

# OA Desert Recovery

## SPECIAL CONVENTION EDITION



### Team Leaders

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**Assembly Liaison:** Roni B.

**Entertainment:** Michelle F.

**Hospitality:** Becki B.

**Program:** Richard F. & Emily R-S

**Publicity:** Ari K.

**Raffle:** Janis R. & Sheila A.

**Recording:** Bill B.

**Registration:** Jan F.

**Treasurer:** Barbara V.

**VDC:** Nan B.

**Web:** Beth M.

**Co-Chairs:** Jill S. & Michael A.

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### From the Co-Chairs

**We welcome you** to the Fall 2021 Region 3 C&A (Convention & Assembly) of Overeaters Anonymous!

It'll be an all-virtual Zoom event.

**Dates:** Friday, August 20 through Sunday, August 22, 2021

**Registration:** Click here to register: <https://oar3fall2021.org/>

### What is the Region 3 Convention?

The primary purpose of this Region 3 Convention is to promote recovery through the 12 steps of Overeaters Anonymous. Region 3 consists of seven states: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas and Utah.

Attached to this newsletter, you'll find a program listing all of the events, or you can find it on the website: <https://oar3fall2021.org/>

### The Convention Mission

1. Have an open, fun Arizona-themed convention and assembly where people feel safe sharing about recovery from compulsive eating.
2. Have attendees hear new things, see new things, and help individuals feel refreshed, enriched, and motivated to continue in recovery.
3. Provide connection and fellowship to all attendees, including OA newcomers.

### Featuring 13 Speakers—Here's a Peak:

**Keynote Speaker:** Scottsdale, Arizona

- 500 lbs. weight loss
- Been in rooms since 1979
- Current abstinence: 22 years
- Has led retreats across the country

# Act AZ If

August 20-22, 2021

## OA Region 3 Assembly and Convention

## Being on the Program Committee

How to properly capture all the functions of the Program Committee? Oh my gosh, almost impossible! There is so much planning, creativity, detail, and communication involved! As a "first time" committee member, I had no clue how much work and cooperative effort it takes to organize an OA Convention and Assembly.

Upon reflection, this has been my experience on the Program Committee:

**P-POSSIBILITIES** for sharing the OA message

**R-RECOVERY** energy fueling the committee's momentum

**O-OPEN MINDEDNESS** in sharing creative ideas

**G-GRATITUDE** for the members' collective talents

**R-RECEPTIVE** team to all input suggestions

**A-ACTION** in discussions, planning, and implementation

**M-MENTORING** kindness offered freely

-Cindy S.

**Panelist:** Chicago, Illinois

- 46 years in the program
- Lost 60 lbs. and has maintained that weight for 45 years

**Panelist:** Dublin, Ireland

- 100 lb. weight loss
- 5 years in program

**Workshop Leader:** Tucson, Arizona

- Been in program since 2009
- Lost 108 lbs.
- Has maintained healthy body weight for 10 years

We hope to see you in the Zoom rooms next month. Don't miss it! Our highest hope for everyone who attends: it will jump-start your recovery!

-Jill S. & Michael A., C&A Co-Chairs

## Hospitality Room

As we write this, we are remembering how much fun we have had planning the Hospitality Room for the Fall 2021 Convention. We would like to invite you to join us!

The idea behind a hospitality room is to have a place to meet with friends you only see at these events. Perhaps you want to chat with a sponsor about issues the workshops brought up. Maybe you're new to OA and want to know if it really works. Of course, sometimes we just want to visit with other members of OA about anything that comes to mind.

Come join us in the convention hospitality room for fun, conversation, and relaxation. See you there!

- The Hospitality Crew (Becki, Judy, Joanne, and Mary)

**Next deadline for submissions: July 30, 2021**

Theme: Spiritual Solution

Email

[happyjoyous@q.com](mailto:happyjoyous@q.com)

# We need volunteers!

[Click here to volunteer](#)

## Why attend Convention & Assembly in August?

- little cost for great recovery renewal—a small time and dollar investment yields an awesome outcome
- inspiration and motivation from the speakers and other participants who share, which can help members more fully implement their plans of action for remaining abstinent
- “seeing” fellows not since the last 'larger than a meeting' event
- winning raffle prizes
- options to attend a variety of speakers easily and taking bio breaks easily
- so affordable!
- spiritual growth and camaraderie
- getting a kick up in Program
- Being inspired and perhaps having a few “a-ha” personal insights
- connecting with fellow OA members who share the disease of compulsive overeating
- opportunity to hear speakers from outside Tucson

## Program Committee

Our committee started planning the program by brainstorming the theme of the Convention and Assembly: Act AZ If. We looked at program literature referencing the phrase **act as if** and devised a mission statement for our committee.

*Let your recovery bring you to the Arizona desert. If you are unsure, ACT AZ IF. Our Region III 2021 Convention & Assembly Program is built around four spiritual principles “act as if” suggests:*

- *Faith – believe it*
- *Honesty – reveal it*
- *Action – do it*
- *One day at a time – live it*

*Act as if there is a power that makes growth possible, and growth occurs. Flowers bloom, even in the desert. ACT AZ IF and let your recovery bloom!*

Our program is jammed packed with different formats—keynote speakers, panels, and workshops—all geared to bring our program of recovery to the next level. We also will be offering special focus OA meetings on the hour on Saturday to give participants a more intimate sharing experience.

Our speakers are from as close as down the road to all the way from Ireland! We have 12 speakers sharing their experience, strength, and hope with decades of program experience and hundreds of pounds lost.

We cannot wait to hear them share and to experience this amazing weekend together.

*-Richard F. and Emily R-S*

## Virtual Delivery Committee

During the summer of 2020 while the pandemic raged, the 2020 Convention and Assembly was forced to go virtual. That begged the question whether our 2021 event should be virtual as well. The Virtual Option Committee was then formed to research the merits and challenges of a virtual event. On August 15, the committee's recommendation to go virtual was enthusiastically approved by the full 2021 Convention and Assembly meeting. Yeah! Now what?

The Virtual Option Committee became the Virtual Delivery Committee, tasked with figuring out how to hold a virtual event. We've had a lot more time for planning and learning than the Phoenix group did, and we've been "acting as if" all along the way! We've discussed the Zoom setting for months, collaborated with other committees like Program and Hospitality, and made decisions and then reversed them.

We're pretty sure we know what we're doing by now (you can hold your opinions until after the event!). In fact, the committee members all said the best part of working on the committee was the learning opportunities and the opportunity to work with each other. Our hope is that all our "acting as if" pays off in the delivery of a great convention.

### Raffle prizes include:

- Getaways to La Jolla 4 Night and Oro Valley Weekend Getaway
- Family Memberships to Tucson Botanical Gardens and Reid Park Zoo
- 50/50 Raffle Giveaway
- OA Bundles of Recovery
- Virtual Somatic Experiencing Trauma Healing Therapy
- Haberlein Designs Teapot Bird Feeder
- Painted Bookmark
- Gift Cards to Novica.com and Amazon.com

### Raffle



During the Saturday dinner banquet at the 2013 Desert Recovery Convention and Assembly, we chose the winner of the 50/50 raffle, and when my name was announced, I was so excited. I am not particularly lucky in winning, but occasionally my name rises to the top, and I am chosen. A weekend of recovery and some extra dollars for my wallet, I felt blessed.

Even though this year's Act AZ If Convention and Assembly are virtual, there will be plenty of opportunities for you to be a prize winner. Check out our raffle link at [oar3fall2021.org](http://oar3fall2021.org), and buy your tickets for your favorite prizes. It is so easy and takes but a moment.



Tickets will be sold until 6PM on Saturday, August 21<sup>st</sup>, and then the winners will be announced. I'll be listening for my name, and you can listen for yours. Good luck!

*-Janis R. & Sheila A.*

### Registration

Hi, I am the Registrar for the Region 3 Fall Convention & Assembly. Now that registration is open, I find it so interesting to see where the people who are registering live. Of course, folks from all over Region 3 have registered, but so far we also have registrants from faraway states, including Illinois, Alaska, Washington, Nebraska, and Connecticut. I am really looking forward to seeing where new registrants live.

I am also looking forward to the convention itself. I know it will be a weekend filled with hope, recovery, and healing for all who attend. See you there!

*-Jan F.*

### Region 3 Assembly

The Region 3 Assembly is a semiannual business meeting of OA members and representatives. Intergroups elect Region Representatives from their membership to attend these. An Intergroup is formed when OA groups band together to form it.


Region 3 is currently one of 11 OA regions worldwide. Region 3 consists of 7 states: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas and Utah. Within these 7 states are 23 Intergroups.


**Please join us!**



# Act **AZ** if p r o g r a m



 Keynote Speaker

 Programs that run concurrent with other sessions  
(All times are Pacific time zone)

## FRIDAY, AUGUST 20, 2021

6:30 PM - 7:00 PM


Grand Opening

7:00 PM - 7:45 PM

 Keynote Speaker: Act AZ If

## SATURDAY, AUGUST 21, 2021

### Faith - Believe It

 9:00 AM - 10:15 AM

**Panel Session and Q&A**

From "Will Power" to "Higher Power"

 9:00 AM - 9:50 AM

**Special Topic OA Meetings**

Newcomer's

10:00 AM - 10:50 AM

Relationships and Trust

### Honesty - Reveal It

 10:30 AM - 11:45 AM

**Panel Session and Q&A**

Stuff My Face or Face My Stuff?

 11:00 AM - 11:50 AM

**Special Topic OA Meeting**

Recovery from Relapse

12:00 PM - 1:00 PM

**Lunch Break**

SATURDAY, AUGUST 21, 2021 - continued

## Action - Do It

⌚ 1:00 PM - 2:45 PM	<b>Workshops (two concurrent)</b> Trudge the Road of Happy Destiny
⌚ 1:00 PM - 2:45 PM	Persistence: Keep On Keeping On
⌚ 1:00 PM - 1:50 PM	<b>Special Topic OA Meetings</b> Body Image and Sexuality
2:00 PM - 2:50 PM	Men's Meeting

## One Day at a Time - Live It

⌚ 3:00 PM - 4:45 PM	<b>Workshops (two concurrent)</b> A Daily Reprieve
⌚ 3:00 PM - 4:45 PM	Desert Guide: Why Do I Need To Sponsor and Be Sponsored
⌚ 3:00 PM - 3:50 PM	<b>Special Topic OA Meetings</b> LGBTQ+
4:00 PM - 4:50 PM	Anorexia / Bulimia
5:00 PM - 6:00 PM	<b>Dinner Break</b>
6:00 PM - 6:45 PM	🎤 Keynote Speaker: Title TBA
6:45 PM - 8:30 PM	Raffle & Entertainment: Live Musical Performances, Comedian & DJ

## SUNDAY, AUGUST 22, 2021

9:15 AM - 9:45 AM	Guided Meditation
10:00 AM - 10:45 AM	🎤 Keynote Speaker: Take it Home - Work It!
10:45 AM - 11:15 AM	Invitation from Convention & Assembly
11:15 AM - 12:15 PM	Convention Wrap-Up

🎤 Keynote Speaker

⌚ Programs that run concurrent with other sessions  
(All times are Pacific time zone)

## Keynote Speakers

Friday 7:00 PM

Saturday 6:00 PM

Sunday 10:00 AM

## Raffle

Closes: Saturday, 6:00 PM

Drawing: Saturday, 6:45 PM

## Panel Sessions

A panel of speakers will focus on one of the steps related to the session's theme. Q&A will be included within the session.

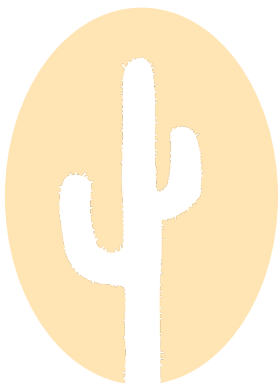


## Workshops

One or two OA members will present an interactive “how to” process on a specific step or tool related to the session’s theme. Workshops are intended to be more interactive than Panel Sessions and may include ‘breakout rooms.’

## Special Focus OA Meetings

Special focus meetings are intended to help members within our community connect with others who share similar experiences. These meetings will run concurrently with other sessions and start on the hour.



## Hospitality Room Hours

Friday 6:00 PM - 7:30 PM

Saturday 8:00 AM - 6:00 PM

Sunday 8:00 AM - 10:00 AM