections were held for Trustee Nominee – Faith was successful; Treasurer and Secretary – the incumbents were re-elected for two more years.
- The requirements for Board Position holders was changed and now reflects the OA Inc definition of abstinence.
- Intergroups can now indicate up to three years in advance that they will be bidding to host the Assembly.
- We set aside funds to encourage better attendance at the next Assembly.

- There were three workshops: The Trustee, Faith, gave a workshop on Service and Carrying our Message of Recovery which included the Role of the Region Representative and later a presentation on the happenings in OA world-wide. The Region Ten Chair gave a workshop on 2013 as the Year of Abstinence Awareness.

We have a very large geographical region and so Skype meetings are playing an increasingly important part in our service. We now have meetings originating from NZ, Australia, Singapore, Hong Kong, and Japan. The virtual meetings, which include on-line Skype type meetings, phone meetings, and ITM -interactive text messaging meetings, have recently had a trustee appointed to them. This reflects the Board of Trustees' recognition of the importance of reaching out to those who want a meeting whether or not they can get to face-to face meetings.

Our OA Inc. Managing Director, Naomi Lippel, recently hosted 13 sessions of "Sound Bites", held weekly from 17 October 2012 on a channel in USA called "Voice of America - Health and Wellness". The podcasts are really great listening!

REGION TEN CHAIR REPORT (CONT)

You can download them by visiting <http://www.voiceamerica.com> and then searching for "Sound Bites from Overeaters Anonymous". On the right of the page find the episodes-start episode and underneath it will be the choice to [Download MP3]. You can store the files on your computer, iPod or smart phone and listen to them any time.

Preparations are underway for this year's Assembly and Convention in Melbourne, Australia. If you are able to keep late October free you too can enjoy the fellowship of OA in a beautiful setting.

Letitia

Region Ten Chair

INTERGROUP REPORTS

PERTH REPORT

Number of Groups: 15 (14 metro area, 1 regional)
Intergroup meeting held 3.30-4.30pm on 3rd Sunday of month

Intergroup positions (19): Chairperson, Secretary, Treasurer, Minute Recorder, Literature Rep, Country and Loners Contact, Meeting List, World Service Office & Region Ten Website Rep, Key Register Rep, Notice Board Group Reports, Oasis Voice Editor, Public Information Rep, Tape/CD Representative, Telephone Coordinator, Temporary Sponsors Co-ordinator, Twelfth Step Within Rep, Region Ten Rep, Treasurer's Assistant, World Service Office Mail Rep and Designated Downloader Rep, Webmaster

Groups holding positions: 2 (Twelfth Step Within and Oasis Voice Editor)

Vacant positions: Nil

Intergroup Activities and Highlights:

Services offered to members and newcomers:

1. Active attendance and participation at Intergroup (IG) with all 19 service positions filled. Perth IG offers service positions to individuals or groups to undertake.

A BETTER UNDERSTANDING OF OA (CONT)

and Intergroup with a much better understanding of OA overall. I also have some ideas as to how to strengthen my programme and my group as well.

It has been a wonderful experience for me. In the past, members have told me about Region Ten Assemblies but I didn't take in what they were saying. Now that I have experienced it for myself, I am interested to get back to go to our Region Ten website, read the News Sheets, and go over the handouts that we were given here at Assembly and to integrate it all. I am keen to take back ideas and initiatives to my group.

I am very grateful for the experience.

Jill

Brisbane Intergroup Alternate Region Ten Representative

GIFTS AND TALENTS TO SHARE

Prior to Assembly, I was especially excited, knowing that I was going to have access to so many beautiful people with so many different gifts and talents. And I knew that I would be accepted for whatever gifts and talents God had already given me.

Prior to Assembly, I was especially excited, knowing that I was going to have access to so many beautiful people with so many different gifts and talents.

I knew that, with those gifts and talents I had something to give and that having experience with these people, I would be enriched and I would learn even more. And that is exactly what has occurred. It has just been a fabulous experience.

It was good for me to see the organisation, how it all really works, how people really give, how they really serve. Egos were not there. The spirit was constantly there. Yet, we can have differences of opinions and not feel threatened by sharing those differences.

I am in awe of the Region Ten Board - of how these beautiful people get to a stage where they have done so much service that it is oozing out of them. They are very humble and a delight to be amongst.

REGION TEN REPRESENTATIVE'S SHARING ON SERVICE AT 2012 ASSEMBLY & CONVENTION

During the 2012 Region Ten Assembly and Convention in Sydney, the News Sheet Committee recorded interviews with each of the Region Ten Representatives. The full recording of these interviews can be found on the Region Ten website. Visit www.oaregion10.org, go to the Members Section and look under Resources for Members.

We will reprint a selection in each edition of the 2013 News Sheet to share the experience, strength and hope of serving at Region Ten Assembly. For Region Ten contact details, please see the Service Directory towards the back of the News Sheet.

A BETTER UNDERSTANDING OF OA

I'm from Brisbane and I have been in OA for 4½ years. I started giving service very quickly by going to meetings because I recognized if I had something to do, like carrying the case with the books, I had to go, and that kept me coming back.

Most importantly for me I know that I will go back to my group and Intergroup with a much better understanding of OA overall.

After some time, I decided to go along to Intergroup. A bit further down the track I became the Intergroup Secretary. I have been in that role for 18 months now. Recently I had been thinking I would like to know more about the overall picture of OA and perhaps broaden my service.

One of our Region Reps suddenly became ill and was unable to attend the Assembly. Out of the blue, she called me a few days before Assembly and asked if I would like to take her place as an Alternate Rep. I said "Yes" and I am so glad that I did.

I had no preconceptions about Assembly, because I didn't know what to expect. I was almost 100% interested in everything that was discussed. And I have learned so much and have made so many new friends or "friends in the making". Most importantly for me I know that I will go back to my group

PERTH REPORT (CONT)

2. We service the needs of our large state and loners via an annual 'Meetings on Wheels' that travels to a regional area and provides ongoing support to those on our country and loners contact list.
3. We ensure communication occurs across our IG via several methods including: distribution of monthly IG minutes and announcements by groups at each meeting as it is listed on most meetings agenda; a monthly titled Oasis Voice, and notice boards in Perth City Office.
4. A Temporary Sponsorship list available for members as well as annual retreats and workshops in or near the Perth metro area.
5. Our PI Committee has been very active and organized in its efforts and activities. The IG monthly announcements distributed to all groups contain a PI Monthly Focus for groups or individuals to direct their service efforts towards. As a result from July 2011-Sept 2012 they achieved the following:
 - A. Coordinated donation of literature (25 books) to libraries without OA literature.
 - B. Members invited to bulletin blitz on notice boards in "Be an OA Litter Bug" campaign.
 - C. A special issue newsletter was created with PI focus and left in public places.
 - D. Advertising – PI Committee now coordinates all adverts in local newspapers (one central account with community newspapers). Result has been increased distribution to 6 papers across metro area. Run weekly, in health section and includes blogspot address which links to meeting times and members step one stories.
 - E. Distributing literature to health professionals – OA World Service professional packs, Perth postcards and business cards.

We service the needs of our large state and loners via annual "Meetings on Wheels."

PERTH REPORT (CONT)

- F. Involvement in Expo of Connect Groups program that helps not for profits and self help groups connect with the community. Information distributed to more than 30 people, spoke to over 20 people and had exposure to hundreds of by-passers.
 - G. OA posters service to groups – taking orders from groups to have OA posters (from oa.org) printed and laminated for posting on notice boards size A4, A3 and larger.
- 8. Twelfth Step Within Focus: A regular monthly IG announcement invites members to undertake a Twelfth Step Within focused activity. Examples include: “This month call someone you haven’t called before”; or “celebrate Twelfth Step Within day with a dinner together”.
 - 9. There is active informal fellowship with some members sharing a meal or coffee together before meetings on weekly basis.
 - 10. Perth IG is also active in engaging use of new media such as the up to date Perth OA website and blogspot - oaperth.blogspot.com.
 - 11. Thanks to our fellowship we have been self-supporting in paying our rent, insurance and buying literature. We also regularly donate to WSO and Region 10 throughout the year.

Intergroup - Issues and Problems

At the recent Region Ten Assembly in Sydney during October 2012, we expressed our need for a contacts list for male members of male members details as several male newcomers have been looking for other male contacts. In response the creation of this list has become an objective of the Region Ten Outreach Committee. Perth IG would like to express its thanks at this concern being heard and responded to. If you would like to contribute your contact details please email perth@oaregion10.org.

In service,

Perth Intergroup

YEAR OF ABSTINENCE AWARENESS (CONT)

and using the tools to do so.

As a Fellowship, we must do the same. OA’s current Strategic Plan has four main goals: strong meetings, public and professional awareness, committed service bodies and financial health. Abstinent members are both a prerequisite for and a result of these four goals. All of our actions, whether one-time or ongoing, are targeted toward the primary goal that every OA member will become

and remain abstinent from compulsive eating and carry the message of recovery to those who still suffer. Just as I as an individual must never forget the imperative that I stay abstinent, neither must we as a Fellowship ever forget our emphasis on abstinence.

Teresa K., Chair of the Board of Trustees

WEB/COMM REPORT

Greetings!

The Web/Comm committee (formerly Web/Tech) looks after the Region Ten website as well as supporting email communication between Region Ten reps and committee members.

Last year was a big year with the launch of the new-look website. This year we have built on that by adding better keywords and a site description to make it easier for newcomers to find us. We have also endeavoured to make it easy for people in our Region to find more stories of recovery by linking to eBook versions of the OA literature and podcasts on other sites. We have also uploaded information regarding fundraising materials for sale by Region Ten. These are available for purchase by contacting the Region Ten Treasurer. See the website for further details.

To view the site, visit: www.oaregion10.org. Please send your feedback to: info@oaregion10.org

Kind regards,
Kerry T. (Chair) & Maria B. (Webmaster)

YEAR OF ABSTINENCE AWARENESS

Excerpt from *A Step Ahead Newsletter*, Volume 17, Number 1. For the full article please visit www.aa.org.

As far as I know, the emphasis on abstinence in OA goes back to our earliest days. According to *Beyond Our Wildest Dreams*, the first written reference to abstinence was in a list of working tools compiled in August 1961 for the original West Los Angeles OA group. It became more widely known in May 1962 with the publication of the first issue of *OA Bulletin* (the forerunner to today's *Lifeline*).

Our founder originally defined abstinence as "three moderate meals a day with absolutely nothing in between" and "total abstinence from compulsive eating" (*Beyond Our Wildest Dreams*, p. 137). In 1988, delegates to the World Service Business Conference (WSBC) adopted our current policy statement on abstinence and recovery, amending it in 2002, 2009 and 2011. It states, "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is

the result of living the Overeaters Anonymous Twelve-Step program." Even earlier, our Preamble, adopted in 1984 and amended in 1990, states "Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer."

For years I have heard OA members declare that abstinence is the most important thing in their lives without exception. Others say that the relationship with their Higher Power is the most important. I see no real distinction between the two, because for me they are inseparable. Without a Higher Power, I cannot get or remain abstinent and without abstinence, I am unable to sustain a relationship with any Power or person.

So why the special emphasis on abstinence now? I don't believe OA has ever not emphasized abstinence or failed to carry that message. But in our planning, it must always take precedence. In my life, I commit to abstinence every day and plan the actions necessary to remain abstinent: working the Steps

BRISBANE REPORT

Number of groups: 22 (including a monthly sharing meeting held after Intergroup meeting). 3 groups appear on our meetings list because of proximity to Brisbane, but are affiliated with Sydney Intergroup because of geographic location in the State of New South Wales.

Approx. number of members: 130 **Loners:** 2

Intergroup Positions filled: Chairperson, Vice-Chairperson, Secretary, Treasurer, Region Ten Reps (2), World Service Business Conference Delegate (1), Events Co-ordinator, Literature Co-ordinator, Meetings List Co-ordinator, Newsletter Co-ordinator, Public Information Co-ordinator, Webmaster.

Vacant Positions: Telephone Co-ordinator

Intergroup Activities/Highlights:

- Two Region Ten Reps were funded to attend the Assembly & Convention in Sydney in 2012.
- Our annual Intergroup Convention was held from 2nd-4th November, 2012, at Alexandra Headlands on the Sunshine Coast. The convention was a success and a profit made for Intergroup.
- This year's Intergroup Convention will be held at Greenmount Resort on the Gold Coast. The date is yet to be confirmed - either one weekend in September or the second weekend in October.
- Our AGM will be held on Saturday, 2nd March, after our usual Intergroup meeting. All Intergroup positions will be declared vacant and up for election, in particular the position of Telephone Co-ordinator, which has been vacant for some time. A workshop will be held after the AGM titled "Get your Recovery Jumping", which will focus on abstinence and coincidentally tie in with the March issue of our Region Ten News Sheet. We will be using the notes from the Abstinence workshop that our Region Ten Reps brought back from Sydney in 2012.
- Intergroup has handed out our recently-developed Intergroup Rep Resource Kits to our existing Intergroup Reps and has a supply ready for any new ones.
- We have also updated our Intergroup Committee Position Descriptions and copies were circulated to each committee member, together with a copy of "Roberts Rules of Order". These are to be kept with each

BRISBANE REPORT (CONT)

committee member's folder and passed on to any incumbent Intergroup members after our AGM in March.

- For 7 months the groups were invited to discuss and report findings on a new topic each month relating to developing strong meetings. The aim was to gather information to help develop a Strong Meetings workshop as well as offering the groups the opportunity to look at the strengths and challenges within each group.

Intergroup Issues/Problems:

- The usual culprit - lack of Intergroup Representatives (IRs). We still only have approximately 4-6 IRs who attend our monthly meetings.
- We rarely receive reports, or hear from, our country groups. We had 2 regional meetings close before Christmas.
- Participation in the Strong Meeting Initiative has been poor.
- Our World Service Business Conference (WSBC) Delegate will not be able to attend this year's WSBC due to family reasons. We will still be looking at the Agenda Questionnaire for proposed bylaws amendments and new business motions at a special meeting set aside for this purpose on 26th January.

Public Information Highlights:

- Late last year we developed an introductory letter to go into our "Teen Kit". This was a locally-produced literature item and was approved by World Service Office. Our PI Co-Ordinator and one of our regional groups are currently trialing the Teen Kits in their local community.
- We had our "business cards" printed professionally late last year and these turned out very nicely. Some of these have been set aside for sale to our members for a small price and the remainder will be used for PI work.
- Our PI Challenges will be uploaded on to our website in the near future, so that groups and individual members can access these and carry on with PI work locally.

Lucy H & Noela M,

Brisbane Region Ten Representatives

ARCHIVE REPORT

Hello to everyone from the 'archives' – which may sound as if I am in the underground depths of the National Library surrounded by files. However, this is not the case. I am in the comfort of my lounge room 'surrounded by files'.

I must apologise for my late report this year, but I have been travelling with my job and not spending much time at home. As I have received very little to be archived in the last 12 months perhaps we need a reminder that nearly everything we produce can be of sufficient interest to be kept in our records. Also, original copies are preferable.

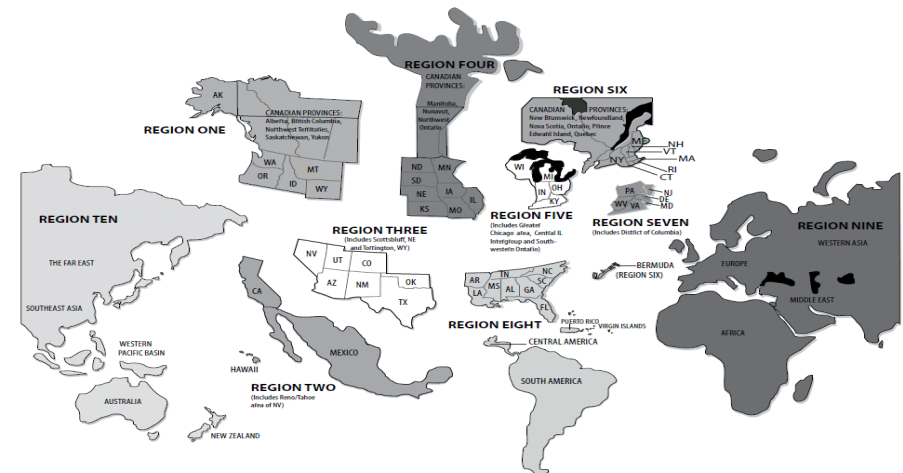
I am very grateful to have been given the opportunity for this service as it enables me to keep up to date with all that is happening in our Region, that is, as long as I receive all relevant information.

It is a privilege to be able to serve – as always

Anne B

Note: This report didn't make it in time to be included in the last 2012 issue. At Assembly and Convention we expressed our gratitude for the work that Anne does for the fellowship. Anne's contact details are printed in the service directory at the back of this News Sheet.

OVEREATERS ANONYMOUS REGION MAP



SOUND BITES FROM OVEREATERS ANONYMOUS

“Sound Bites from Overeaters Anonymous (OA)” is a new Internet radio show dedicated to educating people about recovery from compulsive eating using OA’s 12-step program. The archived, one-hour shows will be available at www.oa.org to listen to online or download. You are welcome to burn the free MP3 files onto CDs for your own use, public information or distribution to newcomers.

LIFELINE

Do you, or does your group, subscribe to Lifeline? Not only does this magazine offer one of the most effective means of carrying the message to the still suffering compulsive overeater, it is your meeting in the letterbox. It also provides OA members with a wonderful opportunity to give service and to enrich their recovery. For more information check out the OA website at www.oa.org.

Renew between January 1 and April 30, 2013, to become eligible into enter the draw to receive one of three great prizes:

- Grand Prize: \$100 credit for a group or service-body literature order
- Second Prize: 10 copies of the new *Abstinence*, 2nd Edition book for the winner’s group or service body
- Third Prize: \$25 credit for a group or service-body literature order

To renew, go to www.oa.org/lifeline-magazine

RECORDINGS AVAILABLE

“How it Works” - Canterbury Intergroup Workshop

16th March 2013

For details on how to get digital sound files please e-mail:

oaainfocanterbury@yahoo.co.nz

HAMILTON REPORT

Number of groups: 10

Approximate number of members in Service Body Area: 40

Service Body Positions: Chairperson, Secretary, Treasurer, Literature Co-ordinator, Public Information Committee and Retreat Committee. Region Ten Rep and WSBC delegate - when people are available for these two positions.

Intergroup Activities—Highlights

- Intergroup meets bi-monthly alternating between Hamilton and outlying groups. Intergroup meetings followed by a speaker meeting/ workshop. Day runs 9.30 -3.00pm. This continues to be successful in making more opportunity for many members to attend Intergroup.
- Mentoring new board members and interim board members ie members almost meeting the requirements for the position - very successful
- We participated in a number of expo’s in 2012:
 1. May 2012 - Women’s Lifestyle Expo with 10,000 attendees – Hamilton- this also incorporated large advertisements in the Waikato Times coinciding with the event
 2. November 2012 - Natural Health Expo - Hamilton
 3. Youth Health Expo’s at two Tauranga High SchoolsExpos this year 2013
 1. Have had a booth at the Mount Maunganui Summerfest a smoke free, drug free, alcohol free, music and fun day event geared to young people with 12,000 attendees
 2. Had the first of five Youth Health Expo’s at Tauranga High Schools this year, at a Maori full immersion school, years 7-12 (11-17 year olds)
 3. Will have a booth at the May Women’s Lifestyle Expo in Hamilton
 4. Are considering a booth at the Tauranga Women’s Lifestyle Expo in September
 5. Are considering again having a booth at the Natural Health Expo in November in Hamilton
- Had a front page article in the Waikato Times late 2012
- Classified advertisements in a Hamilton free newspaper
- Supermarket notice board notices throughout Hamilton city

HAMILTON REPORT (CONT)

- Annual meeting with Hamilton Dietician and her dietetic students at Wintec
- Library displays around the Intergroup area
- Annual retreat which has been held for the past 12 years
- Craft day making fundraising items for Public Information funds
- Each year Intergroup members meet to respond to the World Service Business Conference agenda questionnaire

We have been able to use the Region Ten pull-up banners at our recent expo attendances with great success.

We have been able to use the Region Ten pull-up banners at our recent expo attendances with great success. They are very worthwhile and help give a very professional look. They can also be read from quite a distance which is an obvious advantage. There does, however, need to be a "uniform way" of transporting the banners around New Zealand.

Intergroup Issues and Problems

- Filling service positions at Intergroup board level – members not meeting the requirements for the positions.
- Not enough sponsors.

Compiled by members of Hamilton Intergroup.

TOKYO REPORT

At present Intergroup is not meeting in Tokyo. There is at least one face to face group going well with about five regular members. There is also one thriving Skype meeting with regular members in China, the Philippines, South Africa, Germany, Malaysia, Singapore and Japan.

Compiled by Tokyo members

REGION TEN FUNDRAISING ITEMS

God Boxes	\$5 each
Book Marks	\$1 each
Assorted Book covers	Small \$10/Large \$15.00
7th Tradition Bags	\$7.50 each

For more information please contact thegettins@slingshot.co.nz

BANNERS

The Twelve Concepts of Overeaters Anonymous	\$30 each or
The OA Promises	\$50 per set
The Twelve Traditions of Overeaters Anonymous	\$30 each or
The Twelve Steps of Overeaters Anonymous	\$50 per set

Available from Sydney Intergroup

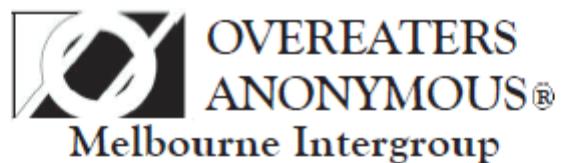
SAVE THE DATE!

Brisbane Intergroup Annual Convention

12th-13th October 2013

Greenmount Beach Resort, Eden Avenue, Coolongatta

More information to come soon



**OVEREATERS
ANONYMOUS®**
Melbourne Intergroup

on behalf of Region Ten invites you to

SAVE the DATE!

in 2013

The Year of Abstinence Awareness

Assembly: Wednesday 23 - Friday 25 October

Convention: Friday 25 - Sunday 27 October

Step aboard the good ship



as it docks at the 20th Annual Region Ten
Assembly & Convention in Victoria, Australia.

THE REGION TEN ASSEMBLY 2012 REPORT IS NOW AVAILABLE!

Includes:

- 2012 Group Reports
- 2012 Committee Reports
- 2013 Committee Action Plans
- Workshop Presentations including Region Representative Role Service and Carrying Our Message of Recovery
- Year of Abstinence Awareness
- Feedback from the Intergroup forum

Region Ten Reps please share this with your groups and help us to carry the message. For a copy please contact r10secretary@gmail.com

WHAT IS ABSTINENCE IN OVEREATERS ANONYMOUS?

Current Definition: In 1988, delegates to the World Service Business Conference (WSBC) adopted our current policy statement on abstinence and recovery, amending it in 2002, 2009 and 2011. It states, "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."