



## **Region 2 Spring Assembly** ***“Let Go and Recover”***

**April 12 - 13, 2013**  
**Palm Springs, CA 92262**

***“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 (Rozanne’s Prayer)***

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 “Let Go and Recover” is “printed” 4 times in this Assembly Packet (not on this page). Find it in all 4 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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## ***SPRING ASSEMBLY INFORMATION***

***Location:*** Hilton Palm Springs Resort (760/318-8536)

400 East Tahquitz Canyon Way, Palm Springs, CA 92262

***Room Rate:*** Single/Double \$119.00 per night;

Reserve early. (Special rate group code is "OAR" by phone or

online). Rate includes parking, airport shuttle, high speed

internet, access to 24 hour fitness center and 2 for 1

dinner coupons at the Terrace Restaurant. (Free daytime parking

by obtaining parking pass from Valet station upon arrival.)

***Reservation Deadline:*** April 1, 2013 (Limited quantity)

***First-time Intergroup Reps:*** The "New Representative

Orientation" is at 7:30am on Saturday morning. (Required -

Critical for new reps. Please be prompt.)

**Highlights:**

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

**Friday Grand Opening:** Speaker, Entertainment 7:00pm

**Saturday:** Business meetings 8:30am—5:30pm

**Saturday:** Noon Lunch with Guest Speaker

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

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



# **ASSEMBLY AGENDA**

## ***"Let Go and Recover"***

**FRIDAY April 12, 2013**

- 6:00 PM EARLY REGISTRATION BEGINS**
- 7:00 PM GRAND OPENING OF THE REGION 2 ASSEMBLY  
WELCOME FROM THE R2 BOARD**
- 7:15 PM ENTERTAINMENT**
- 7:45 PM SPEAKER**
- 8:15 PM ANNOUNCEMENTS**
- 8:30 PM CLOSING**

**SATURDAY April 13, 2013**

- 7:00 AM OA MEETING (Optional)**
- 7:30 AM NEW REPS ORIENTATION (Essential)  
REGISTRATION (Continued)**
- 8:30 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 MINUTES**
  - ASK-IT-BASKET CIRCULATED**
- 9:00 AM ICEBREAKER**
- 9:15 AM BOARD REPORTS**
- 9:30 AM PRESENTATION – INTRODUCTION TO R2 COMMITTEE WORK**
- 9:45 AM BREAK**
- 10:00 AM REGION / INTERGROUP CONCERNS**
- 10:30 AM ASK IT BASKET**
- 10:45 AM UNFINISHED BUSINESS & NEW BUSINESS**
- 11:00 AM COMMITTEE MEETINGS**
- 11:45 AM CONVENTION 2013 REPORT**

12:00 PM LUNCH WITH GUEST SPEAKER  
1:30 PM REGION / INTERGROUP CONCERNS  
2:00 PM COMMITTEE MEETINGS  
3:00 PM BREAK  
3:15 PM NEW BUSINESS (CONTINUED)  
ASK-IT-BASKET (Time permitting)  
4:15 PM COMMITTEE REPORTS  
4:30 PM WORKSHOP  
5:15 PM CLOSING CEREMONY  
5:30 PM ADJOURN & DINNER ON YOUR OWN  
7:30 PM SATURDAY NIGHT EVENT with Speaker

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

**The Friday Assembly Grand 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 is welcome.**

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

**See you Friday, April 12<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**

959-644-6997

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

### **EVENTS**

### **COORDINATOR**

**Cher Bateman**

775-772-0220 (c)

775-749-5680 (h)

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

### **VICE CHAIR**

**Alice Carroll**

949-367-1331 (h)

949-939-1331 (c)

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

### **TREASURER**

**Jerry Jackson**

408-373-4982 (c)

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

### **SECRETARY**

**Linda McLaughlin**

209-241-7128 (c)

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

### **PUBLICATIONS COORDINATOR**

**Michael DelleDonne**

916-727-4361 (h)

916-844-5956 (c)

[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)

## APRIL 2013 ASSEMBLY ROSTER/ROLL CALL

INTERGROUP	WSO IG#	NO. OF GROUPS	Allowable # of RRs	FALL 2012 DAY 1	FALL 2012 DAY 2	SPRING 2013 IG Count	SPRING 2013 RR count
Aloha Hawaiian	9111	13	2	1	1		
CA Central Coast	9222	14	2	2	2		
Channel Islands	9068	15	2	1	1		
Ebony OA Bay Area	9609	4	1	0	0		
Foothill	9003	23	3	1	1		
How-OA No. CA	9331	18	2	2	2		
Inland Empire	9492	26	3	1	1		
Intergroupal Mexico	9329	308	31	1	1		
Kern County	9326	6	1	0	1		
Lake Mendocino	9301	4	1	0	0		
Los Angeles	9004	64	7	1	1		
Marin County	9083	8	1	1	1		
Maui Friends	9585	3	1	0	0		
Mid-Peninsula	9294	27	3	3	3		
Monterey County	9356	6	1	0	1		
No. Sierra Nevada	9325	11	2	1	1		
North Rivers	9400	8	1	0	0		
Northcoast	9434	4	1	0	0		
Orange County	9005	57	6	0	0		
Sacramento Valley	9012	41	5	4	4		
San Diego County	9007	60	6	2	2		
San Fernando Valley	9008	55	6	0	0		
San Francisco	9071	34	4	3	2		
San Gabriel Valley	9009	24	3	2	2		
San Joaquin	9013	11	2	2	2		
Santa Cruz County	9267	13	2	0	0		
Silicon Valley	9020	37	4	3	3		
So.Alameda Co.(SACO)	9051	3	1	1	1		
Sonoma County	9245	28	3	1	1		
South Bay	9010	29	3	3	3		
Unity - East Bay	9100	43	5	2	2		
Unity W/Diversity Desert	9494	12	2	1	1		
Valley Sierra OA/HOW	9599	10	1	1	1		
Veracruz	9501	22	3	1	1		
Unaffiliated Groups		72		0	0		
	<b>TOTALS:</b>	1113	121	41	42	0	0
Total No. of Intergroups	34						
Total IG.s Represented	0						
Quorum (30% of IG.s)	0.00						
				RR Votes	0		
Board: _____ Chair _____ Vice Chair _____ Treasurer				Bd. Votes			
_____ Events Coordinator _____ Publications							
				Total Votes	0		
Non-Voting Attendees:							
_____ R2 Trustee _____ Alternates _____ Visitors							



## Fall 2012 Assembly Minutes Saturday, October 27, 2012

**Call to Order** 9:00 AM by Chair Shari Greenberg

**Two Minute meditation, Serenity Prayer**

**Introduction of Green Dots, mentors and retiring reps**

**Introduction of Board members**

**Reading:** Twelve Concepts of Service; Assembly rules read by Parliamentarian Tennie Bee Hall

**Roll Call/Quorum established:** 41 RRs; 24 IGs; 6 voting board members, total of 47 voting reps; 2 visitors

**Adoption of previous minutes;** Spring 2012 Assembly, March 31.

**Ask-it Basket circulated**

**Ice-Breaker**

**Board Reports:** Jerry Jackson reported the budget for 2013; Motion 10, Adoption of 2013 Budget; adopted.

**Break**

**Ask it Basket:**

Q. How do you find quickly on [www.aa.org](http://www.aa.org) previously mentioned link for Literature updates (such as "Sponsoring Through the 12 Steps" update?)

A. Click on "What's New?" The current printing of the pamphlet, "Sponsoring Through the 12 Steps" has an addendum page included.

Q. Is anorexia/bulimia/compulsive exerciser included in Diversity Committee outreach? If not, how are they targeted for OA inclusion?

A. yes, we do include the anorexic/bulimic. New pamphlet, "A Common Solution" has articles of how the disease is manifested in members.

Q. Can IG help a meeting pay its expenses?

A. It is common for an IG to help a struggling meeting; it is up to the IG group conscience. Our IG had a project to pay for group's meeting place for several months.

Q. How do we develop a strong intergroup and get more reps?

A. Teach by example. I request when I sponsor, at the right time, to go to intergroup. Some come as a visitor, and will do it someday; some come and become a rep right away. They have been an IG rep, and then they will become a Region rep. One of the reasons our IG is strong is because the sponsors in my area require service of their sponsees. (Look for more in this in packet)

**IG Concerns**

Q. How do we get more participation or make the IGs stronger?

A. Strengthen IGs through STC Workshops: How to build strong Meetings, leads to building strong Intergroups, leads to building a strong Region. There are PPT presentations, interactive with participation from participants. Only thing you have to do is rent the room, and provide a screen; We are a huge IG (coverage of area), from Kern County line to San Joaquin County line. We have a

conference call number and can be at our meeting via conference call; go to [www.freeconferencecall.com](http://www.freeconferencecall.com). Our IG met Tuesday night at 7 pm. Did not have many people come, they were tired. We now meet at 8:30 on first Saturday of every month for 1 hour, and then have our popular meeting. We have no less than 20. Almost every meeting is represented, and at least 20 IG officers, reps attend; Santa Cruz IG was failing, all officers were overloaded, not many showing up. Have a meeting about what IG is. People showed up, and by Higher Power, positions were filled. Addressed their concerns and fears, encouraged them to be in the IG meetings; Carpooled and went to dinner before the 7:30 meeting. If there is someone on your way to the meeting, ask if we can pick them up. Now a strong fellowship. Now people in Anaheim doing it too; Go back and tell all the fun things you did at the Region Assembly, like the entertainment, the speakers, the workshop. Speaker and sharing, lunch. When Assembly is in your area invite them to lunch at the assembly.

Q. In some of our groups I have seen people are getting stuck, go to meetings and don't work the steps. How can we get people going?

A. Seemed to be the only person with physical recovery; found a sponsor who had what she wanted, a food plan, started an AWOL (A Way of Life), 90 day meetings, protect your own abstinence. When they see others recovery, they want to know how they did it. AWOL is set up like a classroom. Close with "You never have to feel that way again." AWOL will close after the first four weeks, they have to commit to abstinence, I have not had a break because of the AWOL, they way of life is so much better. Classroom environment for the 12 Steps. If they have a break, they have to wait until the next AWOL opens. We started 90 Day OA meetings, only 1 does not have recovery, and there are about 16 people. Went to larger meetings to see what they did. Now a 17 member fellowship and have a meeting every day of the week; One of our missions is to do outreach to small Intergrups, to get them to Assembly; Sponsorship is one of the tools that creates a mechanism for daily communication. Sponsorship and meetings are tools of attraction to draw others in more closely. Asks if there are any things they would like to change in their sponsoring annually. Have a TSW committee, to help the others who are still suffering or struggling; At Convention, I heard a lot of great speakers, talked to others that were doing 12<sup>th</sup> step workshops, kept hearing the solutions were in the steps. We found a great format for a 12 Step Big Book study, for 15 weeks. 2 weeks spent on step 4 and 2 weeks spent on step 12. Many came out, it has dwindled down, but the focus with homework and readings, work with a sponsor, or another member who will be a loving witness for the 5<sup>th</sup> step. Did not have restrictions, but strongly suggested to use all the tools, find a sponsor, but have it inclusive so people would not feel they could not do it.

Q. What is the mileage rate?

A. 45 cents a mile is what Region currently observes.

Q. What are you doing to encourage newcomers to keep coming back?

A. One person keeps track of Newcomer packets going out, she calls them once, sometimes twice, and helps people to know we care; The first contact is important, make them feel welcome, if they leave and have not made a connection with anyone, they probably won't come back; A newcomer sat next to her, she started crying, and she asked if she wanted to go talk, they did, and I emailed her, she emailed back, and asked her if she needed help getting started. The little connection getting started in a baby step way kept her coming back; Newcomer caller position in group. We had a 10 minute tea break, did not work, people came in, did not have enough time to talk. Go out to eat lunch after the meeting, so people see that we do eat; Have a Newcomers meeting to explain how meetings are, share ESH, and a better chance to retain them; Two documents on [www.aa.org](http://www.aa.org) to help newcomers come back. Strong meeting list has ideas, the other is the suggested meeting format. You can download it on aa.org, it tells something about qualifying as sponsors, to share how long they



have been in, weight loss, etc; I (a male) welcome the newcomer, if it is a lady, I say, this is Cher, and her number is, and I give you permission to call her at any time. Encourage them to call somebody; We do not give the newcomer packet until after the meeting. We write our names on it around the table, if they shared at the meeting about anything, I like to approach them on something they said. Any kind of personal touch we can give the newcomer is helpful, it makes the connection; The person that shares their ESH passes around their pictures so they can see their physical recovery. If there is a newcomer that is very overweight, they should have a strong sponsor. If you don't have it to give away, you should not try to help the newcomer. As they try to qualify, they begin to relate to them. At meeting level, have something specific to say, they can say it when they qualify: Contact person is the first person the newcomer talks to, if they say they will see me at the next meeting, she stands outside waiting for them.

**Envelopes on tables:** Contains assembly attendees list; revisions of list will be emailed. Motions 1 through 5 are in the packet (booklet), motions 6 through 10 are in the envelope. Gift from WSO to them of the pamphlets

### **Business:**

#### **MOTION #1:**

Move to amend the R2 Policy and Procedures Manual, Section VIII, by adding the following funding assistance program after item F. Subsequent items to be renumbered as necessary:

Funding Assistance for Hawaii and Mexico Intergroups:

Due to prohibitive travel costs, RRs from the intergroups of Hawaii and Mexico will be accorded special funding assistance to attend the fall assembly. Mexico Intergroups may also be accorded funding assistance to attend the World Service Business Conference. Funding shall be provided under the following conditions: The maximum funding available for this purpose shall be determined in the annual budget for the following year, predicated on the region's ability to provide such funding. The implementation and final allocation of funds shall be determined by the R2 Board. No additional funding shall be available from IFAP or other funding assistance programs, except as indicated within this policy.

Providing funding is available, budget amounts shall be distributed as follows: Hawaii: Intergroups shall alternate in being offered funding assistance to attend the fall assembly. If they are unable to accept the assistance, funding will be offered to the next eligible intergroup.

Mexico: A maximum of two (2) intergroups will be offered funding assistance to attend the fall assembly each year. Funding assistance to the World Service Business Conference shall be available as follows:

Intergroupal Mexico shall receive funding for one (1) delegate each year, when provided for in the budget. Veracruz Intergroup shall receive funding for one (1) delegate every other year, when provided for in the budget.

Participants are expected to fulfill the requirements specified in item 4 of the WSBC Delegate Funding Assistance policy. The R2 Board shall be permitted to pay expenses in case of extenuating circumstances, as specified in Item 6 of the WSBC Delegate Funding Assistance policy.

5. All participants receiving funding assistance are required to attend all business meetings and are expected to room-share when available. Adopted.

**MOTION #2:**

Move to amend the R2 Policy and Procedure Manual, Section VIII, item F, #1 to read:

1. The Intergroup Outreach Committee will, with the assistance of the R2 Board Liaison:
  - i. Determine initial Intergroup eligibility for funds, based on information provided by the R2 Board. Coordinate participation, including:  
Contacting intergroups eligible to participate that have not attended recent assemblies.  
Distributing application form, when requested.  
Forward completed application forms to the R2 board a minimum of 45 days prior to the assembly, for final determination. If funds are available, the deadline will be extended. **Adopted.**

**MOTION #3:**

Move to amend R2 Policy and Procedure Manual, Section VIII as follows:

To group financial funding items D through F under a new item D, titled "Funding Assistance Programs". Current and future funding assistance programs to be included and numbered under the new item D.

Items following the new "D" to be renumbered as necessary. **Adopted.**

**MOTION #4:**

Move to amend the R2 Policy & Procedure Manual, Section VIII, Item B, #13, by deleting budget line item 719.00 - Donation to Fund to Support Translation of OA Literature. **Adopted.**

**MOTION #5:**

Move to amend the R2 Policy & Procedure Manual, Section VIII, Item E, #2 and #3, as to read:

2. WSBC Funds shall be available to assist up to three (3) intergroups per year with Financial hardships. Assistance each year will be based on the availability of funds, after considering the region's policy for maintaining a prudent reserve, as specified in this policy manual. Preference is given to those intergroups that have participated in the last two (2) R2 assemblies and have not sent a delegate to WSBC the prior year.
3. Funding shall be as follows: A maximum of \$1,000 per intergroup to be used for food, travel, registration, hotel, etc. Funding for this policy shall not exceed \$3,000.00 per year. **Adopted.**

**2013 Convention Announcement**

**Lunch with Speaker**

**New Business**

**MOTION #6:**

Move to amend R2 Policy and Procedure Manual, Section VIII, as follows:

- D. Intergroup Funding Assistance program (IFAP). Intergroup funding assistance will be available to Intergroups to send RRs to Region 2 Assemblies. Intergroups are expected to fund their representatives (RRs) attendance at assemblies. This policy provides assistance to financially challenged intergroups who are unable to participate without financial aid. **Adopted.**

**MOTION #7:**

Move to amend R2 Policy and Procedure Manual, Section VII, E., titled WSBC Delegate Assistance Fund, by inserting the following after the title, to read as follows:

E. WSBC DELEGATE ASSISTANCE FUND

Funding assistance to attend the World Service Business Conference (WSBC) will be available to those intergroups experiencing extreme financial difficulties; those intergroups who would be incapable of sending a delegate to the conference without financial assistance.

Intergroups should apply to Region 2 before applying to the World Service Office for financial assistance. (Note: Balance of policy to remain as stated) Adopted.

**MOTION# 8:**

Move that, according to policy manual Section VIII - B, #12, the following budget override be approved: Item 615-00 Assembly Special Event Expense be increased to \$600.00. Adopted.

**MOTION #9:**

Move to amend policy manual Section VIII, - B, #13, by adding the following line item to the budget: Item #717-00 - Donation to Professional Exhibits Fund Adopted.

**Ask-it-Basket:**

Q. What is the suggested contribution for 7<sup>th</sup> Tradition at our meetings?

A. The suggested donation is \$3 or more. Some meetings include the phrase that if some can't afford it, less, or if some can, give more.

Q. Are other meetings experiencing decline?

A. My meetings have not been experiencing decline, seem to be growing; Use a phone list and call people; Some ebb and flow. Someone says it is a bad meeting, I say if you go and share, it will be a better meeting. Wherever two or more are gathered, so if you are both there, working the steps, it will grow. I always say the most important people are here. What we appreciate, appreciates; We have an 8:30 Saturday morning meeting, maintainers numbers on a separate phone list. Where meetings are abstaining, people gravitate towards it; Walnut Creek is my home meeting, been going since the 90s. a lot of sponsors available. The amount of recovery in the room and the power in the room. People come at 6 to do the set up. Go to a meeting until you want to go to a meeting; I have been involved with different IGs, had core officer positions filled but not a lot of reps coming. We do a group inventory on the fifth Sunday and try it and see how it goes. They liked the conversation and go out for fellowship after that meeting; Use the strong meeting checklist, to see what may need to happen. After changing a struggling meeting to a speaker meeting, they got bigger. Maybe you can't keep doing what they have been doing when it does not seem to work; Everyone brings their lunch to a noon meeting, evening we did a meeting after the meeting and had fellowship.

Q. We have a small meeting in our IG that is registered and claims to be an OA meeting, and only uses AA literature and will not allow OA literature even if it is donated. Is this a break in the Traditions or is it group autonomy?

A. If they are reading the Steps and Traditions of OA and follow the requirements for an OA meeting, everyone is welcomed, if they follow all the suggestions of what an OA meeting is, they are

an OA meeting. They are autonomous. Anything other than new OA literature published later than 2010 is not approved. If they are focusing on stopping the compulsive eating, food behaviors, while working towards or maintaining a healthy body weight, they are keeping the OA Traditions. Make an appropriate announcement to have OAs come to their meeting. If asking members to come and share what OA is like, you can do that, and ask them to protect your anonymity.

Q. Can a meeting being held in a private eating disorders unit, if it is open to only those who are in there?

A. If it follows all the requirements of an OA meeting, it can be registered. Can't have a therapist who is not a member of OA leading the meeting, though.

Adjourned at 5:30

**Sunday, October 28, 2012**

**Call to Order 9:00 a.m.**

**Readings:** 12 Concepts of Service, Assembly Rules read by Parliamentarian Tennie Bee Hall

**Roll Call:** 41

### **Committee Meetings**

#### **10 a.m. Elections Results:**

- Chair: Nancy Jensen
- Treasurer: Jerry Jackson
- Publications Coordinator: Michael Delledonne
- Vacancy for Vice Chair; applications will be solicited for appointment.

**COMMITTEE REPORTS:** reports were given by each committee and can be found elsewhere in this publication.

Committee Chairs:

12<sup>th</sup> Step Within: Kia Martin

Diversity: Martha Salazar

Young Peoples': Val Turner

Public Information: Susan Meinert

Bylaws: Scott Turner

IG Outreach: Camille Gallea

**Closing Ceremony, Adjourned**

Submitted by Linda M., R2 Secretary

# FROM THE BOARD

## CHAIR REPORT

How exciting to be Chair of R2! I'm experiencing new faces, new places, new ideas and values, and reconnecting with the 'oldies but goodies' in all areas as well. I am so pleased and proud to serve with such an outstanding team of trusted servants on the R2 Board. We are all active and striving to bring R2 a few steps more on the road of happy destiny. Thank you for the opportunity to serve you.

I have been introduced to the Region Chairs Committee (RCC), which is all of the region chairs (10) from around the world. I shall be serving on it for the duration of my term, and am anxious about our first f2f meeting, which will be in the end of April, at the WSBC in Albuquerque, NM. Thankfully, I have been assigned a mentor (yup, I'm a green dot!). When I served on the BOT many years ago, there was no such thing as RCC, so like many of you, this is my first voyage to a new service arena. I am honored to represent Region 2 at the WSBC.

At our first R2 Board (r2b) meeting January 4-6, we chose "Let Go and Recover", for our 2013 R2 theme. For me, it means that I have to let go of fear, lies and negatives that would impede my recovery, and replace them with faith, truth and positives of my OA program.

In addition, the r2b also took a good look at cost cutting measures, and voted to lower our mileage reimbursement rate immediately, as well as brainstormed the ways to move toward "virtual" r2b meetings, in order to reduce our travel costs. We began by having a (free) conference call board meeting on January 27<sup>th</sup>, as a "trial run". We discovered there are wrinkles that we have to iron out, but, overall, it was reasonably successful.

Late 2012, our web page was "hacked", and our web master has worked very hard to repair the damage, some of which, we are still struggling with. Due to January vacations, we have had some delays in getting updates posted on the web page in a timely manner, and are working to correct this. Don't forget, there's a wealth of info on the web page, so, give it a read.

Our entire board is absolutely delighted to see an increase in intergroup participation. Don't forget, Service, Traditions & Concepts (STC) workshops are available to all intergroups, regardless of size, and are free. This is a service of R2. Contact our Vice Chair for info on how to have one.

I have been working with Unity with Diversity Desert Intergroup (UDDI) on assembly planning for the upcoming Spring Assembly. They have secured most of their speakers and Friday night entertainment, and as they have many talented OA's in Palm Springs, I'm sure we're in for a treat!

I also got the opportunity to attend my home intergroup, Orange County (OCI), and present information on the R2 Convention (Palm Springs), as well as start assembly planning for the Fall 2013 Assembly, to be hosted by OCI. Also dropped the idea that an STC Workshop is available to them. Perhaps you might want to drop the same message in the ear of your intergroup?

In Love & Service,   &:0) Nancy J.

## **VICE CHAIR REPORT**

Since I was appointed to the Vice Chair position, I have learned a lot. I attended the Board meeting in Irvine on 4th, 5th & 6th of Jan. I spoke with Tina @ East Bay Unity and The STC for their intergroup was set up for. I sent the Speaker's list to East Bay.

This week I contacted San Gabriel Valley intergroup and they will be contacting me for the dates and times of their workshop. Their intergroup meets this week.

I spoke at The Manchester 100 pounder's meeting last month. I attended the Orange County IG, and spoke with Edie (the Twelve Steps within Chair) and she will be looking at Early Sep for an STC workshop. Their intergroup has workshops scheduled each month until then.

I have been learning all the duties of the Vice Chair and have sent out R2 Speakers list upon request.

Thank you for welcoming me on Board.

Sincerely Alice C., Vice Chair

## **SECRETARY REPORT**

Service has been an amazing element in my recovery. I have truly enjoyed being your secretary. It has strengthened my abstinence, my recovery, built meaningful friendships, and has taught me how to be a friend. Besides the usual secretary stuff like board meetings, editing reports/minutes for meetings and assembly, I have been involved in the following since our Fall 2012 Assembly:

- Facilitated three workshops; Sonoma and Marin IGs in Petaluma, San Joaquin Valley IG in Fresno, and Southern Alameda County (SACO) IG on Unity Day.
- Worked with R2 Board, WSO and Colette K., Chair for Silicon Valley IG, on a professional exhibit in Santa Clara for the California Dietetic Association's Annual Meeting and Exhibition.

It has been a privilege to serve, and I have certainly received more than I have been given.

Yours in Recovery,

Linda M.

## **EVENTS COORDINATOR REPORT**

This has been a very challenging time for me since our last Assembly in October. I have made numerous errors and have learned a lot in the process. If I had been in the regular workforce, I would have been given my walking papers but fortunately everyone has been kind, considerate and understanding while I try to muddle through and hopefully learn the "what not to do's".

On a positive note I am expecting to sign a contract for our Spring Assembly in 2014 with the DoubleTree SFO. I was able to get \$250. off their original quote which was considerably lower than other hotels in the area. I was also able to negotiate a better price for our luncheon. With food costs escalating so rapidly, it really pleased me. We will have the same great menu with abstinent choices for our attendees which is always a plus for compulsive eaters like myself.

We held our first virtual meeting on January 27th. I can see that I will need to get a hands free device for the next one in June. I found it interesting as it was my first ever teleconference.

I have been Board Liaison for the Twelfth Step Within Committee which was a wonderful experience for me. This committee was amazing, enthusiastic and a delight to work with. I have now rotated on to the Bylaws Committee which I'm finding is also a great group of hard workers

and energetic members. I have spoken by phone with their Chair and Co-Chair who apprised me of the motions they've worked on so diligently with their committee. Due to technical difficulties we were unable to have our teleconference on Feb. 2nd so everything was accomplished efficiently via email and phone.

I've had contact with the 2013 Convention Chair and Co-Chair in my capacity as Board Liaison. I have also communicated by phone and email with the R2 Webmaster regarding the Convention. Preparations for the 2013 Convention are in full swing and the committee is "on fire" with excitement. It will be a fabulous time to "Let GO". ("Let Go and Recover" – Editor)

The Fall Assembly 2013 will be at the Hilton Irvine October 25-27th. We had our January Board Meeting there and the hotel and staff were gracious and very accommodating.

The board approved the Recruitment Flyer for the 2014 Convention which will be held at the Hyatt Regency Hotel SFO the weekend of July 4th. It will be a star spangled Convention so please mark your calendars.

In fact, mark your calendars for 2013 Palm Springs Convention June 28-30th and for the October 25-27th Assembly. Hope to see all of you at each of these great R2 events.

Yours in grateful service,  
Cher B.  
Events Coordinator

## **R2 TRUSTEE REPORT**

Since last report written August 25, 2012, I have been to the R2 Fall Assembly in October of course, to two R2 Board meetings in September and January, and one Board of Trustees (BOT) Meeting in November in Albuquerque and I did three ST&C's (Service, Traditions and Concepts) workshops for R2 Intergroups (IGs) in September, October and December, each with a present or former R2 Board member. I will report on the February 14-16 BOT meeting at this Spring Assembly.

### News from WSO (World Service Office):

2013 is The Year of Abstinence Awareness. All members are encouraged to contribute to this theme. Coincidentally, I did an ST&C in Monterey on Abstinence in December. We have a balanced budget for 2013 which called for cuts across the board. I think I will still be able to serve Region 2 well with the budget I have been allotted. (In Region 2 we are also looking at ways to decrease our expenses, like having a virtual board meeting.)

The 13 week OA radio show, *Sound Bites*, moderated by Naomi Lippel, WSO Managing Director, was the most successful radio series World Talk Radio has ever had. We may do it again in 2014. The series is archived on [worldtalkradio.com](http://worldtalkradio.com).

2013 is the last year of the present 5 year Strategic Plan. We will be designing the next plan this year in the quarterly BOT meetings and especially at the WSBC (World Service Business Conference) in May with input from region chairs and WSBC delegates. Together we will make plans to grow OA.

On a sad note, you may have heard that Mary Rose Dallal, R6 Trustee, died December 27, 2012. She was a big part of making OA stronger and clearer. She planned to resign after our November-December BOT meeting but she was too ill to travel. Karin Hepburn was appointed her replacement and was able to attend the meeting at the last minute. She has been doing a wonderful job as R6 Trustee. At this February BOT we will be doing a memorial service for Mary Rose. She is missed. We can thank her for the 9<sup>th</sup> Tool, Action Plan, for the present definition of Abstinence, she was instrumental in the creation of the pamphlet, A Common Solution, and a myriad of Bylaws and procedures changes for the better. She was contentious at times but a force for good, for the good of OA. OA has lost a good friend.

As usual I have been answering member questions via email and phone.

I have many R2 Intergroup Bylaws to review, some in Spanish, since every WSBC delegate needs to submit their IG Bylaws to WSO. I appreciate everyone's dedication to OA service. Please be patient with me. I will review them all as fast as I can.

I am now the board liaison for the R2 Twelfth Step Within (TSW) Committee which has been very active: In January they sent out the first "monthly nugget" to R2 IGs and representatives. These nuggets will include ideas of how to reach out to the still suffering compulsive eater within our membership. The committee has updated a Relapse and Recovery (R/R) Speaker list which is available on request from the R2 Vice Chair, Alice, [vicechair@oar2.org](mailto:vicechair@oar2.org). They have submitted an article on Relapse and Recovery for the R2 Newsletter. The fourth subcommittee is focusing on support to intergroups with R/R meetings, events, and issues. At this Spring Assembly, the TSW Committee will be continuing with these projects as well as preparing for an R/R booth at the R2 Convention.

Note: Registration is now open for the 2013 World Service Convention, "Recovery to Rock Our World," in Cleveland, OH, August 29-September 1. Go to [oa.org](http://oa.org), click on World Service Events, World Service Convention. This recovery event will be attended by members from around the world and only happens once every 3 years. Hope to see you there.

Thank you for affirming my nomination for R2 Trustee. I hope to be elected at the 2013 WSBC in May to serve another 3 years. Then I will have to step down due to term limits. Consider applying to replace me. The application will be due in August, 2015. Qualifications for applying are listed on the Trustee Application form on [oa.org](http://www.oa.org/pdfs/trustee_application.pdf), [http://www.oa.org/pdfs/trustee\\_application.pdf](http://www.oa.org/pdfs/trustee_application.pdf). This is a wonderful service. I can't recommend it highly enough. It has kept me abstinent and active. The BOT and WSO Staff are terrific people to work with. Feel free to ask me questions.

In gratitude for OA,

Meg H., R2 Trustee  
February 9, 2013

## **PUBLICATIONS COORDINATOR REPORT**

The R2 Convention this year will be at the Hilton Palm Springs, June 28-30. The Convention Committee picked "Let Go" as their theme. Our WSO this year has chosen the theme "The Year of Abstinence Awareness". The Board decided our theme this year will be "Let go and Recover". In my view (only), recovery is a state of happy abstinence with ongoing spiritual and emotional growth.

Here are some of my activities since the Fall Assembly

1. Cher and I gave a workshop Dec 8 for the North River IG.
2. Board meeting Jan 4-6 in Irvine
3. Trial Board conference call Jan 27. Cost cutting effort
4. Linda and I plan a workshop for Feb 23 SACO IG (UNITY day)
5. Created Spring Assembly Packet
6. Created Spring Newsletter
7. Liaison Duties with the Public Information Committee
8. Liaison Duties with our super support staff, Joyce F and John K.

Thank you all for giving me this opportunity to be of Service.

Michael D., R2 Publications Coordinator



## Region 2 Treasurer's Report April 2013 Assembly

The Income Statement with Budget Comparison reflecting year-to-date figures through December 31, 2012 is reflected below. It also reflects the budget adopted for 2013.

The report includes a new column, reflecting the percent of increase or (decrease) for actual income and expenses for 2012, compared to amounts budgeted. The substantial increase for donations over the budgeted amount was due to large donations received in December; one from an individual and another from an intergroup.

Wells Fargo Bank Balances (excluding the Convention accounts) as of July 31, 2012 were:

Checking:	\$ 5,630.13
Money Market:	<u>\$18,412.99</u>
Total Funds:	<u>\$24,043.12</u>

Financial reports are preliminary, subject to review.

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

- a. Transferring funds from the money market account to the general checking account, as needed.
- b. Trial Virtual Board meeting in Jan 2013 as a prerequisite for June 2013 Virtual Board meeting.

Thank you for allowing me to be of service.

Jerry J., R2 Treasurer  
Prepared January 22, 2013

### 2012 Income and Expense Report, with Approved 2013 Budget

Acct.#	Account Description:	2011 Actual @ 12/31/11	2012' Actual @12-31-12	2012' Adopted Budget	2012 % Increase (Decr)	2013' Adopted Budget
	<b>Revenues:</b>					
400-00	Donations/Meetings-Indiv.	27,979	32,970	25,000	32%	27,200
410-00	Donations/Other	104	-			
420-00	Convention Income (Prelim.Estimate)	30,843	39,172	35,000	12%	30,000
440-00	RR Registrations & Visitor Lunches	2,500	2,495	2,600	-4%	2,400
450-00	Interest Income	8	37	50	-26%	10
455-00	Other Income (Assy.Silent Auctions)	425				
460-00	Royalties Earned (Audio Sales)	497	395	400	-1%	500
470-00	Friday Nite 7th Tradition at Assemblies		289	100	189%	200
480-00	Special 7th Tradition at Assemblies		172	100	72%	100
	<b>Total Income</b>	<b>62,356</b>	<b>75,530</b>	<b>63,250</b>	<b>19%</b>	<b>60,410</b>
	<b>Cost of Sales:</b>					
520-00	Convention Expenses/Direct	17,133	20,566	18,000	14%	15,000
530-00	Fundraiser Expenses (Conv Package Dona LAIGBDP)	105		105	-100%	125
	<b>Total Cost of Sales</b>	<b>17,238</b>	<b>20,566</b>	<b>18,105</b>	<b>14%</b>	<b>15,125</b>
	<b>Sub-Total/Gross Profit</b>	<b>45,118</b>	<b>54,964</b>	<b>45,145</b>	<b>22%</b>	<b>45,285</b>
	<b>Expenses:</b>					
550-00	Board to Convention	3,444	2,806	3,500	-20%	3,850
560-00	Conv. Outreach Events (Conv.Pkg-Plus hotel exp)	331		400	-100%	Eliminate
570-00	Events Co-ord. to Conv.Mtgs.	324	222	600	-63%	350
575-00	Events Co-ord. Negotiation Expense	-	27	300	-91%	300
580-00	Next Conv.Chair to Conv.	628	664	700	-5%	750
585-00	Next Conv.Chair to Assy.			300	-100%	350
595-00	R2 Trustee to Conv.(no transp)	258	359	350	3%	400
600-00	<b>Assembly Expenses:</b>					
601-00	Assembly-Board to Assemblies	6,941	5,111	7,500	-32%	7,500

## Region 2 Treasurer's Report April 2013 Assembly

Acct.#	Account Description:	2011Actual @ 12/31/11	2012' Actual @12-31-12	2012' Adopted Budget	2012 % Increase (Decr)	2013' Adopted Budget
605-00	Assembly Packets/Print&Mail	1,359	1,089	1,500	-27%	1,300
610-00	Assembly Parliamentarian Exp.	2,033	2,078	2,000	4%	2,200
615-00	Assembly Spec. Event Exp.	465	460	200	130%	600
620-00	Assembly Mtg Room/Equip	3,546	1,652	3,000	-45%	2,500
622-00	Assembly RR Lunch Exp (calc.@30/per RR)	3,464	2,772	3,000	-8%	3,000
625-00	Funding-Bd.Candidate to Assy	-	400	400	0%	400
626-00	Funding-Committee Chairs to Assy.	169	-	700	-100%	700
628-00	Funding-IG Ass'y Scholarship Funds	30	-	1,200	-100%	1,200
629-00	Funding-IG Deleg. To WSBC (New 2011)	2,260	2,265	3,000	-25%	3,000
630-00	Funding-IG Rep to Assy (IFAP)	3,926	5,018	5,000	0%	4,500
631-00	Funding-IG Rep to Assy/Addl.IFAP	266	573	2,500	-77%	2,250
632-00	Funding/Hawaii Rep to Assy	794	569	1,000	-43%	1,000
635-00	Funding-Mex.Rep.to Assy	1,311	1,185	2,500	-53%	2,500
640-00	Funding-Mex.Rep.to WSBC	1,276	1,255	1,400	-10%	1,400
645-00	Funding-R2 Deleg.to WSBC (when eligible)	Not eligible		Not eligible		Not eligible
655-00	R2 Chair to Mexico	1,328	1,316	1,500	-12%	1,500
660-00	R2 Chair to Region Chair Mtgs.	2,927	1,808	1,800	0%	1,800
665-00	R2 Chair to WSBC	1,631	1,845	1,850	0%	2,000
685-00	Comm.Exp.-Bylaws	-		50	-100%	50
686-00	Comm.Exp.-Diversity	57	33	50	-34%	50
690-00	Comm.Exp.-IG Formation/Outreach	-		50	-100%	50
691-00	Comm.Exp.-Public Information	-		500	-100%	250
692-00	Comm.Exp.-Young People	-	87	100	-13%	100
694-00	Comm.Exp.-12th Step Within	-		50	-100%	100
700-00	General Board Meeting Expense	9,103	6,730	9,000	-25%	9,000
701-00	General Board Support Services*	6,122	7,074	6,800	4%	10,000
705-00	Bank Service Charges	33	42	200	-79%	100
710-00	Board Outreach (S,T&C Workshops)	1,058	1,566	1,500	4%	1,500
712-00	Depreciation/179 Expense	262	228	TBD		TBD
715-00	Don. To Delegate Support Fund	250		TBD		TBD
716-00	Don. To WSO Genl. Fund	500	250	250	0%	250
717-00	Don. To Professional Exhibits Fund			Created		TBD
718-00	Don. To RCC Travel Support	500		TBD	0%	TBD
719-00	Don. To Support Transl. of Lit.	250		TBD		Eliminated
721-00	Insurance - Liability ( Actuals Incl.Exp.Div.refunds)	624	680	1,000	-32%	1,000
723-00	ISP/Email Exp.	-		200	-100%	Eliminate
725-00	Legal & Accounting Exp.	300	300	300	0%	300
730-00	Miscellaneous Exp.	822	25	100	-75%	100
735-00	Newsletter Exp. (Print & Mail)	1,511	1,054	1,700	-38%	1,500
740-00	Office Exp/Supplies	136	144	400	-64%	300
742-00	Outgoing Board/Conv.Pkg		566	1,000	-43%	1,000
745-00	P.O.Box Exp. (Incl. Fwdg.Exp)	768	668	850	-21%	850
750-00	Printing/Bylaws, Pol & Proc.			100	-100%	100
755-00	Printing - Speaker/Leader List	-	-	0		25
760-00	Repairs & Maintenance	-		50	-100%	50
765-00	Returned Checks/Fees	-	12	50	-76%	50
770-00	Special Projects	788	-	1,000	-100%	1,000
775-00	Storage Expense	946	896	1,000	-10%	650
785-00	Website Exp.(2013: Renewal fees only)	1,770	1,762	3,200	-45%	200
	<b>Total Expenses</b>	<b>64,528</b>	<b>55,591</b>	<b>75,700</b>	<b>-27%</b>	<b>73,925</b>
	<b>Net income (Shortage)</b>	<b>(19,410)</b>	<b>(627)</b>	<b>(30,555)</b>	<b>-98%</b>	<b>(28,640)</b>

Notes/Explanations/2013 Budget:

\* Board Support Services, now includes all support services

# OCTOBER 2012 ASSEMBLY COMMITTEE REPORTS

## 12<sup>TH</sup> STEP WITHIN COMMITTEE

### Committee Goals

- To assist groups in the region in providing a safe space for those trying to attain abstinence as well as those still struggling.
- To assist groups with resources/ideas for relapsing and struggling members.
- Ask the R2 Board to increase budget from \$50 to \$100 for booth costs.

### Current Projects Underway:

- Have identified committee member be responsible for keeping the R/R Speaker list on R2 website.
- Develop a sub-committee to offer support to intergroups with R/R meetings, events, etc.
- Develop a monthly “nugget” for submission to newsletters in the region.
- Organize an information booth for the yearly R2 Convention to address R/R in the region.

### Agenda for Next Assembly:

- Organize an information booth for the yearly R2 Convention to address R/R in the region.
- Develop new goals.
- Discuss ongoing committee efforts.

## BYLAWS COMMITTEE

### Committee Goals:

- Review Bylaws changes suggested by the R2 Board, per summary.
- Review Policy & Procedure manual changes suggested by the R2 Board, per summary.

### Current Projects Underway:

- See above
- Hold three (3) phone conference meetings on the 3<sup>rd</sup> Saturday of Dec, Jan and Feb.
- Two subcommittees will facilitate this work.

### Agenda for Next Assembly:

- Under review

## DIVERSITY COMMITTEE

### Committee Goals:

- Complete mental health outreach packets to send to Intergroups
- Develop Diversity workshop format/outline. Vice Chair is the lead point person from workshop.

### Current Projects Underway:

- Complete mental health outreach packets to send to Intergroups.

### Agenda for Next Assembly:

- Disseminate format information on Diversity Workshop.
- Work on Spanish translation of Region 2 Newsletter

## INTERGROUP OUTREACH COMMITTEE

### Committee Goals:

- Contact or ask RRs to contact unaffiliated groups.
- Encourage under-represented intergroups to participate in assembly in the spring.
- Contact these intergroups with financial aid information.
- Make these intergroups aware of Service, Traditions & Concepts (ST&C) workshops from R2
- Encourage all groups to affiliate with an intergroup.

### Current Projects Underway:

- Look up contact info for intergroups
- Contact intergroups with funding information.
- Give intergroups info on R2 ST&C workshops
- Check back in with committee through email after actions have been taken and encourage each other
- See above.

### Agenda for Next Assembly:

- Attend Green-Dot meeting and invite them to the Intergroup Outreach committee.
- Report back on “outreach” results.
- Identify under-represented intergroups, assign committee member to contact them.
- Review results

- Continue outreach – assign intergroups to reach out/mentor other intergroups
- Send service packets
- R2 Board mentor RR presentations

### **PUBLIC INFORMATION COMMITTEE**

#### Committee Goals:

- To reach every Intergroup re:
  1. Level of PI service
  2. PI needs
- Maintain communication in the committee.
- Distribute information and PI project ideas to intergroups.

#### Current Projects Underway:

- Tara and Susan to work up “script” for calls to intergroups.
  1. Do they have PI committee?
  2. If so, what are they doing?
  3. Are they aware of what WSO has to offer?

#### Agenda for Next Assembly:

To be determined.

### **YOUNG PEOPLE COMMITTEE**

#### Current Committee Goals:

- Create Google group for communication.
- Create a blog for teens
- Contact Ala-Teen for info in dealing with teens.
- Review current pamphlets: To The Family and To The Teens and make suggestions to WSO committee.
- Create a strategic plan for our committee.
- Write a letter to educational institutions offering services as speakers
- Meet once a month

Current Projects Underway: Work on goals stated above.

Agenda for Next Assembly: To be determined.

## **APRIL 2013 REGION 2 ASSEMBLY PROPOSED MOTIONS**

### **MOTION #1: Move to amend Bylaws, Article III – Purpose, Item E and add item G as follows:**

E. Conducting an annual R2 Convention for the purpose of *promoting unity and communication within the Region.*

F. {remains as written}

G. *Facilitating semi-annual R2 Assemblies as the representative body of all unaffiliated groups, affiliated groups and Intergroups within the Region.*

**Submitted by:** R2 Bylaws Committee

**INTENT:** To bring the bylaws into conformity with the purposes of Region 2 of Overeaters Anonymous, Inc., (R2) the legal entity formed “to carry the message of OA to the compulsive overeater who still suffers”, and to make clear that the Assemblies are the representative bodies of the groups and Intergroups of Region 2.

**RATIONALE:** There are discrepancies between the R2 Policy and Procedures Manual and the R2 Bylaws. These changes clarify the purpose of the R2 convention in Item E. Item G is added to specify that the corporation also exists to facilitate the bi-annual assemblies of representatives of OA members within Region 2, making R2 directly responsible to those they serve.

**Motion #2: Move to amend Bylaws, Article XVIII – Amendments to bylaws, Item B as follows:**

B. The Twelve Steps, Twelve Traditions and The Twelve Concepts of OA Service listed under Article III, A, shall conform to the Bylaws of Overeaters Anonymous, Inc. Subpart B. Articles I, ~~and~~ II, ~~and~~ III. Amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service may only be made by Overeaters Anonymous, Inc. as provided for in their Bylaws Subpart B, Article XIV – Amendments.

**Submitted by:** R2 Bylaws Committee

**INTENT:** To bring the bylaws into conformity with those of Overeaters Anonymous, Inc.

**RATIONALE:** To eliminate discrepancies between the R2 and World Service (WSO) By-laws.

**Motion #3: Move to amend R2 Policy and Procedure Manual, Section V – R2 Representatives, Duties and Responsibilities, Item #4, as follows:**

4. Provide the ~~R2 Events Coordinator~~ designated R2 board member with written information about upcoming events for inclusion in the R2 Master Calendar or by utilizing the “add an event” feature on the R2 website, which is preferable.

**Submitted by:** R2 Bylaws Committee

**INTENT:** To eliminate reference to a specific board member, allowing the R2 Board to re-assign responsibilities as needed. Also, to include information that the R2 website can be utilized for notification purposes.

**RATIONALE:** To correct discrepancies between the P&P, the BOM and current practices.

**Motion #4: Move to amend R2 Policy & Procedure manual, Section I, Welcome to Region 2, paragraph 2, to read as follows:**

Each Intergroup is entitled to one Regional Representative (RR) for every ten (10) groups (or portion of) affiliated with its Intergroup. Each Unaffiliated Group is entitled to one RR. Travel expenses, meals and other accommodations for Region 2 Assemblies are the responsibility of the group or Intergroup represented. Each group or Intergroup selects its RR in any manner it chooses as long as it stays within the framework of the Twelve Steps, ~~and~~ the Twelve Traditions, and Twelve Concepts of OA Service.

**Submitted by:** The R2 Bylaws Committee

**Intent:** To include the Twelve Concepts and bring the policy manual into agreement with the R2 bylaws.

**Rationale:** The Twelve Concepts of OA Service are considered a vital part of the OA programs and have the same standing as the Steps and the Traditions. They should be included whenever the Steps and Traditions are mentioned.

**Motion #5: Move to amend R2 Policy & Procedure manual, Section II, Purpose, second item to read as follows:**

Promoting and supporting unity by providing outreach to isolated areas and hosting Service, ~~and~~ Traditions, and Concepts workshops;

**Submitted by:** The R2 Bylaws Committee

**Intent:** To include the Twelve Concepts and bring the policy manual into agreement with the R2 bylaws.

**Rationale:** The Twelve Concepts of OA Service are considered a vital part of the OA programs and have the same standing as the Steps and the Traditions. They should be included whenever the Steps and Traditions are mentioned.

**Motion #6: Move to amend R2 Policy & Procedure manual, Section V, R2 Representatives, Duties and Responsibilities, Item 10 to read as follows:**

Know and understand the Twelve Traditions *and Twelve Concepts of OA Service*. Help them to be implemented in your Intergroup area. *Group* problems with the Traditions *and Concepts* should be brought to the attention of the parties involved or to the Region 2 Trustee/Board if additional help is needed.

**Submitted by:** The R2 Bylaws Committee and the R2 Board

**Intent:** To include the Twelve Concepts and bring the policy manual into agreement with the R2 bylaws.

**Rationale:** The Twelve Concepts of OA Service are considered a vital part of the OA programs and have the same standing as the Steps and the Traditions. They should be included whenever the Steps and Traditions are mentioned.

**Motion #7: Move to amend R2 Policy & Procedure manual, Section VIII, R2 Assembly Workshop Guidelines Item M, to read as follows:**

Purpose:

1. To educate R2 representatives on service, traditions, *concepts of OA service*, parliamentary procedure, and other elements of working together in Region 2 of Overeaters Anonymous.
2. To encourage informed discussion and sharing of ideas and experience.

**Submitted by:** The R2 Bylaws Committee and the R2 Board

**Intent:** To include the Twelve Concepts and bring the policy manual into agreement with the R2 bylaws.

**Rationale:** The Twelve Concepts of OA Service are considered a vital part of the OA programs and have the same standing as the Steps and the Traditions. They should be included whenever the Steps and Traditions are mentioned.

**Motion #8:**

**Move to amend R2 Policy & Procedure manual, Section VIII, Operating Policies and Procedures, Item A, No. 6 to read as follows:**

Registration of RRs to attend Assemblies:

- a) RRs will pre-register to attend R2 Assemblies a minimum of 30 days prior to an assembly. Registrations “on-site” will be subject to space availability.
- b) A transferable registration fee of ~~\$25.00/per RR (\$10.00 non-refundable)~~ will be charged, which includes a Speaker/buffet lunch on Saturday of the Assembly.
- c) Registration forms to be provided by the R2 Publications Coordinator, on request, and will be included in the assembly packet.

**Submitted by:** R2 Bylaws Committee

**INTENT:** To have the P&P give a broad outline of the registration fees with the inclusion of expectations toward a RR & their duties. It also informs the Intergroup as to what they are paying for. By removing a dollar figure, this helps remove the responsibility of having to update documentation due to price increases or Board decisions.

**RATIONALE:** Costs can change and there is no reason to have specific amount in the P&P.

# 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.



# REGION 2 CONVENTION

June 28-30

Hilton Palm Springs

*Plan a vacation—come early or stay late to shop and sightsee!*

- \$89 Room Rate
- \$35 Registration until April 15
- Thursday Night Pre-Convention Activities
- Friday Night Grand Opening with Music & Comedy
- Saturday Night OA Play
- Bargain Boutique
- Silent Auction
- Meeting Marathon
- Panels & Workshops including: Big Book Boot Camp, Body Image & the Steps, Forgiveness Workshop, Letting Go of Perfectionism, 100-Pounders: Letting Go of the Weight
- Special Focus: OA-How, Young People, Atheists & Agnostics, Anorexics & Bulimics, Gay & Lesbian, and more

**Register at [www.oar2.org](http://www.oar2.org)**