



**Overeaters Anonymous Region 2 2024
Spring Assembly
"Moving Forward in Service and Recovery"
March 22-23, 2024
Burlingame, California**

The OA Responsibility Pledge

Always to extend the hand and heart of OA to those who share my compulsion,
for this I am responsible.

R2 Purpose

- To promote unity within the Region
- To provide a forum for the exchange of ideas
- To be aware of and serve the needs of member Groups and Intergroups
- To carry the message of Overeaters Anonymous to the compulsive eater who still suffers

Please Print Out This Packet and Bring a Hard Copy with You to the Assembly

Overeaters Anonymous Region 2
4733 Torrance Blvd, PMB #335,
Torrance, CA 90503
www.oar2.org

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Hotel Information

Location: DoubleTree by Hilton Hotel San Francisco Airport, 835 Airport Blvd., Burlingame, CA 94010-9949 650-344-5500

Room Rate: Single/Double \$115.00 per night.

Reservation Deadline for Special Room Rate:
February 29, 2024.

Reservations: You register online for your Hotel Room at:

<https://www.hilton.com/en/attend-my-event/sfoaodt-spr-eec7ec6b-8e5c-4547-a2d2-c5c54fd5c727/>

Parking: FREE.

Airport Shuttle: Complimentary to/from the SFO Airport. The service runs every 15 minutes 5 am – 1am. The hotel shuttle stop is located on the Departures level at every terminal. The hotel shuttle is black and gold.

Please Note

- ✓ Review the business meeting times carefully and arrange your schedule accordingly so that you are present for all the business meetings.
- ✓ New Representatives (Green Dots) will have a mentor assigned to them prior to Assembly. Keep an eye out for emails with more information.
- ✓ Your IG cannot be counted if you are not present for roll call. Do not be late!
- ✓ Committee/Community Assignments are divided so that the region may have an equal representation of representatives in each group.
- ✓ The temperature in the meeting rooms varies from Too Hot to Too Cold. We suggest wearing layered clothing.
- ✓ Review duties & responsibilities of a Regional Representative:
oar2.org/regional-representative

Ask-It-Basket

During the Assembly, Representatives will have a chance to ask questions of the Region 2 Board and Trustee Liaison. Click here [Ask-It-Basket](#) to access the form.

Zoom Information

- ✓ There will be two Zoom rooms – the main one with all participants and a separate Zoom room for each committee/community meeting. This will allow for simultaneous, live Spanish translation.
- ✓ Zoom link for the main room will be sent out a few days prior to the Assembly. Please be on the lookout for the email.
- ✓ Zoom Etiquette: **You are not in the meeting if your camera is off.** Keep yourself muted unless speaking, select your correct language track, no personal chats, dress appropriately.
- ✓ Zoom best practices: Please update to the latest version of the app prior to attending Assembly to obtain the latest features and security measures. You also may need to restart your computer as well as clear your cache to minimize any problems.

Device Info for In-person

- ✓ Devices will be used to access Zoom for committee/community meetings, documents, and the Ask-It-Basket
- ✓ Internet access will be available. The password will be given out to attendees.
- ✓ Committee/Community meetings will be held in each group's Zoom room. Please check your emails for the appropriate links.

Financial Aid

- ✓ Does your intergroup need financial help to attend Region 2 assemblies or the WSBC?
- ✓ You have a few options that can help

make it possible for your Intergroup to participate. Go to [Financial Aid](#) and click on the applicable application, fill in the information, and click submit at the bottom of the form to send it to the R2 Treasurer, treasurer@oar2.org. Completed applications are due to the R2 Treasurer forty-five (45) days prior to the assembly. The deadline for this Assembly application is February 7th, 2024. Funds may be available after the deadline; however, it is not guaranteed.

Review Prior Assembly Minutes

- ✓ The minutes for the 2023 Fall Assembly are being presented for approval. The minutes may be found in the Appendix section of this packet. See the Table of Contents for the exact location. Please review and submit pertinent revisions, if needed to Secretary@oar2.org

Committee/Community Roster Form

- ✓ Please go to the [Committee/Community Roster Form](#) to enter your contact information for your committee membership. You can access this document individually, each on your own devices. This list will be shared with your other committee members as well as the Board. ***This is to be submitted prior to the end of the Assembly.***

Committee/Community Report Form

- ✓ Please go to the R2 Assembly [Committee/Community Report Form](#) to locate your committee form. Please fill this out before your final committee meeting ends. This form is filled out by the Committee Chair, Vice Chair, and/or Secretary with input from the group. This report will be shared with the Board. ***This is to be submitted prior to the end of the Assembly.***

Assembly Agenda

FRIDAY, MARCH 22, 2023/ VIERNES, 22 DE MARZO DE 2023

- 4:00 pm Region Rep Credentials Desk Opens
 - 5:00 pm Grand Opening of the Region 2 Assembly
Serenity Prayer; Welcome from the R2 Board
 - 5:15 pm Announcements
 - 5:30 pm Adjournment
- DINNER BREAK**
- 7:00 pm Pajama-rama Bingo! *For Representatives attending in-person*

SATURDAY, MARCH 23, 2023/ SÁBADO, 23 DE MARZO DE 2023

- 8:30 am Call to Order with Serenity Prayer
Introduce New Reps (Green Dots) / Assign Mentors
Acknowledge Retiring Reps
Readings: Assembly Rules and 12 Concepts
Roll Call: *Your IG cannot be counted if you are not present.*
Adoption of Previous Minutes
Announcements: 7th Tradition and Ask-It-Basket circulated
 - 9:15 am Ice Breaker
 - 10:00 am Board Reports
 - 10:15 am BREAK
 - 11:00 am Committee/Community Meetings: *Your Board Liaison will direct you to your meeting space*
- LUNCH BREAK**
- 12:00 noon Lunch with Guest Speaker
 - 1:30 pm Call to Order with Serenity Prayer
WSBC Announcement
Region 2 2024 Events Calendar
Reminders: 7th Tradition and Ask-It-Basket
 - 1:45 pm New Business
 - 2:15 pm Committee/Community Meetings: *Your Board Liaison will direct you to your meeting space*
 - 3:00 pm Presentation: *Fellowship Forward: Assembly Realignment Project*
 - 3:45 pm BREAK
 - 4:00 pm Committee/Community Reports: *Diversity, Convention, Intergroup Outreach, Public Information, & Twelfth Step Within*
 - 4:45 pm Intergroup Positive Pitches
 - 5:15 pm Closing Ceremony for the 2024 Spring Assembly *Moving Forward in Service and Recovery*
 - 5:30 pm Adjourn

Board of Directors

Jeremiah Allen, **Chair**
chair@oar2.org
415-852-1800 (c)

Lynn Knott, **Treasurer**
treasurer@oar2.org
650-580-9899 (c)

Bryan Vanderveer, **Vice Chair**
vicechair@oar2.org
909-936-0439 (c)

Frank Patti, **Events Coordinator**
events@oar2.org
949-842-3454 (c)

Cindy Lepley, **Secretary**
secretary@oar2.org
760-409-2491 (c)

Marjorie Donovan, **Publications Coordinator**
publications@oar2.org
559-273-8560 (c)

Trusted Servant

Michael Koechner, **R2 Trustee Liaison**
trustee@oar2.org
720-879-4618 (c)
*Mountain Time

Helpful oa.org sites

1. News and Events <https://oa.org/news-events/>
2. Event Calendar <https://oa.org/event-calendar/>
3. Lifeline Blog <https://lifeline.oa.org/>
4. Document Library <https://oa.org/document-library/>
5. How to be an effective trusted servant
<https://oa.org/app/uploads/2021/09/how-to-be-an-effective-trusted-servant.pdf>

Chair Report by Jeremiah A.

Since we met last fall, the Region 2 board has been hard at work continuing the business of the region. Not much time passes between our Fall and Spring assemblies; but we have used this time onboarding our new board members, advancing key initiatives, participating in crucial meetings, finalizing contracts, and solidifying commitments to ensure the success of our upcoming R2 events and assemblies.

At our last board meeting, we finalized our theme for 2024, Moving Forward in Service & Recovery. This theme signifies the proactive progression and improvement in both service-oriented practices and the process of recovery at the region level; indicating a commitment to continual advancement in these areas. Using that as a guide, my Core Initiatives as R2 Chair for 2024 are:

- Outreach to Isolated & Absent Areas
- Increase R2 Meeting Affiliation
- Digital Accessibility of oar2.org
- Cultivating Space for Personal Recovery

Beyond my service in Region 2, I serve as a member of the Region Chairs Committee (RCC). This role affords the opportunity to collaborate with and learn from my fellow Region Chairs worldwide. Our purpose is to meet with the other Region Chairs and the Board of Trustees (BOT) in order to discuss how we can best carry the message of OA in our Regions, to consider any concerns we may have and try to support each other in carrying the message and resolving those concerns. My role on the RCC has expanded this year, as I will lead the RCC in its annual Forum, to be presented at the 2024 WSBC this upcoming May. If your Intergroup does not currently have a WSBC delegate(s), I'm happy to attend your upcoming Intergroup meeting to speak more on the role, and the benefits to your Intergroup having this critical voice at the conference.

The RCC & BOT are steadfast in our alignment of our strategic plans; developing new methods to attract and engage our fellowship in the areas of Service, Sponsorship, and Diversity. We have begun this important work, which will see phased rollouts of initiatives later this year.

Also later this year, Region 4 will disband. The decision was based on a persistent and critical drop in service structures throughout the region. Despite efforts, R4's intergroup count steadily declined, and many service positions, including key positions for boards and committees throughout the region, went unfilled.

It is difficult to watch the situation unfold in R4 and not see the comparisons within R2. Our region has made great strides in recent years, but it is not immune, and is experiencing many of the same shortfalls as R4. R2's overall meeting count is declining, as are our overall Intergroup numbers and Affiliated Meetings. Financial contributions have slowed. As of this writing there are currently four of our 30 Intergroups in active discussions of merging due to many of the same reasons R4 is disbanding. I've participated in over 50 local Intergroup meetings throughout Region 2. There are unique challenges to each Intergroup, but throughout, I've observed a fellowship that is engaged, looking for inspiration, and available and ready to mentor the next group of service persons to step into service.

These lessons are a sobering reminder that in order for Region 2 to thrive, we must go to any lengths for our recovery. A strong region is composed of strong intergroups, who are composed of strong meetings, who are composed of persons with strong personal recovery. We achieve a thriving region by supporting our local land-based intergroups with our service, our commitment to regularly attending face-to-face meetings, and our financial contributions.

What are the ways you can actively contribute to the ongoing progress and enhancement of service-oriented practices and recovery processes within your local intergroup level?

In gratitude & service,

Jeremiah A.
Region 2 Chair
Serving the Pacific Southwest
CA, No. NV, HI, & MX
TEL | W/app 415.852.1800

Vice Chair Report by Bryan V., Liaison to the Diversity Community

Excitement builds as the date of the 2024 Spring Assembly comes near, to be elected as your Vice Chair has been an honor. The sense of home I felt in attending the 2023 Fall Assembly was comforting and familiar - serving in the Twelfth Step Within Committee from 2017-2021, I am overjoyed to be serving back into this space. Fulfilling the Vice Chair Duties as assigned, I am getting my legs into the rhythm of this service work - gaining access to the R2 Vice Chair Email Account and responding to inquiries related to the R2 Speaker List. More than clerical - it is an opportunity to get to know this fellowship and fall in love with the meetings that call Region 2 their home.

I am also working with the Virtual Region to help update and condensed the R1 and R6 Service Body Renewal documents. The resultant document will include diversity support, a resource guide, and be used for training OA members to lead Service Body Inventories and Renewals. Service has been a topic of focus for the last several years - and strengthening our service structure - starting at the meeting and Intergroup level is vital. I am happy to bring what results from this to the R2 Board!!

I enthusiastically wait to see you all!!!

-Bryan V.: Region 2 Vice Chair

Secretary Report by Cindy L., Liaison to the Bylaws/Reference Committee

Welcome to Region 2 Spring Assembly 2024

I am honored and privileged to represent Region 2 as your Secretary. Since my election in the Fall of 2023, I have familiarized myself with historical reference material so that I may better serve the membership.

I previously served on the Bylaws committee. I look forward to serving as their liaison.

In November I was able to assist our publications board member, Margie, in presenting a Traditions Workshop for San Gabriel Valley Inland Empire

Intergroup. I always feel growth whenever I touch the traditions. I feel confident that I learned something with this experience and hope those who attended were able to take something away as well.

Service, being one of our many tools, has always been a touchstone in my recovery.

In love and service,

Cindy Lepley

Treasurer Report by Lynn K., Liaison to the Public Information Committee

Wishing everyone in our region the very best for a new year in fellowship and recovery. I am pleased to

provide the following as part of our Spring Assembly Packet:

- 2023 Budget to Actual Year End Financials
- 2024 Budget as Approved by the Assembly in October of 2023
- 2024 Service Body Contributions Report as of 12/31/23

With the bookkeeper off-boarding in October, I have transitioned to handling both the Accounts Payable

side of the financials, along with making bank deposits of checks and reconciling the online

contributions. Other activities since our last meeting included and ongoing:

- Negotiating the 2024 Agreement between R2 and Ripple Effect Communications
- Assisting the Events Coordinator with hotel contract amendments at our Assembly Hotel
- Finalizing 2024 Convention AV contract for our third hybrid convention
- Assisting in Finalizing of 2024 Convention Hotel Contract
- In Process: Year End work for Tax Prep and 1099's for our vendors
- In Process: Filing our year-end Sales Tax with the state of California
- Finalizing and supporting IG's with WSCB funding applications
- Fielding questions and concerns
- Assisted with Facebook content, coordinated handing off Facebook management to our new PI Committee Chair, Cleo!
- Preparing Convention Point of Sales Materials/Training to be completed after Spring Assembly

Special Notes:

- You should have all received communication regarding our registration fees for 2024, and registration process. Please feel free to reach out directly as soon as possible via the Financial Aid Page.
- Financial Aid is also available through IFAP for mileage and Assembly Scholarship funds. Take advantage of this under-utilized budget!

- As the 2025 WSBC Delegate Support Fund Application deadline closes right after our Fall Assembly, it's important to start the process as early as possible so we can be sure you have what you need to complete your forms properly. Contact me directly if you have questions

- Don't see your service body contributions on the 2023 final report? Contact me directly so we can locate it and apply it to your Intergroup.

Thanks so much for your participation in Region 2 as a representative and committee membership; you are helping to shape the fellowship as we hopefully grown in numbers and recovery within Region 2; we couldn't have achieved our many milestones without you!

Lynn K.
Region 2 Treasurer
treasurer@oar2org | (650) 580.9899

Events Coordinator Report by Frank P., Liaison to the Convention Committee

Welcome to the Spring 2024 Assembly!

It's so great to be taking my service to the next level of our organization and bringing my skillset to the Region 2 Board. Thank you for electing me to this role. Since we last met:

Worked in tandem with the 2024 Region 2 Convention Chair & Committee teams. A walkthrough of our Host Hotel venue was completed, and all applicable agreements formalized! I'm looking forward to seeing you all in. Additionally, I've been working with the R2 Board in onboarding into my new role:

Interactions with the 2024 R2 Program team on multiple occasions.

Initial engagement with the 2025 Region 2 Convention Team, with ongoing tasks.

Participation in several LAIG Birthday Party Team Meetings.

Participating in R2 Board meetings and communiques

Working on the hotel contracts for our ongoing R2 Assemblies at Burlingame Hilton.

Coordination with board members, paid workers and our volunteers on tutorial/training sessions on various platforms and tools.

In Service,
Frank P.
Events Coordinator, Region 2

Publication Coordinator Report by Marjorie D., Liaison to the Twelfth Step Within Committee

Hello, Region 2 Representatives and Intergroups!

Here are some of the things that I have been working on since we gathered in October for the Fall Assembly.

Worked closely with the Twelfth Step Within Committee to put on a successful event that was held Dec 9, 2023

Added Thumbnails of approved events to our Web site, creating a vibrant visual with a direct link to the event's web page. This will add support and enthusiasm for the events.

Prepared and presented a Service, Traditions, and Concepts Workshop via Zoom with R2 Secretary, Cindy L. to the San Gabriel/Inland Empire Intergroup (SGVIE)

Filed the renewal and received approval for R2 usage of the WSO logos. This is renewed every two years. Go here at WSO to download the latest version for your intergroup WSO logo request form It call also be found by searching the document library <https://oa.org/document-library/>

Added events as approved to the website.

When events are submitted through the add event feature on our website, they are now automatically sent to Events for the website and the Social Team from Public Information to be added to Facebook.

Responded to WhatsApp texts as needed

Responded to emails as needed

Transferred setting up translation services requests to Cindy L., R2 Secretary

Prepared the Spring 2024 Assembly Packet with the theme, Moving Forward in Service and Recovery

Please note – events can only be added by going to <https://www.oar2.org/add-event.html> Please do not email me directly or send me an attachment through WhatsApp or Messenger. Your cooperation is appreciated!

Please feel free to reach out to me if you have any questions or items that you would like to discuss.

With OA love,

Marjorie

Publications@oar2.org, 559-273-8560 voice/text/WhatsApp

Region 2 Trustee Liaison Report by Michael K., Liaison to the Intergroup Outreach Committee

As of the writing of this report (1/23/24), there is not much to report. The next full Board of Trustees meeting will be held via Zoom on February 16-17, 2024. The agenda has not yet been finalized and once the meeting has been held, I will provide a more detailed report on the proceedings.

The World Service Business Conference will be held at the Albuquerque Marriot Pyramid N, 5151 San Francisco Road NE, Albuquerque, NM 87109 from May 7-11, 2024. Room rates for double/single are \$184 (room cost plus taxes) per night and \$10 extra per night for more than 3 per room. Please call 800.262.2043 to make reservations and state it is for the Overeaters Anonymous World Service Business Conference.

Intergroups are required to have their questionnaire completed and sent to WSO by March 7, 2024, 11:59 p.m. Mountain Standard Time. There are 5 or 6 proposed new business items and 15 bylaws amendments which could be considered for the 2024 WSBC Agenda. Even if your intergroup will not be attending the 2024 World Service Business Conference, your intergroup's input can help decide what should be discussed at the conference.

It is highly suggested that OA members read the topics which could be discussed at WSBC 2024 and the member can then let their respective intergroups know what items they would like to have discussed. All the information can be found on the oa.org website. In the menu type in the words 2024 World Service Business Conference and at the bottom of the page it will have the source documentation for both the proposed new business motions and the proposed bylaws amendments.

Thank you for allowing me to be of service to Region 2. I enjoy working with the Region 2 Board to assure the continuation of carrying the message to the still suffering compulsive overeater.

In loving service,
Mike Koechner
Region 2 Trustee Liaison

Bylaws and Reference Committee Report

The Bylaws Committee that convened at the fall assembly was brought up to speed on using Google Docs by one of its members. This enabled the committee to work collaboratively on their proposed updates to R2 Bylaws and the Policies and Procedures manual. Some of these motions are included in this packet and there may be more from the floor.

Diversity Community Report

Diversity Community Report for Spring Assembly, 2024
Chair Leadership Team diversity-chair@oars.org
Board Liaison Brian V.

The Diversity Community met numerous times in advance of the Fall Assembly to prepare for our Diversity and Inclusion Survey Virtual Workshop with Spanish Interpretation. Much effort was expended by team members to translate the results into Spanish. At the assembly, new members introduced themselves and talked about their experiences with Diversity and

Inclusion. We were heartened by the due process that was given our motion to change language in the Policies and Procedures Manual. We were delighted to have it be passed and humbled by the support we received from the representatives. Our hope is that the language additions will support our common desire for robust fellowship service commitment.

The Diversity and Inclusion Survey Virtual Workshop with Spanish Interpretation was held on November 18th from 1:00pm to 4:00pm. There was positive feedback about the event.

In our December meeting, we debriefed on the workshop. It was a learning experience having Spanish interpretation and working within the limits imposed by Zoom technology. We also discussed ways to continue distributing more survey findings and plan to take up the issue in the new year. In the meantime, we have this space at the end of the year to rest and reflect.

Intergroup Outreach Committee Report

In 2024, the Intergroup Outreach committee will continue hosting the Social Network Hour. Please see [our committee website](#) or the Events email for details and Zoom information.

Public Information Committee Report

Public Outreach Committee Jan 2024 Report

New Chair's name: **Cleo G**

Vice Chair's name: **Curtis B**

Secretary's name: **Cheryl AD**

Accomplishments:

- 1) Successfully transitioned management of OAR2 **Facebook Page** from OAR2 to OAR2 PIPO Committee
- 2) Established OAR2 PIPO **Social Networking Subcommittee** to manage R2 Facebook Page and other social networking

Current Committee Goals

- 1) Obtain copies of new Public Information Handbook and review in order to better assist Region 2 and R2 Intergroups
- 2) Post on FB every day – repost other IG/Region's posts
- 3) Identify and involve English language editors for Facebook posts
- 4) Respond to FB inquiries using the FB email social@oar2.org for all social media questions/submissions
- 5) Review the Progress Report produced by the media company managing OAR2 Media Plan

Future Committee Goals

- 1) Set up Instagram and Posting on Instagram simultaneously with FB
- 2) Support R2 Intergroups that want to do PIPO, but don't have volunteers
- 3) Disseminate PSA's in other ways, such as, Instagram, local radio stations, local colleges, intergroups for their page
- 4) Explore ways to carry the message to the professional community, such as, panels at medical/behavioral health agencies

Current Projects Underway

- 1) [Facebook campaign](#)
- 2) [Public Outreach Training FB/Canva training for creating post](#)

Twelfth Step Within Committee Report

We worked as a team to produce a Twelfth Step Within Speaker workshop on December 9, 2023. We had three speakers, 1 Spanish speaking and 2 English speakers sharing their experience, strength, and hope and highlighting their recovery after relapse. There was also time for questions and open sharing. Based on the success of this workshop, we will be staging another one this coming December. We learned a great deal about having live translated events. We're grateful for the translations as it helped us to reach more members as well as allow us to have a more vibrant committee.

We utilized WhatsApp to stay in contact between meetings. It has been an excellent form of communication. We also created bonds as a team and supported each other. We would like to thank our chair, Marc, for his leadership, training and supporting the team. We'd also like to make a special shoutout to our outgoing secretary, Marci.

Motions

Motions to amend the Policy & Procedure manual or other new business motions are eligible to be presented at the assembly.

[Motion Form](#)

- See Section III. REGION 2 ASSEMBLY RULES for instructions on how motions are presented at the Assembly. (Page 2 of the Policy & Procedures manual.)

Motions to amend the Bylaws must be presented prior to the Assembly.

- See ARTICLE XVIII- Amendments to Bylaws for a detailed explanation. (Page 14 of the Bylaws)

Region 2 Assembly Rules

1. In all deliberations, the group conscience is more important than the technicalities of the actual motion.
2. Roll call will be taken at the beginning of each business session in order to establish a quorum.

3. Rules for Limited Debate

- a) Present the matter to be voted upon. This can be a motion, an amendment, or any piece of business. Motions must be in writing. Three (3) copies – all to the Secretary.
- b) The discussion will be limited to three speakers maximum for each side, pro & con, per motion. Two speakers maximum are permitted for each side, pro & con per substantive amendment.
- c) All speakers must speak from the front of the room, in person, or when called on in a virtual setting.
- d) The purpose of each proposed amendment to the bylaws or proposal is to be clearly verbalized by the proposing body.
- e) To provide the opportunity for as many different Representatives as possible to speak during the assembly, a Representative may not speak on two consecutive motions if there are three others who wish to speak on any main motion or two on any other.
- f) If more than three people wish to speak on one side of an issue, they will select among themselves the three to represent them.
- g) Pros will line up on one side of the room with the Cons lined up on the opposite side of the room, in person, or when called on, in a virtual setting.
- h) One pro and one con speaker will be heard before questions are asked on business motions.

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staff and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. No OA member shall ever be placed in a position of unqualified authority;
 - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. No service action shall ever be personally punitive or an incitement to public controversy; and
 - f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

UPCOMING DATES

- Jul 12-14, 2024 - R2 Convention in Sacramento Valley! *Hybrid*
 - Location: Hilton Sacramento Arden West, 2200 Harvard St., Sacramento, CA
- Aug 7: R2 Committee reports for the Fall 2024 Assembly due to Board Liaison
- Aug 12: Deadline to receive proposed amendments for the Fall 2023 Assembly to the Bylaws
Chair@oar2.org
- Sep 11: Financial Aid forms due to the Treasurer <https://www.oar2.org/financial-aid.html>
- Oct 25-27: Fall 2024 Assembly Dates *Hybrid*
 - Location: DoubleTree by Hilton Hotel San Francisco Airport, 835 Airport Boulevard, Burlingame CA
- The 10th of each month is the deadline for service bodies to apply for funds to participate in a trade conference or a convention for professionals who may refer patients and clients to OA.
[Professional Exhibits Fund App/ Aplicación de fondo de exhibiciones profesionales](#)
- Last day of each month - Apply for Translation Funds [Translation Funding App/ Aplicación de financiación de traducción](#)



July 12-14, 2024
45th Annual R2 Convention
Overeaters Anonymous
Sacramento, CA

Workshops, Speakers, Fun & Fellowship
Beyond Our Wildest Dreams

Newly Renovated Hilton Sacramento Arden West
Affordable Rooms, Meals Available at Cost

For More Info and to Register go to OAR2.org

[2024 R2 Convention](#)

Would you like to help carry the message?

- ❖ Request these postcards for handing out at your meetings or intergroup events.
Contact: Joel (916) 397-8276
- ❖ Suggest speakers or workshop topics. Contact: Curt - CurteousB@gmail.com
- ❖ Intergroups and/or meetings are invited to host coffee hours (\$125).
Contact: caryhh2002@yahoo.com
- ❖ Sign up to volunteer when you register for the convention: oar2.org
- ❖ Donate Opportunity Drawing gift baskets, items, or \$ (value \$100-200+).
Contact: Nancy Mc (916) 698-0541
- ❖ Practice the R2 Convention Sing-Along

*Reach for OA (you've got to follow follow) Reach for OA
We have E-VER-Y-THING
For you all to enjoy
You can hang out with abstinent folks*

It works if we all work it!

APPENDIX

2023/2024 ASSEMBLY ROSTER/ROLL CALL

INTERGROUP	WSO IG#	# OF GRPS	Allowable # of RRs	FALL 2023 Sat In Person	FALL 2023 Sat Virtual	FALL 2023 Sat TOTAL	FALL 2023 Sun In Person	FALL 2023 Sun Virtual	FALL 2023 Sun TOTAL	SPR 2024 Sat In Person	SPR 2024 Sat Virtual	SPR 2024 Sat TOTAL
CA Central Coast	9222	13	2	0	0	0	0	0	0			
Channel Islands	9068	9	1	0	1	1	0	1	1			
Comité De Companeros De Aoyo OA	9667	0	0	0	0	0	0	0	0			
East Bay Unity IG	9100	48	5	0	2	2	0	2	2			
Foothill	9003	19	2	1	0	1	1	0	1			
How-OA No. CA	9331	14	2	2	2	2	2	0	2			
Inland Empire	9492	21	2	0	2	2	0	2	2			
Intergroupal Mexico City	9329	305	31	1	7	8	1	8	9			
Kern County	9326	7	1	0	0	0	0	0	0			
Lake Chapala	9651	2	1	0	0	0	0	0	0			
Lake Mendocino	9301	1	1	0	0	0	0	0	0			
Los Angeles	9004	75	8	0	2	2	0	2	2			
Marin County	9083	9	1	0	0	0	0	0	0			
Mid-Peninsula	9294	21	3	1	1	2	1	1	2			
Monterey County	9356	5	1	0	1	1	0	1	1			
Northcoast	9434	4	1	1	0	1	1	0	1			
OA Hawaii	9111	13	2	1	0	1	1	0	1			
Orange County	9005	42	5	3	0	3	3	0	3			
Sacramento Valley	9012	40	4	1	0	1	1	0	1			
San Diego County	9007	41	5	2	1	3	2	1	3			
San Fernando Valley	9008	38	4	0	1	1	0	1	1			
San Francisco	9071	30	3	1	0	1	1	0	1			
San Gabriel Valley/Inland Empire	9009	24	3	0	1	1	0	1	1			
San Joaquin Valley	9013	10	1	0	1	1	0	1	1			
Santa Cruz County	9267	17	2	1	0	1	1	0	1			
Silicon Valley	9020	37	4	1	0	1	1	0	1			
Sonoma County	9245	16	2	0	0	0	0	0	0			
South Bay	9010	28	3	1	0	1	1	0	1			
Unity W/Diversity Desert	9494	7	1	1	0	1	1	0	1			
Valley Sierra OA/HOW	9599	5	1	0	0	0	0	0	0			
Unaffiliated Groups		55		0					0			
TOTALS:			102	18	21	39	18	21	39			
Total No. of Intergroups	30											
Total IG.s Represented						22			22			
Quorum (30% of IG.s)	10											
Region Board				1		1	1		1			
Chair				1		1	1		1			
Vice Chair				1		1	1		1			
Treasurer				1		1	1		1			
Secretary				1		1	1		1			
Publications				1		1	1		1			
Events				1		1	1		1			
Non-Voting Attendees												
Trustee Liaison				1	0	1	1	0	1			
Alternates				0	0	0	0	0	0			
Visitors				1	4	5	1	4	5			
Parliamentarian				0	0	0	0	0	0			
TOTALS				2	4		2	4				

Region 2 Fall Assembly Minutes

Saturday, October 23, 2023

8:30am to 5:30pm

Sunday, October 24, 2023

8:30am – 12:00pm

FRIDAY, OCTOBER 27, 2023; VIERNES, 27 DE OCTUBRE DE 2023

5:00p Grand Opening of the Region 2 Assembly

Welcome from the R2 Board and Announcements

5:30p Adjournment Followed by a “we are not a glum lot” outing for those who wished to go bowling

7:00p OA Meeting *The Orange Meeting*

Hosted by the *Orange County Intergroup*

SATURDAY, OCTOBER 28, 2023, SÁBADO, 28 DE OCTUBRE DE 2023

7:00a OA Meeting Speaker OA Español Meeting

Hosted by the Silicon Valley Intergroup

8:30a **Call to Order**

3 Minutes of Meditation

Readings: 12 Concepts and Assembly Rules

OA Responsibility Pledge and OA Unity With Diversity Policy Statement

Introduce Region Board New Reps (Green Dots)

Roll Call: 22 intergroups represented out of 30 intergroups in Region 2 (73%)

Attendees: In person 18 Virtually 20

All six board members present 5 in person 1 Virtually.

1 Trustee Liaison in person

5 Visitors, 1 in person, 4 virtually

Ask-It-Basket circulated

MOTION #1 Adoption of Previous Minutes

The English Minutes were updated with an addendum to the website as it was discovered that they were incomplete as posted in the packet. A revised copy of was emailed out to the RRs in October. The Spanish packet always had the complete minutes. The motion passed.

9:15a **Icebreaker**

9:45a **Board Reports**

7th Tradition announcement

- Chair: Jeremiah A.
 - Merging of IG, like SACO, if you need support please contact.
 - Breaking Through Isolation From: Neurodivergent Individuals and make it accessible and sharing the knowledge.
 - Region 4 is in the process of dissolution. Service is the keystone to our program
 - Region 4 consists of IL with the exceptions of the Chicago and Central IL IGs, IA, KS, MN, MO, NE, ND, SD, Manitoba, NW Ontario, and the Territory of Nunavut. Each IG will be voting to decide what region they would like to join.

- Vice Chair: Sonia R.
 - Grateful that I was able to work with the Region 2, I have learned many things and helped with Mexico
 - I hope to be united with all of you in person next year
 - My service is my recovery
- Secretary: Ken Flaviano N.
 - I love you all
- Treasurer Report: Lynn K.
 - Bookkeeper duties
 - Financial Aid
 - Travel Scholarships Mexico and Hawaii
 - Public Information handed off responsibilities of FB
 - Working on updating the report on meeting donations. Instructions given on how to correctly make donations on the R2 website.
 - Bookkeeping position has been assumed by Treasurer saving the region the Bookkeeper Pay: \$30/ hour part time.
 - Sending a communication on PI activities and costs
 - The contributions will be updated by the November 15th
- Publications Report: Marjorie D.
 - Go to oar2.org. There is a symbol of a person moving in a wheelchair. We now have an accessible website for ADA. This was updated and will be maintained by an outside company.
 - If you have access to Microsoft Word, there is a robust capability for translation.
 - DeepL is a free website and app that also has robust translation.
 - Suggest making a What's App group to chat and stay in contact between committee meeting. This will be helpful when meetings are less frequent.
 - When Daylight Savings ends, Mexico City will revert to 2 hours head. Hawaii will be 2 hours behind from Pacific time.
- Events: Lynn H.
 - Convention, which is ongoing, and would love to have support when you can
 - Events coordinator job has been able to increase their scope of work
 -
- Trustee Liaison: Michael K.
 - From Denver. CO and was assigned to Region 2
 - \$220,000 deficit funds for WSO Budget, and will be taking look at
 - We need to move in the direction of technology, and it costs money.
 - A new PSA has been completed and instituted by the end of year. 30 second, 60 second, and 90 second options
 - Website Review Committee, Public Awareness Committee (Trade Shows)
 - Theme of 2025 World Service Convention is "We ALL Belong: Welcome to OA"
 - What is Desi?
 - Any one from the Asian Diaspora is welcome
 - Desi is term to describe persons, items, and culture from the Indian subcontinent or anyone of that diaspora. 10:00a Intergroup Positive Pitches - Celebrate your Intergroup at Region!

10:15a BREAK

10:30a Committee Meetings Check with your Board Liaison for assigned meeting location

- Committee memberships were equally assigned so that we can have balanced representation. This was determined at the Board's Discretion.

12:00p Lunch with Guest Speaker

1:30p **Call to Order**

Ask-It-Basket

Convention 2024 Report Barbara, Sacramento Valley Intergroup

- Make copies of the logo and feel free to share
- Building of this year's convention and pass onto the next convention
- Silent Auction for baskets/ program stuff/ movie nights/ spa things/ etc.

1:45p **Committee Meetings** cont.

2:15p **New Business**

Motion 2: **Move, per Bylaws ARTICLE X, Section E. to rename the Bylaws Committee to Bylaws and Reference**

Motion Carried

Motion 3: **Move to modify Policies and Procedures Manual, Section VII, Item D, Number 1, to rename the Bylaws Committee to Bylaws and Reference**

Motion Carried

Motion 4: **Move to modify Policies and Procedures Manual, Section VII, to rename the Bylaws Committee to Bylaws and Reference and delete the Young Persons Committee.**

Motion Carried

Motion 5: **Returned to the Bylaws and Reference Committee**

Motion 6, 7, and 8: **Continued to Sunday's meeting.**

3:00p Twelve Traditions Workshop

4:00p BREAK

4:15p 2024 Budget

Passed

5:00p **Ask-it-Basket:**

1. May we please get the emails to from Barbara to blast out the logo.
 - a. Yes, we will get that sent out
2. It might be helpful that the house keeping are verbiage changes only
3. Request to refer to page numbers in business packets
4. Mentions for members groups Chair-a-Miah
5. How does assigning fellows to committees promote commitment to service?
 - a. Getting onto unexpected committees is an opportunity to learn what I don't know. It's good to give an opportunity. And it's a rotation of service.
6. Witnessing an executive decision being made without members being informed/involved, and then moving on without those comments being addressed, broke some of my trust in this board. I understand the reasoning behind the decision and that there are time barriers. But how are you, as a board operating within an inverted triangle model, going to repair making a decision that goes against that model?
7. We do our best; at the end of the assembly, we have a survey, and we take an inventory on what we can do to streamline and be inclusive

8. Comment: You seem have a lot of responsibilities
9. Will the assemblies be always held in the Northern California
 - a. We will be here until spring 2025

5:30p **Adjournment**

6:00p Shuttle departs for Benihana 17 people went to dinner

7:00p Virtual Karaoke

Hosted by Sonia R., Region 2 Vice Chair

8:00p Shuttle departs for DoubleTree by Hilton

SUNDAY, OCTOBER 29, 2023, SÁBADO, 29 DE OCTUBRE DE 2023

7:00a OA Meeting Into Action Big Book Study Meeting

Hosted by the East Bay Unity Intergroup

8:30a **Call to Order**

3 Minutes of Meditation

Readings: 12 Concepts and Assembly Rules

OA Responsibility Pledge and OA Unity With Diversity Policy Statement

Introduce Region Board

Roll Call 22 intergroups represented out of 30 intergroups in Region 2 (73%)

Attendees: In person 18 Virtually 21

All six board members present 5 in person 1 Virtually.

1 Trustee Liaison in person

5 Visitors, 1 in person, 4 virtually

Ask-It-Basket circulated

9:00a **Elections for 2023/25 Term**

- An objection for the voice vote. There will be a secret ballot happening instead.
 - Bryan V. is elected of Vice Chair
 - Cindy L. is elected of Secretary
 - Frank P. is elected Events Coordinator
- Motion to destroy the ballots Jerry, Marsha second. 38 yes motion carries

Forego committee meetings

7th Tradition circulated

9:30a New Business cont.

Motion 6: **Move to rescind Policies & Procedures SECTION VII, Item D, Number 7, Young Person Committee**

Motion Carried

Motion 7: **Move to amend Policies & Procedures to add Leadership Team in addition to Committee Chair**

Motion Carried

Motion 8: **Move to Amend Bylaws Article XIII Financial Structure, Part D –**

Disbursement to update who the authorized signers on the Convention Accounts, no longer requiring Convention Committee members

10:00a Committee Meetings cont. Final 30-minute session to prep Reports

10:30a BREAK

10:45a Committee Reports

Bylaws & Reference, Diversity, Intergroup Outreach, Public Information, Twelfth Step Within

11:15a Ask-it-Basket

11:45a Acknowledge Retiring Reps & Board Members, Sonia R., Ken Flaviano N., and Lynn H.

Promotion of Green Dots.

1. 12:00p **Adjournment**

**Region 2 of Overeaters Anonymous
Financial Statement as of 12/31/2023**

REGION 2 OF OA 2023 Approved as Amended 10/23/2022	Acct	2023 Budget	Year End Actual	% of Budget
INCOME		39,045		
Assembly Registrations	3900	450	125	
Group Donations	4200	-	40,152	
Unspecified Donations	4205	-	27.98	
Bequests/Personal Donations	4210	-	5,894.77	
Seventh Tradition (Taken at Assembly)	4220	400	400.00	
Interest Income	4400	5	54.11	
Miscellaneous Income	4500	100	0.00	
Subtotal Income		40,000	46,653.87	117%
<u>Convention Income</u>				
Event Registrations Received	4000		28,725.00	
Event Optional Meals	4010		8,414.84	
Convention Merchandise	4100		4,079.10	
Boutique	4110		0.00	
Convention Donations	4115		4,789.67	
Drawings	4120		0.00	
Subtotal Convention Income		56,350	46,008.61	82%
Total Income		96,350	92,662.48	96%
EXPENSES				
Tradition 5 - IFAP Primary	2100	2,500	1,094.92	
Tradition 5 - IFAP Secondary	2110	500	158.00	
Tradition 5 - Scholarship	2120	600	0.00	
Tradition 5 - Mexico OA IG Sponsorship	2130	3,500	1,181.14	
Tradition 5 - Hawaii OA IG Sponsorship	2140	1,500	1,021.50	
Tradition 5 - Health Fair Subsidy	2150	500	0.00	
Tradition 5 - Literature Subsidy for New Mtgs Meetings	2160	64	0.00	
Tradition 5 - IG Delegate to WSBC	2170	2,000	1,468.08	
Tradition 5 - Committee Chair Support Fund	2180	1,000	0.00	
Subtotal Tradition 5 Subsidies		12,164	4,923.64	40%
Event Registrations Paid	5120	700	275.00	
Hotel Rooms	5200	6,000	9,098.96	
Meals	5300	3,000	4,384.64	
Travel	5400	5,000	5,018.13	
Subtotal Board et al Travel Expenses		14,700	18,776.73	128%

**Region 2 of Overeaters Anonymous
Financial Statement as of 12/31/2024**

REGION 2 OF OA 2023 Approved as Amended 10/23/2022	Acct	2023 Budget	Year End Actual	% of Budget
Computer & Office Equipment	1300	500	355.68	
World Service Donation	5600	250	2,500.00	
Professional Services Procured	5800	39,000	32,825.42	
Other Expense	5900	50	0.00	
Membership Communications	6000	44,000	46,386.64	
Printing Costs	6100	100	0.00	
Website - New Work	6200	200	490.00	
Website Maintenance	6210	1,900	2,460.00	
Website Hosting	6220	700	728.00	
Liability Insurance	6300	800	871.00	
Postage	6500	1,100	659.75	
Office Supplies	6510	250	544.60	
Xero Subscription	6520	444	313.75	
Storage Space	6530	900	132.00	
Zoom	6540	2,599	2,529.00	
Bank Service Charges	6700	40	0.00	
Donorbox Fees	6740	40	0.00	
Credit Card Fees	6750	800	1,009.53	
Contengency Funds <i>(new 2021)</i>	N/A	2,500	0.00	
Miscellaneous	6800	1,940	1,129.27	
Subtotal Operating Expenses & Liabilities		98,113	92,934.64	95%
Assembly Facilities Charges	5100	11,613	490.00	
Assembly Meals	5110	6,200	6,676.30	
Assembly Committee Projects	5500	10,000	0.00	
Subtotal Assembly		27,813	7,166.30	26%

**Region 2 of Overeaters Anonymous
Financial Statement as of 12/31/2024**

REGION 2 OF OA 2023 Approved as Amended 10/23/2022	Acct	2023 Budget	Year End Actual	% of Budget
<u>Convention Expenses:</u>		30,500		
Convention Goods Purchased	5000	-		
Convention Printing/Copies	5001	-	267.31	
Convention Miscellaneous Purchases	5002	-	154.40	
Miscellaneous Convention Fundraising	5003	-		
Convention Office Supplies	5004	-	448.46	
Convention Entertainment	5005	-	1,024.00	
Convention Meals	5006	-	24,254.46	
Convention Audio Visual	5007	-	1,087.90	
Convention Facilities Charges	5008	-	5,151.86	
Convention Signage	5009	-	132.57	
Convention Decorations	5010	-		
Convention Website	6230	-	1,665.00	
Convention Credit Card Fees	6755	-	1,712.77	
PayPal Fees	6760		261.97	
Convention Professional Services (<i>new</i>)	5020		4,584.30	
Subtotal Convention Expenses		30,500	40,745.00	134%
Total Expenses		183,290	164,546.31	90%
Bottom Line:				
Income		96,350	92,662.48	96%
Expenses		(183,290)	-164,546.31	90%
Profit or Loss (Net Income)		(86,940)	(71,883.83)	83%
Convention Only Recap:		2023 Budget	Year End Actual	% of Budget
Income		56,350	46,008.61	82%
Expenses		30,500	40,745.00	134%
Profit or Loss (Net Income)		25,850	5,264	20%

**Region 2 of Overeaters Anonymous
Final Approved 2024 Budget (10/29/2023)**

Acct	REGION 2 OF OA 2024 Approved as of 10/28/2023	2024 Approved Budget	Notes
	INCOME		
3900	Assembly Registrations	6,200	<i>Launched new IG Assembly Fee Program</i>
4200	Group Donations	32,000	
4205	Unspecified Donations	-	
4210	Bequests/Personal Donations	5,000	
4220	Seventh Tradition (Taken at Assembly)	400	
4400	Interest Income	50	
4500	Miscellaneous Income	-	
	Subtotal Income	43,650	
	<i>Convention Income</i>		<i>Template Budget - Final Breakdown TBD</i>
4000	Event Registrations Received	40,000	
4010	Event Optional Meals (F and B)	25,000	
4100	Convention Merchandise	5,000	
4110	Boutique	1,125	
4115	Convention Donations - POWR	6,500	
4120	Drawings	-	
	Subtotal Convention Income	77,625	
	Total Income	121,275	
	EXPENSES		
2100	Tradition 5 - IFAP Primary	1,500	
2110	Tradition 5 - IFAP Secondary	500	
2120	Tradition 5 - Scholarship	600	
2130	Tradition 5 - Mexico OA IG Sponsorship	3,000	
2140	Tradition 5 - Hawaii OA IG Sponsorship	1,500	
2150	Tradition 5 - Health Fair Subsidy	250	
2160	Tradition 5 - Literature Subsidy for New Mtgs Meetings	100	
2170	Tradition 5 - IG Delegate to WSBC	3,000	<i>All Funds Committed for 2024 (Four IG's Funded)</i>
2180	Tradition 5 - Committee Chair Support Fund	-	
	Subtotal Tradition 5 Subsidies	10,450	

Region 2 of Overeaters Anonymous
Final Approved 2024 Budget (10/29/2023)

Acct	REGION 2 OF OA 2024 Approved as of 10/28/2023	2024 Approved Budget	Notes
5120	Event Registrations Paid	700	
5200	Hotel Rooms	8,000	
5300	Meals	2,500	
5400	Travel	4,000	
	Subtotal Board et al Travel Expenses	20,000	
1300	Computer & Office Equipment	500	
5600	World Service Donation	2,500	<i>Pre-Approved for 2024</i>
5800	Professional Services Procured	2,000	<i>Web, Parliamentarian</i>
5900	Other Expense	-	
6000	Membership Communications	15,000	<i>External/Internal General Public Info / PR Campaign</i>
6100	Printing Costs	100	
6200	Website - New Work	-	
6210	Website Maintenance	2,000	
6220	Website Hosting	700	
6300	Liability Insurance	800	
6500	Postage	750	
6510	Office Supplies	250	
6520	Xero Subscription	444	
6530	Storage Space	-	
6540	Zoom	2,529	
6700	Bank Service Charges	40	
6740	Donorbox Fees	40	
6750	Credit Card Processing Fees	900	
6800	Miscellaneous	-	
	Subtotal Operating Expenses & Liabilities	28,553	
5100	Assembly Facilities Charges	357	
5130	3rd Party Assembly Audio Visual (includes Hybrid)	15,000	<i>New Account for non-hotel related AV</i>
5110	Assembly Meals	6,200	
5500	Assembly Committee Projects	4,500	<i>Earmarked for "Back to In-Person" Meeting Fund</i>
5140	Assembly and Committee Meeting Interpretation	7,320	<i>Formerly funded in "Membership Comm."</i>
	Subtotal Assembly	33,377	

**Region 2 of Overeaters Anonymous
Final Approved 2024 Budget (10/29/2023)**

Acct	REGION 2 OF OA 2024 Approved as of 10/28/2023	2024 Approved Budget	Notes
	<i>Convention Expenses:</i>	3,000	
5000	Convention Goods Purchased		
5001	Convention Printing/Copies		
5002	Convention Miscellaneous Purchases		
5003	Miscellaneous Convention Fundraising		
5004	Convention Office Supplies		
5005	Convention Entertainment		
5006	Convention Meals	25,000	
5007	Convention Audio Visual	16,000	
5008	Convention Facilities Charges		
5009	Convention Signage		
5010	Convention Decorations		
6230	Convention Website (Services)		
6755	Convention Credit Card Fees		
6760	PayPal Fees		
5020	Convention Professional Services (<i>new</i>)	4,043	
	Subtotal Convention Expenses	48,043	
	Total Expenses	140,423	
		(\$19,148.00)	Total Net Profit or Loss
		\$19,782.90	Cash Carryover from 2023*
		\$634.90	Balance into 2025
			<i>*Forecasted Cash Carryover from 2023: \$19,148</i>
			<i>Therefore: Minimum WSBC Conference Minimum of 10% was met</i>