



## **Region 2 Fall Assembly** ***“Freedom To Grow”***

**October 24-26, 2014**  
**San Diego, CA 92108**

***“We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams” --***  
***The OA Promise (written by Rozanne, OA's Founder)***

Region 2  
4733 Torrance Blvd, PMB #335  
Torrance, CA 90503  
**[www.oar2.org](http://www.oar2.org)**

***R2 Mission Statement:***

*To support Individuals in need of recovery from compulsive eating (e.g.: overeating, bulimia, anorexia) through empowering all groups within the region.*

**“READ YOUR ASSEMBLY PACKET & WIN!”**

The phrase “Freedom to Grow” is “printed” 3 times in this Assembly Packet (not on this page). Find it in all 3 places, write down the pages and drop them into the Contest Jar at Registration to be eligible for a prize drawing at Assembly!

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## ***FALL ASSEMBLY INFORMATION***

***Location:*** Town & Country Resort & Convention Center  
500 Hotel Circle North, San Diego, CA 92108

***Room Rate:*** \$109.00 per night for 1 or 2 people  
Reserve early. Mention Overeaters Anonymous - Region 2  
Phone 800/772-8527 or 619/291-7131 Ext.3810

***Parking:*** \$5/per car for overnight & local attendees  
***Airport Shuttle*** \$11/ea way, call (619)564-7900

***Reservation Deadline:*** Oct. 3, 2014 (Limited quantity)

***First-time Intergroup Reps:*** The "New Representative Orientation" is at 8:00am on Saturday morning. (Required - Critical for new reps. Please be prompt.)

### ***Highlights:***

***Friday:*** Early Registration from 6-7pm;

***Friday Opening:*** Entertainment & Speaker 7:00pm

***Saturday:*** Business meetings 9:00am—5:30pm

***Saturday:*** Noon Lunch with Guest Speaker

***Saturday:*** Workshop 4:30pm

***Saturday:*** Evening Speaker Meeting - 7:30-9:00 pm



# ASSEMBLY AGENDA

## *"Freedom to Grow"*

Friday, October 24, 2014

6:00 – 7:00 PM EARLY REGISTRATION

7:00 – 8:30 PM OPENING OF THE REGION 2 FALL ASSEMBLY  
WELCOME FROM THE R2 BOARD  
ENTERTAINMENT  
SPEAKER

Saturday, October 25, 2014

7:30 AM OA MEETING (optional)

8:00 AM NEW REPRESENTATIVE ORIENTATION (essential)

8:30 AM REGISTRATION (cont'd)

9:00 AM CALL TO ORDER  
INTRODUCE GREEN DOTS / MENTORS  
ACKNOWLEDGE RETIRING REPS  
READINGS: 12 CONCEPTS, ASSEMBLY RULES  
ROLL CALL: Your IG cannot be counted if you are not present,  
Please do not be late!  
ADOPTION OF PREVIOUS ASSEMBLY MINUTES  
ASK-IT-BASKET CIRCULATED

9:30 AM ICEBREAKER

9:45 AM BOARD REPORTS / SPECIAL REPORTS  
10:00 AM PRESENTATION – INTRODUCTION TO R2 COMMITTEE WORK

10:15 AM BREAK

10:30 AM REGION / INTERGROUP CONCERNS  
11:00 AM ASK IT BASKET  
11:15 AM UNFINISHED BUSINESS & NEW BUSINESS  
11:45 AM CONVENTION PRESENTATION

12:00 PM LUNCH WITH GUEST SPEAKER

1:30 PM REGION / INTERGROUP CONCERNS  
2:00 PM COMMITTEE MEETINGS

3:15 PM BREAK

3:30 PM NEW BUSINESS (CONTINUED)  
ASK-IT-BASKET

4:00 PM INTERACTIVE WORKSHOP

5:30 PM ADJOURN & DINNER ON YOUR OWN

7:30 – 9:00 PM OA SPEAKER MEETING

Sunday, October 26, 2014

8:00 AM	OA MEETING (optional)
9:00 AM	CALL TO ORDER READINGS: 12 CONCEPTS, ASSEMBLY RULES ROLL CALL ASK-IT-BASKET CIRCULATED
9:15 AM	COMMITTEE MEETINGS (continued)
10:00 AM	ELECTIONS: Chair - 2 year term Treasurer - 2 year term Publications Coordinator (See Duties & Responsibilities - Pages 20-22)
10:30 AM	BREAK
10:45 AM	NEW BUSINESS (continued)
11:20 AM	COMMITTEE REPORTS
11:30 AM	INTERGROUP CONCERNS ASK-IT-BASKET
12 NOON	ADJOURN

*NOTE: There will be a brief Board meeting with newly elected officers immediately following the Assembly.*

**Please review business meeting times carefully and make your travel arrangements accordingly so that you are present for all business meetings.**

**The Friday Assembly Opening is from 7 to 8:30 PM**

**The local intergroup will provide entertainment and a speaker. In addition to the reps, everyone and anyone are welcome.**

**Since the prizes were such a big hit at the last assembly, we'll have them again for you!**

**See you Friday, October 24<sup>th</sup> !**

**Other Important Information:**

**Temperature in the meeting rooms varies from Too Hot to Too Cold. We suggest wearing layered clothing.**

## **REGION 2 BOARD OF DIRECTORS**

### **CHAIR**

**Nancy Jensen**

949-644-6997 (h)

[chair@oar2.org](mailto:chair@oar2.org)

### **EVENTS**

### **COORDINATOR**

**Maureen Heuga**

510-917-6065 (c)

925-296-9276 (h)

[events@oar2.org](mailto:events@oar2.org)

### **VICE CHAIR**

**Linda McLaughlin**

209-241-7128 (c)

[vicechair@oar2.org](mailto:vicechair@oar2.org)

### **TREASURER**

**Jerry Jackson**

408-373-4982 (c)

[treasurer@oar2.org](mailto:treasurer@oar2.org)

### **SECRETARY**

**Alex Mohr**

831-600-6644 (c)

[secretary@oar2.org](mailto:secretary@oar2.org)

### **PUBLICATIONS**

### **COORDINATOR**

**Betty Jean Valdez**

510-798-2938

[publications@oar2.org](mailto:publications@oar2.org)

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### **REGION 2 TRUSTEE**

**Meg Harlor**

760-328-2763 (h) Winter/Spring

831-427-0821 (h) Summer/Fall

831-585-7945 (c)

[trustee@oar2.org](mailto:trustee@oar2.org)

### **R2 Board Support Service Providers**

**Joyce Fanning, Admin. Asst.**

[admin@oar2.org](mailto:admin@oar2.org)

**John Kiernan, Webmaster**

[webmaster@oar2.org](mailto:webmaster@oar2.org)

## OCTOBER 2014 ASSEMBLY ROSTER/ROLL CALL

INTERGROUP	WSO IG#	NO. OF GROUPS @ 8-8-13	Allowable # of RRs	SPRING 2014 RR count	FALL 2014 IG COUNT DAY 1	FALL 2014 RR COUNT DAY 1	FALL 2014 RR ROUNT DAY 2
Aloha Hawaiian	9111	13	2	1			
Baja	9902	7	1	0			
CA Central Coast	9222	13	2	2			
Channel Islands	9068	17	2	1			
Ebony OA Bay Area	9609	4	1	0			
Foothill	9003	23	3	3			
How-OA No. CA	9331	18	2	2			
Inland Empire	9492	27	3	1			
Intergroupal Mexico	9329	307	31	0			
Kern County	9326	6	1	0			
Lake Mendocino	9301	4	1	0			
Los Angeles	9004	61	7	2			
Marin County	9083	9	1	1			
Maui Friends	9585	3	1	0			
Mid-Peninsula	9294	27	3	2			
Monterey County	9356	5	1	0			
No. Nevada Sierra	9325	11	2	0			
North Rivers	9400	7	1	0			
Northcoast	9434	6	1	0			
Orange County	9005	59	6	2			
Sacramento Valley	9012	39	4	3			
San Diego County	9007	56	6	3			
San Fernando Valley	9008	55	6	1			
San Francisco	9071	33	4	2			
San Gabriel Valley	9009	22	3	1			
San Joaquin	9013	12	2	2			
Santa Cruz County	9267	13	2	1			
Silicon Valley	9020	34	4	1			
So.Alameda Co.(SACO)	9051	3	1	0			
Sonoma County	9245	27	3	1			
South Bay	9010	29	3	2			
Unity - East Bay	9100	43	5	4			
Unity W/Diversity Desert	9494	11	2	2			
Valley Sierra OA/HOW	9599	9	1	1			
Veracruz	9501	22	3	0			
Unaffiliated Groups		69		0			
		<b>TOTALS:</b>	<b>121</b>	<b>41</b>	<b>0</b>	<b>0</b>	<b>0</b>
Total No. of Intergroups	35						
Total IG.s Represented	0						
Quorum (30% of IG.s)	0.00			RR Votes		0	0
<b>Board:</b> _____ Chair _____ Vice Chair _____ Treasurer				Bd. Votes			
_____ Secretary _____ Events Coordinator _____ Publications							
				Total Votes		0	0
Non-Voting Attendees:							
_____ R2 Trustee _____ Alternates _____ Visitors							



## **REGION 2 SPRING ASSEMBLY MINUTES**

**SATURDAY, MARCH 15, 2014**

**Call to Order: 8:37a.m.** Assembly opened by Chair Nancy J. with the OA Promises written by Rozanne, the OA founder. The Board dedicated the assembly to Rozanne who recently passed away.

**Introduction of Green Dots, mentors, retiring Reps**

**Introduction of Board members and parliamentarian**

**Readings:** The Twelve Concepts of Service by Betty Jean  
Assembly rules were read by the parliamentarian, TennieBee Hall

**Roll Call:** Quorum Established; 34 RRs from 22 IGs; 6 board members, for a total of 40 voting members;  
Nonvoting members: Region 2 Trustee, 1 Alternate and 1 visitor

**Adoption of previous minutes:** Minutes for Spring 2013 were adopted as submitted; Minutes of Fall 2013 Assembly adopted with the following amendments:

Page 7, Events Coordinator Report: Correct hotel name to read Town & Country Resort and Convention Center; correct dates for 2015 convention to read June 26-28.

Page 8, Tribute: correct 2nd sentence to read "A member of his intergroup and the Bylaws Committee presented a tribute of his service to OA.

Page 11: a) Correct 2nd sentence of Call to Order to read "Chair announced that Linda M. will be permitted to submit her Board application form late."; b) parliamentarian's name to read "TennieBee"; c) correct answer to 4th "Ask it basket" question to read "2015 strategic operation plan"; d) Under "Elections" correct spelling of Events coordinator's last name.

**Ask-it Basket circulated**

**Ice Breaker, followed by drawing for Hidden Phrases Contest.** Mary H. of Marin County won the subscription to Lifeline.

**10:10am - Break**

**10:30 am - Committee Meetings**

**11:15 am - Ask-It-Basket:** Region 2 Board members responded to Ask-It-Basket Questions

**Board Reports:**

Chair: Nancy indicated she held the second "Chat with the Chair." A variety of questions were asked. She has also worked on the Region Chairs Committee to make an abstinence power point presentation.

Vice Chair: Linda thanked the RRs for their support. There are 2 ST&C workshops scheduled. One for OCI on 5/31 another for California Central Coast on 6/21. Region 2 does not charge for STCs, contact Linda if interested,

Events Coordinator: Maureen indicated the Twelfth Step Within handbook and the Welcome Back packets are available on OA website: www.oa.org. She is currently working on the 2016 convention venue.

R2 Trustee: Meg's term ends in 2016, applications must be submitted to the R2 Secretary by August of 2015. Virtual services trustee has arranged for workshops , 2 per month. These are free conference call phone meetings; call-in and listen/participate. For a list of total workshops, email Stephani: vst4oa@hotmail.com or Meg: trustee@oar2.org. You can listen to the recordings of the workshops after the call ends. Podcasts will also be available.

Treasurer:

Q: Groups decided to give large portion of income to WSO and then smaller portion to Region and Intergroup. Is that permitted? A: Per Tradition 4, each group is autonomous. We suggest one way, but it is up to the group.

Q: Donations report - is that from meetings? A: It is from Intergroups and individual groups. Intergroups are listed on last page.

Secretary: Alex answered bylaw questions. He is looking for a new projector for R2 .

Publications Chair Report: Betty Jean acknowledged Mary H and Meagan J for their assistance with preparation of the newsletter distributed today. She asked for articles for the next newsletter and announced that the Convention committee is accepting clothing and needs volunteers willing to serve.

## **CONVENTION COMMITTEE PRESENTATION**

**12:00 pm: Break for Lunch**

**1:40 pm: Meeting reconvened.**

**Presentation on e-mail blast distributions:** PIC Chair, Sandi H. presented information about mass email distribution companies. The R2 database of emails is now too large to be handled by an individual. She presented a comparison list of 6 companies that offer subscriptions for one-click bulk delivery to 2000 or more email addresses. Following discussion, motion #2 was adopted.

**Ask It Basket:** Board members responded to Ask-It-Basket questions

**Committee Meetings - continued**

**New Business:**

**MOTION #1:** Move to amend the R2 Bylaws Article IX - Nomination & Election Item G, #4 to read:

- G. To be eligible for election or appointment to the R2 Board, a person must, at the time of election:
1. Be a member of Overeaters Anonymous for at least three (3) years.
  2. Be regularly attending OA meetings within R2;
  3. Have current abstinence from compulsive overeating of at least two years, each person being the sole judge of their abstinence, and taken Steps 4 and 5 of the Twelve Steps;
  4. Declare themselves as practicing the Twelve Steps to the best of their ability; ~~and~~ as *well as being* committed to the Twelve Traditions of OA *and the Twelve Concepts of OA Service.*
  5. Have at least two (2) years of service above the meeting level.
  6. Be serving, or have served, as an RR to at least two (2) R2 Assemblies, as a member of the R2 Board, or as a member of World Service Board of Trustees. For appointments only, and with due consideration, the R2 Board may appoint an individual who has attended one (1) assembly if an otherwise qualified candidate who has attended two (2) or more assemblies cannot be found.

**Motion adopted**



**MOTION #2:** Move that an email distribution company be retained to keep all R2 contacts informed of regional events and activities, with content approved by the R2 Board, at a cost not to exceed \$500.00 per year.

**Motion adopted**

**MOTION #3:** The YP committee moves that R2 increase the Young People Committee Budget from \$50 to \$200 in order for the Young People committee to order and purchase a WS approved YP packet and mail to each Intergroup.

**Motion adopted**

## **COMMITTEE REPORTS**

**ASK IT BASKET:** Board members responded to ask-it-basket questions

## **WORKSHOP PRESENTATION**

**MEXICO CONGRESS ANNOUNCEMENT:** Everyone is invited to attend the Mexico Congress, hosted by the Baja Intergroup, on August 8-10 in Ensenada. They hope to get American support. A translator will be provided for the workshops and marathons. Passports are required to travel between the US and Mexico.

**CERTIFICATE OF SERVICE:** Susan C. received a certificate for service.

## **GREEN DOT CEREMONY**

**ADJOURNED:** There being no further business, the meeting was adjourned at 5:27 pm with Rozanne's Promise.

SUBMITTED BY,

Alex Mohr, Region 2 Secretary

# FROM THE BOARD

## CHAIR REPORT

By the time we meet at the Fall Assembly in San Diego, God willing, I shall mark 41 years in OA. I have had the ultimate privilege of serving this beloved Fellowship in two different regions, in every service level OA offers. The past two years as Chair of Region 2 has been undoubtedly the most difficult job I've ever done in OA, but yet it is also the most rewarding; physically, emotionally and spiritually.

Since we met in the Spring, I went to Albuquerque, NM in May, along with 21 other R2 delegates and participated in the WSBC, where 197 voting members took OA another step forward into the 21<sup>st</sup> century. I attended workshops on virtual services (you'll be hearing more about that), joined with 9 other region chairs (RCC) to present the Forum that precedes the opening of the Conference, and spent 21 hours with those same chairs considering the status of OA, and sharing ideas on ways to improve service to the Fellowship worldwide.

I was also able to attend a great R2 Convention in San Francisco in July, and kudos go to the committee for their tremendous effort on the convention. Despite a few "hiccups" at the beginning, they worked together as a team and brought it together well.

In August, I went again to Albuquerque, where the RCCs met with the BOT, working on the final weeks of the Strategic Operating Plan (SOP), and planning the 2015 SOP tasks in our subcommittees. My subcommittee is virtual services, and I'm pleased to tell you that reports from many places in R2 indicate that telephone, online and skype meetings are catching on like wildfire here at home. I love it! R2 has always been on the cutting edge of improving ways to carry the message to the compulsive eater. Even with our trustee, Meg H, being laid up due to a bad fall, we had the wonder of electronic media, able to skype her into our combined RCC/BOT meeting. She was able to participate and vote! I really missed having her at my side, but adopted the Virtual Service Trustee as surrogate.

I had presented the R2 TSW's "12 Best Practices" to the chairs prior to the Conference, and received requests from trustees of two other regions. The BOT also announced that the OA theme for 2015 will be: "The Miracle of Abstinence." This is exciting, and you'll hear more about this as well – stay tuned.

The "Chat with the Chair" project that began in January continues to grow and I've been fortunate enough to have other R2B members join me, with some very interesting comments and discussions. Our "Email Campaign" has been very successful, and we received a phone call on 'Chat with the Chair' from a man in Cleveland, Ohio, who has formerly attended our R2 conventions. I also receive 40-50 emails each day. R2 is moving forward through our ability to carry R2's message to remote and unaffiliated meetings.

I have been blessed with a terrific board that is willing to go to many lengths in support to this region's Fellowship. Thank you for the opportunity. Freedom to grow.

&:0) Nancy J.

## VICE CHAIR REPORT

Is your Intergroup in need of a “Tune-Up”? Are your meetings thriving or surviving? Do you have enough abstinent sponsors for newcomers? Are you getting newcomers in your meetings?

See how Service, Tradition and Concept (STC) Workshops may be just the thing for you; invite us over! Our board members and trustee are ready to share their Experience, Strength and Hope with you. Let us know what your concerns are, and we will be there to assist you. Learn how the Twelve Traditions of OA work for your Intergroups, groups and individual members. Email [vicechair@oa.org](mailto:vicechair@oa.org) and schedule your workshop today! There is no cost to you except the venue. Most workshops have been held in a room where there are regularly scheduled meetings. We normally ask for a six month in advance request, but we have many available dates for the remainder of 2014. If 2014 won't work for you, you may begin scheduling your STC Workshop for 2015.

2014 Region 2 Convention: A New Freedom, a New Happiness. I left my heart in San Francisco! This was such an awesome Convention and awesome Convention Committee, and so many people giving service. If you were there, and think you did not give service, think again; you were there, we could not have had such a great convention without you! I served anywhere from meeting moderator/speaker to balloon blower upper. I saw many of you step up and serve wherever possible, and I am sure I did not see all of you who stepped up to serve wherever possible. Thank you!

A few things I have done:

- Attended two Board Meetings since the 2014 Spring Assembly.
- Working on the BOM (Board Operating Manual) so it will more accurately reflect the duties of each board member, as well as including items which are not included. We are hopeful this will assist the upcoming Region 2 Boards during their service; I have truly appreciated having a manual to work from.
- Worked with the P.I. (Public Information) Committee Chair Sandi H. and Publications Coordinator, Betty Jean V. to create policy and procedures for email blasts.
- The Region 2 Speaker List is updated, and will be sent upon request.
- Voted on items for the upcoming 2015 Convention, San Diego: “I Put My Hand in Yours”, such as the theme, logo and logo colors.

I hope to see you in San Diego!

Linda M.  
Region 2 Vice Chair  
August 20, 2014

## SECRETARY REPORT

One of the privileges of being a member of OA is the opportunity to be of service to our fellows. As a selfish person in recovery, service is one of many surprises the OA program held in store for me. By practicing the principle of service I am pleasantly shocked to find that all gifts of time and energy put into this program return in the form of increased emotional sobriety, self esteem and gratitude for what has been given me. I can only try to imagine what life may offer if I continue the path laid out before me through the Twelve Steps. I can only try to imagine because likely it is *“beyond my wildest dreams.”*

As secretary of Region 2 I have had the opportunity to attend Region Board Meetings, both in person and by telephone, taking minutes and creating action item lists. The minute taking has been an unexpected challenge, involving unlearning old ways of taking notes and learning how to take more official, concise organized minutes. This has afforded me the opportunity to receive and ask for help, and to try things differently.

With Meg H, R2 Trustee I was given the opportunity to co-facilitate a STC (Service Traditions and Concepts) Workshop in San Luis Obispo focusing on the Traditions and Sponsorship. My gratitude goes out to Meg, to the California Central Coast Intergroup, everyone who did service to make it happen and everyone who showed up to attend. I feel doubly blessed to be part of a fellowship and receive the love and power of the group assembled as well as learn new ways to apply the Traditions to my life and recovery.

In the beginning the Traditions always seemed tedious and boring to me - a necessity for the group to be certain but holding no usefulness in my personal affairs. Over time I have found the Traditions can be powerful agents of change when put into practice in all our affairs.

As Bylaws committee liaison I got to sit in on committee conference calls and service as a channel of communication between the committee and the board. The bylaws committee has been hard at work on the new Glossary explaining terms used in the Region which will be debuting in this packet. The committee also worked hard on keeping the Region bylaws aligned with OA Bylaws. It is a privilege to work with such dedicated OAs; I tend to gain inspiration and motivation by being around motivated and inspired people (with which OA abounds).

In addition to the above I was able to purchase a new projector for Region use, as well as a laptop for current and future R2 Secretaries to use in the fulfillment of their duties.

The Convention was an amazing experience, and I feel once again blessed by the marathon meetings and workshops I had the opportunity to attend. Many notes were taken and shared with others. The convention seems to have the power to affect people who weren't even there as we bring back to our individual groups, sponsees and recovery friends what we have learned from others across the region. Interestingly there were attendees from overseas and other areas other than Region 2. A special thank you is owed to all who served during the Convention or on the Convention Committee who put in tireless hours to bring the Convention from an idea into a reality.

Alex Mohr, R2 Secretary

## EVENTS COORDINATOR REPORT

I wondered what Higher Power had in store for me when I took the position as Events Coordinator. The message I heard before accepting the position was “the time is now”. I knew I was being led to something greater than I could envision. I trusted that my Higher Power would be there with me as I traveled this new path.

Our Region 2 theme this year is “Freedom to Grow,” and I feel like I’m growing in ways I didn’t know were possible. Since our last Assembly, I have been very busy with the 2014 & 2015 Conventions and visiting hotels in the north for the 2016 Convention.

The 2014 Convention “A New Freedom and a New Happiness” was well attended with over 400 people. All aspects of the Convention went better than anticipated. There were some concerns having it over the July 4<sup>th</sup> weekend but that didn’t stop our fellowship from stepping up to give service. This is Region 2’s only fund-raiser and what a success it was. The weekend went smoothly from the Opening Ceremony, to the panel shares, marathon meetings, Dinner Dance and Breakfast Buffet, boutique, clothing exchange, hospitality, and all the booths. A great big thank you to those who volunteered to give service during the weekend.

The 2015 Convention Committee is already hard at work. The Convention is scheduled for June 24-26, 2015, at the Town & Country Resort & Spa in San Diego. The theme “I Put My Hand in Yours” is in memory of our founder, Rosanne S. who died January 2014. Hanna S. and myself will give an ST&C Workshop for the committee members on Sunday, Sept. 28<sup>th</sup>. Start making plans to be at R2’s next Convention in 2016.

The spring Assembly is March 20-22, 2015, at the Town and Country Resort & Spa in San Diego. This is a great opportunity for the IG reps to check out the hotel before the convention. That way you can share about the Convention site at your IG’s and meetings.

Another of my duties is the liaison for the Twelve Step Within (TSW) Committee. They are a very active group and have accomplished many of their goals for this Assembly. A member wrote an article to be published in the R2 newsletter and they are currently updating the Relapse and Recovery (R&R) Speaker’s list. They also had a TSW booth at the Convention and handed out free literature on relapse and recovery. Another committee member emails three of the 12 Best Practices to IG’s every quarter. These are suggestions for groups to assist struggling members or those in relapse. If you are not receiving this email, please contact Rick Z. at [rick@directdigitalcontrols.com](mailto:rick@directdigitalcontrols.com). The Sacramento IG has started a TSW Committee and they are hosting a special relapse and recovery meeting on 12/12/14. What a great idea.

### Date Reminders:

March 20-22, 2015 – Spring Assembly, Town & Country Resort & Spa in San Diego

June 24-26, 2015 – OA R2 Convention, Town & Country Resort & Spa in San Diego

In loving service,

Maureen Heuga, R2 Events Coordinator

August 20, 2014

## R2 TRUSTEE REPORT

### WHAT'S NEW FROM WSO:

Changes at the World Service Office:

New Publications Manager is DeDeDeMoss

Summer Russo was promoted to Lifeline Editor

New Associate Editor is Kevin McGuire

Unity with Diversity Checklist is available on oa.org

Overeaters Anonymous, 3<sup>rd</sup> Edition with 40 new stories was approved at WSBC 2014. Look for it by the end of this year.

Check out the service body mentor/mentee program put on by the WSBC PI Committee.

The Strong Abstinence Checklist which is available on oa.org has been translated into 17 languages.

Look for articles in all issues of Lifeline in 2015 on the importance of working all 12 Steps.

Courtesy Listing of OA Email Loops is up and running. To find or register OA Email Loops check under "What's New" on oa.org.

Board of Trustees (BOT) Meetings: In the Feb. BOT meeting the virtual services and regional trustees did a workshop for themselves about giving ST&C workshops, and decided to remove the requirement of a de-registration statement in Intergroup Bylaws.

At the August BOT meeting, an updated version of "Our Invitation to You," the Abstinence Literature Resource Guide and the Difference between Abstinence and a Plan of Eating Workshop may be approved. Look for them on oa.org.

Service, Traditions and Concepts Workshops (ST&CS): I gave 6 workshops, one for California Central Coast IG in June, two in Hawaii in July and 3 in Mexico at the 12<sup>th</sup> annual Mexican National Congress, in August.

- California Central Coast IG (CCCI): I co-led the ST&C "Sponsorship with a little help from our friends, the 12 Traditions", with Alex M, R2 Secretary, in San Luis Obispo. There were 30 participants from 4 IGs (CCCI, Kern County, Channel Islands and Santa Cruz County) and a few from Alanon. The Sponsorship Speed Dating line was a hit.
- Aloha Hawaiian IG (AHI): In Honolulu I gave a half day workshop, "A Recovery Booster Shot: Strengthen meetings, Strengthen Recovery, and Retain Newcomers" for AHI. There were 12 attendees—a good turnout (expected 3-10). Time in OA ranged from 2 months to 40 years. We had a Q&A over lunch with good questions.
- Maui Friends IG (MFI): While on Maui I gave an all day workshop 9-4 on Abstinence, Recovery from Relapse and Member Retention. There were 10 attendees with time in program from 4 months to 28 years and current abstinence 3 months to 12 years. It was a long day but the workshop was well received.
- 12<sup>th</sup> annual Mexican National Congress put on by Intergrup Mexico and Baja IG in Ensenada: There were about 90 attendees from all over Mexico and a few from California. For the first time at these annual events, there were 4 newcomers. The OA fellowship in Mexico is very enthusiastic. I was supposed to give 3 workshops but during the second one on "Relapse and Recovery" I tripped off the stage and broke my leg. The participants used my handouts and answered the questions while I was in the hospital. I got a cast and went home the next day for surgery. Cathy from Palm Springs took very good care of me, and drove us through the border to San Diego. Look for her article in the current R2 newsletter about stepping in for me for the third workshop on "Service." Carolina R from Mexico was my interpreter and invaluable for us to maneuver through all these events.

At the WSBC BOT meeting I was elected First Vice Chair and have been busy with chairing the Strategic Planning Committee, overseeing the sub committees, writing motions for the August meeting and supporting the chair.

For the OA 12&12 Ad Hoc Committee 3 openings were filled from 11 applications.

Did you know the Professional Exhibits (PE) Fund, which is a dedicated fund to help service bodies exhibit OA at professional tradeshows, is depleted of funds? Professional tradeshows are one way to reach large numbers of medical professionals who may have patients who could benefit from OA. OA needs to let the professional community know we exist. Look for tradeshows in your area and consider having a booth there. The PE Fund can't help with costs unless there is money in this special fund. Please contribute to the PE Fund on [oa.org](http://oa.org).

As usual I have answered numerous member questions. Some of the topics were: Paid employees serving on the IG Finance Oversight Committee; Ad copy for professional journals; Newcomer being welcome; Abstinence requirements for meeting service positions.

Intergroup Bylaws: Did you know that everytime intergroup bylaws are changed they need to be sent to WSO? If your intergroup bylaws have not been updated since 2009 there are several places where the bylaws may be in conflict with OA, Inc. Bylaws. Send the bylaws to me for a review. It is one of my duties to help the intergroup to be in compliance.

R2 had one new OA C.A.R.E.S. request from a prison inmate since the Spring Assembly.

The R2 Diversity Committee has refined their project to reach out to the mental health professionals to encourage them to refer their clients to OA. They plan to have a packet for each Region Representative at this Fall Assembly. Look for it.

Date Reminders:

November 1 – deadline for WSBC Delegate Support Fund from WSO (applications on [oa.org](http://oa.org))  
December 1 – deadline for WSBC New Business Motion and Bylaws Amendment proposals  
April 27-May 4 WSBC 2015 in Albuquerque, NM: "The Miracle of Abstinence!"  
August, 2015 Applications for R2 Trustee due to R2 Secretary  
September 1-4, 2016 World Service Convention in Boston, MA: Recovery: The Trail to Freedom!

I wish you all recovery beyond your wildest dreams. Talk to me about doing service beyond the region level. Being the R2 trustee has been fun, helped me grow in my recovery, and kept me abstinent through many challenges. Check out the Trustee Application and Instructions on [oa.org](http://oa.org). The application for my successor is due in less than 10 months from this Assembly!

In gratitude for OA,

Meg Harlor, R2 Trustee  
August 18, 2014

## PUBLICATIONS COORDINATOR

Attending the Region 2 convention as an R2 Board member was an eye-opening experience. It is our fund raiser and allows us to serve R2 Intergroups, Unaffiliated groups and OA as a whole.

At the pre-convention Board Meeting we were asked to be ready to jump in if a speaker was unable to make it. No one thinks this will actually happen. On the way to breakfast the Vice-Chair and I were notified that a speaker had not showed, so we turned around (we were headed across the street to breakfast) and shared the speaker assignment. It was a wonderful experience. Then I was pulled out of the speaking assignment to open the Boutique. The most moving aspect of the convention for me was the opening night and banquet speakers - grab those tapes, the recovery is moving and life changing.

Serving as chair of the convention clothing boutique was another wonderful experience. It demonstrates how each of us can give back by simply clearing our closets. Thank you to all who volunteered and donated.

Serving as my intergroup's World Service Delegate for the first time was eye opening. The amount of service given to run the business of OA World Wide is beyond heroic. I loved hearing prayers in different languages, even the call to vote changed languages. My committee assignment is Web Technology and I serve on the Web Development and Support Sub-committee. Following the conference I was able to ride with a fellow committee member back to Colorado to visit my family who I had not seen in five years...for me another miracle of the program.

In Region 2 I am working with Alex to upgrade the R2 website, worked with Sandy and Linda to get the e-mail blasts started, responded to numerous e-mails, will be teaming up with Linda to give a Service, Tradition and Concepts Workshop and produced the R2 newsletter with Mary H. from Marin Intergroup.

It is a joy to serve this Region and my prayer is that you will listen if you are called to service. There are R2 Board positions up for election as terms end, plus nominations for individuals who wish to run for the Region 2 Trustee position that will need to be filled in 2015. World Service has openings for committee assignments. Jump in, it's a wonderful place to swim.

Thank you for allowing me to serve.

Betty Jean V.  
Publications Chair  
August 28, 2014



## Region 2 Treasurer's Report

### July 31, 2014 Year-to-Date Financial Report with 2014 Adopted Budget

The Income Statement with Budget Comparison which provides figures through July 31, 2014 is attached. Comparison figures for 2013 are also reflected.

The financial report indicates increased expenses approved for website improvements (\$3,500) plus purchase of new equipment and new display board (\$2,050 total). The display board, computer and projector have been purchased. Required cables will be purchased soon. Some website improvements have been made. It is anticipated that all expenses will be finalized by the end of the year and will cost less than budget amounts. The 2015 Proposed Budget will be presented at the October assembly.

Wells Fargo Bank Balances (excluding the Convention accounts) as of July 31, 2014 were:

Checking:       \$ 7,175.30  
 Money Market: \$30,737.47  
 Total Funds:   \$37,912.77

The Money Market account includes \$10,000.00 transferred from the 2014 convention. Final convention overage will be reported at the assembly. 2014 financial information is preliminary, subject to review.

Following is a partial list of tasks performed by me since the assembly:

- Transferring funds from the money market account to the general or checking accounts, as needed.
- Participating at face-to-face and virtual board meetings.
- Attending and performing required duties as the R2 Treasurer at the 2014 Convention.

The Young People committee mailed YP packets to all 35 Region 2 Intragroups with a cover letter. The committee deserves a WELL DONE for carrying the YP message.

I want to thank the R2 Board, the R2 Administrative Assistant, the Representatives and Region 2 as a whole for their support and encouragement during my tour of duty as the R2 Treasurer.

It was a very rewarding, fun and exciting experience.

Jerry Jackson, R2 Treasurer  
 Prepared August 19, 2014

#### Financial Report:

Acct.#	Account Description:	2013' Adopted Budget	2013 Actual at 12/13/13	2014' Year to Date @ 7/31/14	2014' Adopted Budget
	<b>Revenues:</b>				
400-00	Donations/Meetings-Indiv.	27,200	32,169	18,043	28,000
410-00	Donations/Other		-		
420-00	Convention Income (Prelim.Estimate)	30,000	41,277		39,000
440-00	RR Registrations & Visitor Lunches	2,400	2,160	900	2,200
450-00	Interest Income	10	8	4	10
455-00	Other Income (Assy.Silent Auctions)				
460-00	Royalties Earned (Audio Sales)	500	507	402	500
470-00	Friday Nite 7th Tradition at Assemblies	200	86	65	200
480-00	Special 7th Tradition at Assemblies	100	107		100
	<b>Total Income</b>	<b>60,410</b>	<b>76,314</b>	<b>19,414</b>	<b>70,010</b>
	<b>Cost of Sales:</b>				
520-00	Convention Expenses/Direct	15,000	22,000	4	20,600
530-00	Fundraiser Expenses (Conv Package Dona LA	125	105		125
	<b>Total Cost of Sales</b>	<b>15,125</b>	<b>22,105</b>	<b>4</b>	<b>20,725</b>
	<b>Sub-Total/Gross Profit</b>	<b>45,285</b>	<b>54,209</b>	<b>19,410</b>	<b>49,285</b>
	<b>Expenses:</b>				
550-00	Board to Convention	3,850	2,253	1,972	4,000
560-00	Conv. Outreach Events (Conv.Pkg-Plus hotel & Eliminate			38	Eliminate
570-00	Events Co-ord. to Conv.Mtgs.	441	431	336	350
575-00	Events Co-ord. Negotiation Expense	300			300
580-00	Next Conv.Chair to Conv.	750	313		750
585-00	Next Conv.Chair to Assy.	350			350
595-00	R2 Trustee to Conv.(no transp)	400	105	174	400
600-00	<b>Assembly Expenses:</b>				
601-00	Assembly-Board to Assemblies	7,500	5,233	1,895	7,500
605-00	Assembly Packets/Print&Mail	1,300	1,088	510	1,300
610-00	Assembly Parliamentary Exp.	2,200	1,357	1,003	2,200

**Region 2  
Treasurer's Report**

July 31, 2014 Year-to-Date Financial Report with 2014 Adopted Budget

Acct.#	Account Description:	2013' Adopted Budget	2013 Actual at 12/13/13	2014' Year to Date @ 7/31/14	2014' Adopted Budget
615-00	Assembly spec. Event Exp.	600	505	381	600
620-00	Assembly Mtg Room/Equip	2,500	2,334	800	2,000
622-00	Assembly RR Lunch Exp (calc.@30/per RR)	3,000	2,422	1,260	2,500
625-00	Funding-Bd.Candidate to Assy	400			400
626-00	Funding-Committee Chairs to Assy.	700	-		600
628-00	Funding-IG Ass'y Scholarship Funds	1,200	200	122	1,000
629-00	Funding-IG Deleg. To WSBC (New 2011)	3,000	1,377	2,021	3,000
630-00	Funding-IG Rep to Assy (IFAP)	4,500	3,135	1,329	4,500
631-00	Funding-IG Rep to Assy/Addl.IFAP	2,250	145	86	2,250
632-00	Funding/Hawaii Rep to Assy	1,000	1,000		1,000
635-00	Funding-Mex.Rep.to Assy	2,500	826		2,500
640-00	Funding-Mex.Rep.to WSBC	1,400	597	1,103	1,400
645-00	Funding-R2 Deleg.to WSBC (when eligible)	Not eligible			Not eligible
655-00	R2 Chair to Mexico	1,500	1,382	213	1,500
660-00	R2 Chair to Region Chair Mtgs.	2,650	2,358	997	1,800
665-00	R2 Chair to WSBC	2,000	1,495	1,276	1,750
685-00	Comm.Exp.-Bylaws	50			50
686-00	Comm.Exp.-Diversity	50			50
690-00	Comm.Exp.-IG Formation/Outreach	50			50
691-00	Comm.Exp.-Public Information	250		18	250
692-00	Comm.Exp.-Young People	100	63	66	100
694-00	Comm.Exp.-12th Step Within	100	63		100
700-00	General Board Meeting Expense	9,000	4,223	2,644	4,500
701-00	General Board Support Services*	13,500	9,386	2,499	13,500
705-00	Bank Service Charges	100	66	25	50
710-00	Board Outreach (S,T&C Workshops)	1,500	267		1,000
712-00	Depreciation/179 Expense	TBD	-		TBD
715-00	Don. To Delegate Support Fund	TBD			TBD
716-00	Don. To WSO Genl. Fund	250	250		250
717-00	Don. To Professional Exhibits Fund	TBD			TBD
718-00	Don. To RCC Travel Support	TBD			TBD
719-00	Don. To Support Transl. of Lit.	Eliminated			Eliminated
721-00	Insurance - Liability ( Actuals Incl.Exp.Div.refu	1,000	757	702	1,000
723-00	ISP/Email Exp.	Eliminate			Eliminate
725-00	Legal & Accounting Exp.	300	300		300
730-00	Miscellaneous Exp.	100	45		50
735-00	Newsletter Exp. (Print & Mail)	1,500	589	383	900
740-00	Office Exp/Supplies	300	216	90	300
742-00	Outgoing Board/Conv.Pkg	1,000	522	851	1,000
745-00	P.O.Box Exp. (Incl. Fwdg.Exp)	850	792	400	900
750-00	Printing/Bylaws, Pol & Proc.	100	19		50
755-00	Printing - Speaker/Leader List	25	-		25
760-00	Repairs & Maintenance	50			50
765-00	Returned Checks/Fees	50	15		50
770-00	Special Projects**	3,050	-	1,605	3,050
775-00	Storage Expense	650	585	585	650
785-00	Website Exp.(2013: Renewal fees only)	200	249		300
	<b>Total Expenses</b>	<b>80,416</b>	<b>46,963</b>	<b>25,384</b>	<b>72,475</b>
	<b>Net income (Shortage)</b>	<b>(35,131)</b>	<b>7,246</b>	<b>(5,974)</b>	<b>(23,190)</b>
	<b>Adjust: Funds from Prudent Reserve</b>			<b>5,974</b>	<b>21,140</b>

Notes/Explanations/2014 Budget:

\* Board Support Services includes \$3,500 for website upgrades fwd from 2013

\*\* Special Projects includes \$2050 for computer & display fwd from 2013

# FROM THE COMMITTEES

## **12<sup>th</sup> Step Within Committee Report**

### Committee Goals/Completed projects:

- To assist intergroups and meetings in Region 2 to support members struggling with Relapse
- To develop as many ideas as possible and different methods of reaching members who leave the program, members who have not achieved abstinence and members in relapse

### Current Projects Underway:

- Quarterly recovery ideas sent via email to Intergroups and upload to website
- Relapse & Recovery article for publication in the R2 newsletter
- Quarterly teleconference call to support Intergroups in helping members in relapse.
- Staffing a TSW Booth at R2 conventions (display board and literature).

### Agenda for next Assembly:

- Development of 12 Recovery ideas for 2015 for those experiencing relapse
- Develop a quarterly bulletin of meetings and special events for 12th Step Within
- Develop a cover letter for the quarterly recovery, reaching out to Intergroups - ideas that are emailed Jan/Apr/Jul/Oct.

## **Bylaws Committee Report**

### Committee Goals:

- Read and review P&P and submit updates and changes to committee chair by July 15, 2015
- Have telephone committee meeting to review concerns related to changes
- Change intergroup/service boards to "service bodies" as per WSBC guidelines.

### Current projects underway:

- Glossary update of P&P

### Agenda for next assembly:

- Have lots of corrections to P&P and glossary

## **Diversity Committee Report**

(Per information available)

### Committee Goals:

- Revise the Diversity committee statement of purpose
- Present motion for approval of said revision of purpose

### Current Projects Underway:

- Mental health outreach packets approved. Delivery package to R2 in October for distribution to Intergroups

### Agenda For The Next Assembly:

- Deliver mental health packets
- Research tools/availability to set up Hispanic meetings

## **Intergroup Outreach/Formation Committee Report**

### Committee Goals:

- Contact under-represented groups to increase attendance
- Decrease number of unaffiliated meetings by contacting them individually

### Current Projects Underway:

- Advise IGs there's money available if that's the problem (for not attending assembly)
- For Northern groups, try to coordinate travel/hotel for next (southern) assembly.

### Agenda for Next Assembly:

- Report on contacts made and what the results were.

### **Public Information Committee Report**

#### Committee Goals:

- From the IG Outreach list compiled during the last two years, offer it to all intergroups
- Act as mentors as requested by them
- Continue to reach out to intergroups who have not responded to the Fall outreach..

#### Current Projects Underway:

- Use survey "How did you hear about OA; perhaps establish a google closed group for our R2 PI committee to keep in contact..

#### Agenda for Next Assembly:

- Not stated in report

### **Young People's Committee Report**

#### Committee Goals:

- Meeting attendees identify length of abstinence.
- Prepare a motion to increase YP budget from \$50 to \$200, to purchase and distribute a YP packet to each intergroup.

#### Current Projects Underway:

- Posters to local colleges - downloaded from oa.org
- IG's sponsor a test line for YPs

#### Agenda for Next Assembly:

- Follow-up on current projects

## **R2 BOARD MEMBER DUTIES AND RESPONSIBILITIES** **( FROM BOARD OPERATING MANUAL)**

- A. All R2 Board members must submit a written report to each Board member at each Board meeting and to the Secretary at R2 Assembly.
- B. It is the responsibility of the designated Board member to see that a profit and loss statement be submitted to the R2 Board following each R2 event.
- C. The R2 Board shall develop and renew long and short term goals annually.
- D. Board Member duties and responsibilities:

#### Chair

1. Represent R2 in all matters involving outside enterprises.
2. Propose an agenda of business items for R2 Assemblies and R2 Board meetings.
3. Chair R2 Assemblies and R2 Board meetings in accordance with the R2 Bylaws.
4. Develop and present activity reports at R2 Assemblies and R2 Board meetings.  
(Note: R2 Assembly report must be written and delivered to the R2 Secretary before the R2 Assembly begins.)
5. Submit interim report to the Publications Coordinator to be included in the Assembly Packet.
6. Schedule Parliamentarian for R2 Assemblies.
7. Act as liaison to the R2 Committees as assigned.
8. Function as a fiduciary in matters requiring allocation and disbursement of the funds provided for R2 business.
9. Attend R2-sponsored activities, as directed, to represent R2 interests and support the activity.
10. Draft all correspondence from R2 directed within the fellowship of Overeaters Anonymous on matters affecting R2 as a whole.
11. Draft all correspondence between R2 and outside enterprises.

12. Serve as R2 delegate to the World Service Business Conference and provide a written report to the R2 Board and R2 Assemblies, including updated changes in the policies and procedures and bylaws.
13. Develop with the R2 Board the annual schedule for R2 Assemblies and R2 Board meetings.
14. Appoint R2 Committee Chairs and the R2 Representative to the Worlds Service Business Conference Reference Committee.
15. Sign R2 Assembly and R2 Board-approved legal contracts between R2 and outside enterprises as required.
16. Co-sign financial documents as requested by the R2 Treasurer.
17. Investigate and report to R2 Assembly on any Intergroup-raised issue affecting R2 as a whole.
18. Interact with other Region Chairs to continually seek improvements in R2 service.
19. Provide a written report to each Board member at every Board meeting.
20. Attend three annual meetings as part of the Regional Chairs Committee as follows:
  - a) One meeting with World Service Board of Trustees (date to be determined each year).
  - b) One meeting the day prior to the World Service Business Conference.
  - c) One meeting at a Regional Service Event (location/date to be determined each year).
21. Facilitate Service, Traditions & Concepts Workshops as needed.
22. Coordinate entertainment for assemblies with the Hosting intergroup.
23. Other duties as may be required by the R2 Assembly.
24. Assist in maintaining Region 2 website, as specified in Appendix A of this manual.

### Publications Coordinator

1. Attend all R2 Board meetings, R2 Assemblies and R2 Conventions.
2. Develop and supervise communications to RRs and intergroups via website, mailing, emails, etc. Communications will convey information on assemblies, conventions, financial assistance, news and education about Region 2, and other information requested by the R2 Board.
3. Prepare content of two mailings prior to each assembly, including one preregistration mailing and the packet mailing (to include cover letter and other enclosures listed in administrative assistant guidelines).
4. For each assembly, develop Assembly Packet to include copies of minutes, agenda, board reports, motions to amend the Bylaws or P&P manual, etc. and supervise distribution to all Intergroups, RRs and Unaffiliated Groups no later than 45 days prior to assembly as mandated in the Bylaws and/or Policy and Procedures manual.
5. Email RRs assembly information prior to assemblies; with RR listings and other information, as needed, post-assembly.
6. Maintain current R2 and RR addresses and phone numbers.
7. Provide Board Members with the current listing of RR's and Alternates after each assembly.
8. Act as liaison to the webmaster to the Region 2 website, including overseeing updates to ensure effectiveness and consistency of content (See Appendix A of this manual for specifics).
9. Act as liaison to R2 Committees as assigned.
10. Perform duties of R2 Newsletter Editor, developing R2 Newsletters as needed, Including board approved content, working with volunteer RRs on its design, coordinating with printer, etc.
11. Co-sign financial documents as requested by R2 Treasurer.
12. Provide a written report to each Board member at every Board meeting.
13. Provide a written report and present activity report at R2 Assemblies.
14. Submit interim report to be included in the Assembly Packet.
15. Other duties as may be required by the R2 Assembly or delegated by the R2 Chair.
16. Facilitate Service, Traditions and Concepts Workshops as needed.

## Treasurer

1. Attend all R2 Board meetings, R2 Assemblies and R2 Conventions.
  2. Maintain checking, savings and other accounts established in the name of “Region 2 of Overeaters Anonymous, Inc.”
  3. Be the guardian of all funds received and disbursed.
  4. Act as liaison with the R2 Intergroup Funding Assistance Program (IFAP) and other committees as assigned.
  5. Provide the most recent full period report to the R2 Newsletter Editor 60 days prior to the R2 Assembly.
  6. Submit interim report to the Publications Coordinator to be included in the Assembly Packet.
  7. Co-sign documents for R2 expenditures, as specified in the R2 Bylaws.
  8. Submit a complete account of R2 funds at each meeting of the R2 Assembly.
  9. Submit “Income From All Sources Treasurer’s Report” annually, either at an R2 Assembly, in the R2 newsletter, or by mail.
  10. Oversee the Administrative Assistant in matters relating to mail and financial procedures.
  11. Draft correspondence for all financial matters including donations, invoices and requests for reimbursements.
  12. Act as liaison with the accountants, insurance companies, and the IRS. Notify accountants of name/address of current Treasurer.
  13. Maintain appropriate records showing all fiduciary transactions.
  14. Create the annual Budget Subcommittee and chair the meeting.
  15. Oversee the current R2 Convention Accounts, and other accounts. The following applies to the Convention accounts:
    - a. There will be two (2) Convention checking accounts. One for odd-numbered year conventions and one for even-numbered year conventions.
    - b. Each convention checking account will have \$1,000.00 ‘seed’ money provided initially.
    - c. An additional \$2,000.00 in ‘seed’ money will be made available to the next convention 60 days after the current convention is held.
    - d. Each account will be reduced to \$1,000.00 after it’s convention is completed.
  16. Provide a written report to each Board member at every Board meeting regarding all contributions, disbursements and Board expenses.
  17. Provide the R2 Assembly with the R2 donations report once yearly provided at the first assembly of the year with the information from the previous fiscal year (which is the calendar year).
  18. Other duties as may be required by the R2 Assembly or delegated by the R2 Chair.
  19. Facilitate Service, Traditions and Concepts Workshops as needed.
  20. Assist in maintaining Region 2 website, as specified in Appendix A of **this manual**.
- (Freedom to Grow)

*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*

# The Twelve Traditions<sup>1</sup>

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority -- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose -- to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues, hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

<sup>1</sup> Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.



## **2015 OA Region 2 Convention**

**June 26-28, 2015  
San Diego, California**

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**Come experience the fellowship of OA recovery in sunny San Diego  
as we bask in the warmth of our Higher Power and exclaim,  
"I put my hand in yours!"**

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- Keynote speaker
  - Recovery topic speakers
  - Marathons and special focus meetings
  - Workshops
  - Silent auction
  - Boutique
  - Entertainment and dance
  - Hospitality room
  - Recovery, fellowship and fun
- 

**Town & Country Resort and Convention Center  
500 Hotel Circle North,  
San Diego, CA 92108**

See **Convention Hotel** page at [www.oar2.org](http://www.oar2.org) to book a room