

News Flash

This Special Edition of News Sheet NEWS FLASH brings you Region Ten Representatives' reflections on the recent Assembly, along with the latest Skype meeting list and two upcoming events.

Carrying the Message

At the Region Ten Assembly, Region Representatives were asked: What are the key messages we are taking away? Here are their responses...

The key message I am taking away from my time here is forget about yourself, get out there and help someone else and you will be taken care of. There are lots of amazingly talented people doing service in OA. We all have something to contribute. I do my bit and am grateful to others who do theirs.

It's never too soon to begin service. At any level it affords us an opportunity to grow and develop on so many levels. It may start with just arriving early to a meeting and helping to set up. This then follows on as we start to become aware of those around us and a feeling of belonging and a sense of purpose. I've heard that "service keeps you sober" but that would be short-changing myself. It is but a beginning and an opening into an undreamed of world with limitless possibilities and opportunities.

Assembly & Convention strengthens individual recovery through strengthening connections with individuals across the region - their commitment to their recovery is contagious! We are all in this together so we need to come together / be together to recover together. There are a lot of opportunities (i.e. work to be done!) so join us - plan now to be at R10 2016 A&C, either as a delegate or observer. It was fun! Can I go again? Will I go again? YES!

Carrying the message in Australia and New Zealand: gives new meaning to "Unity"! It brings a new freedom and growth to my soul. It provides me with more brothers and sisters in my family of choice.

There is strength in the worldwide fellowship of OA. There is a love of recovery, a depth of caring in Region 10 to see PA grow and flourish. There is a willingness to do the service necessary to make this happen. There is joy in Brisbane!

My need to personalise R10 so it has meaning and relevance to members - I wish I had taken photos so the assembly could become something others can visualise and relate to. For most it is a completely vague "thing" with no connection to them. Even better - a short video of a section of one of the sections.

News Sheet's primary purpose is to give members within the region information about service activities within the region.

Carrying the Message (Continued)

The best way to carry the message of OA is to be the message. Everyday show how grateful you are for a program like OA. To have the ability to share the message to compulsive overeaters and to practice these principles one day at a time.

There is so much to learn from my fellow OAs. I am so impressed with the time, care and attention given here to nurturing our fellowship. The unity of working together, respectful group conscience and commitment to primary purpose is inspiring. This is why service is of such benefit to all of us, I believe. What we do/have done here is good practice for my life!

This is an enormous privilege. I get to meet with people - hear their experience, learn new ways of doing things like instead of a business session, the three Fs: Fun, Fellowship & Focus (focus on a project) at IG then do business.

Service in Region 10 is rewarding because:

- ◆ it grows me; it teaches me tolerance and patience
- ◆ it gives me opportunities to practice the principles of the programme
- ◆ it expands my OA knowledge base
- ◆ I receive a sense of belonging within the fellowship
- ◆ it increases my OA support network
- ◆ it teaches me it is ok to make mistakes and be open

If you think Assembly is not for you - boring, irrelevant, you have got it WRONG. Assembly is a unique exciting experience of the OA programme, its' principles and concepts, in action. Seize the opportunity to attend. Seek the opportunity. Demand the opportunity at your intergroup. Ok you may have to be an attending member at intergroup. You will have to meet an abstinence requirement. That is, you may have to get serious about your programme. Well?? Carpe Diem!

*We are all in this together.
We recover together!*

You can start at the bottom with service and work your way up over the years. You will end up doing things beyond your wildest dreams. Encourage newcomers and sponsees to get involved at whatever level they are at so that they get to experience the rewards of doing service.

The work of Region 10 is worthwhile and rewarding personally and as a leader within my Intergroup. Taking time to understand how OA runs gives me the ability to focus on the importance of each newcomer and individual in the fellowship. I am grateful for the opportunity to serve at this level and to be blessed with strengthening my recovery in such a way.

The key message I am taking back to my intergroup from Assembly is that the OA fellowship my intergroup is connected to through Region 10. Region 10 and the fellowship further afield have a wealth of wisdom and support available, specifically for intergroups and their meetings. The purpose of this support is to carry the message of recovery as far and wide as possible.

Put Your Thinking Caps On!

News Sheet will be looking for a new name in 2016. Stay tuned for details of the competition in the next edition.

Prize: literature voucher!

Overeaters Anonymous

Christchurch Workshop

"There is a Solution"

on

Saturday, 19th March 2016
from 9.00a.m. to 4.00p.m.

at

Mary Potter Community Centre,
442 Durham Street North
(off Bealey Avenue),
St Albans, Christchurch.

Registration: \$5.00

For enquiries contact Di on (03) 389-3354
or email dicoockburn@actrix.co.nz

All Welcome

Overeaters Anonymous Hamilton Intergroup Retreat

Freedom



11th – 13th March 2016

Houchen House, Houchen Road, Hamilton

Full registration \$160 full weekend or
\$140 shared room (limited shared rooms available)

For registration forms and further details
contact Kate A.

Mob: 022 064 2186 Ph: 07 544 1213

E-mail: hamilton@oaregion10.org

SKYPE MEETING LIST

Region Ten hosted English speaking meetings valid from 5 October, 2015 - 3 April, 2016

Day & Meeting Number	Bangkok/ Jakarta Time	Singapore/ China Time	Japan Time	Australia (Brisbane Time)	Australia (Sydney Time)	New Zealand Time	Skype Name and Email
	GMT +7	GMT +8	GMT +9	GMT +10	GMT +11	GMT +13	
Monday (883397)	1:30PM	2:30pm	3:30pm	4:30PM	5:30PM	7:30PM	oa-pacific-rim outback.bridget@gmail.com
Tuesday (88302)	4:30PM	5:30PM	6:30PM	7.30PM	8:30PM	10:30PM	oaskyperoz oaskyper@gmail.com
Wednesday (—)	—	—	—	—	—	—	No meeting at present
Thursday (88393)	6:00PM	7:00PM	8:00PM	9:00PM	10:00PM	Midnight	oa.asia.pacific oa.asia.pacific@gmail.com
Saturday (88375)	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM	1:00PM	oa_gmtplus12_chch l.mclaughlan@xtra.co.nz
Sunday (88329)	4:00PM	5:00PM	6:00PM	7:00PM	8:00PM	10:00PM	oa.asia.pacific oa.asia.pacific@gmail.com

Red indicates the location where the Skype meeting is hosted.

SERVICE BODIES CONTACT DETAILS

AUSTRALIA

ADELAIDE

P O Box 206
Unley SA 5061
Phone: +61 8 8411 2814
Email: admin@oaaelaide.org
W/site: www.oaaelaide.org

BRISBANE

PO Box 15015
City East QLD 4002
Phone: +61 7 3030 3619
Email: secretary@oabrisbane.com
W/site: www.oabrisbane.com

MELBOURNE

GPO Box 1102J
Melbourne VIC 3001
Phone: +61 3 9521 3696
Email: admin@oa.org.au
W/site: www.oa.org.au

PERTH

Overeaters Anonymous
2 Delhi Street
West Perth WA 6005
Phone: +61 8 9420 7254
Email: Perth@OARegion10.org
W/site: www.oaperth.blogspot.com

SYDNEY

P O Box 35
Dulwich Hill NSW 2203
Phone: +61 2 9518 3004
Email: Sydney@OARegion10.org
W/site: www.oasydney.org

NEW ZEALAND

AUCKLAND

PO Box 90380
Victoria Street West
Auckland 1142
Phone: +64 9 376 3068
Email: aucklandoa@gmail.co.nz

HAMILTON

PO Box 19128
Hamilton Central 3244
Phone: +64 7 839 1599
Email: oahamigsecretary@gmail.com

CANTERBURY

PO Box 2451
Christchurch 8140
Phone: +64 3 365 3812
Email: oa.canterbury@yahoo.co.nz

WELLINGTON

PO Box 5332
Wellington 6145
Phone: +64 4 384 8821
Email: Wellington@OARegion10.org

JAPAN

International Intergroup

Deirdre
2-6-18 Moto Azabu, Minato-ku
Tokyo 106-0046, Japan
E-mail: ootokyo@gmail.com
W/site: www.oaintokyo.org

Language Service Board

Deirdre
2-6-18 Moto Azabu, Minato-ku
Tokyo 106-0046, Japan
E-mail: ootokyo@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

NEXT ISSUE DEADLINE

The News Sheet Volume 21 #1 is due for publication in March 2016
Reports are due from: The Board, Web/Comm Committee (including
Service Body Support Subcommittee), Adelaide Intergroup,
Hamilton Intergroup and Perth Intergroup.
Please send your reports to r10newsheet@gmail.com by the 26th February 2016.

SERVICE DIRECTORY

Trustee

Faith M
Email: r10trustee@gmail.com

Chair

Letitia McL
Email: r10chair@gmail.com

Treasurer

Sheryl H
Email: r10treasurer@gmail.com

Secretary

Lucy H
Email: r10secretary@gmail.com

Fundraising Committee Chair

Sheryl H
Email: r10fundraising@gmail.com

Webmaster

Maria B
Email: webmaster@oaregion10.org

News Sheet Committee

Alex M and Janelle M
Email: r10newsheet@gmail.com

Outreach / Professional Exhibitions Committee

Jean C
Email: region10outreach@gmail.com

Web/Comm Committee Chair

Les K and Melanie D
Email: info@oaregion10.org

Archivist

Cliff B
Email: r10archives@gmail.com

Australian Banker

Sharon P
Email: r10Aussiebanker@gmail.com

Bylaws Committee

The Board

Updated to reflect latest changes as per the Region Ten Assembly, 14-16 October 2015

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.