



Region 2 Spring Assembly **"12 STEPS TO THE MIRACLE"**

March 20 - 21, 2015
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 (Rozanne's Prayer)*

Region 2
4733 Torrance Blvd, PMB #335
Torrance, CA 90503
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 "12 Steps to the Miracle" is "printed" 4 times in this Assembly Packet (exclude this page and page 3). Find all 4 and write down the pages. 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: Town & Country Resort & Convention Center
500 Hotel Circle North, San Diego, CA 92108

Room Rate: Single/Double \$109.00 per night
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: February 27, 2015
Reserve early (Limited quantity)

First-time Intergroup Reps: The "New Representative Orientation" is at 7:15am 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

"12 Steps to the Miracle"

FRIDAY March 20, 2015

- 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 March 21, 2015

- 7:00 AM OA MEETING (Optional)**
- 7:15 AM NEW REPS ORIENTATION (Essential)**
- 7:30 AM 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 2015 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.

See you Friday, March 20th !

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

EVENTS

COORDINATOR

Maureen Huega

510-917-6065 (c)
925-296-9276 (h)
events@oar2.org

VICE CHAIR

Linda McLaughlin

209-241-7128 (c)
vicechair@oar2.org

TREASURER

Sherri Flynn

775-813-4077 (c)
treasurer@oar2.org

SECRETARY

Alex Mohr

831-600-6644 (c)
secretary@oar2.org

PUBLICATIONS

COORDINATOR

Betty Jean Valdez

510-798-2938 (c)
publications@oar2.org

REGION 2 TRUSTEE

Meg Harlor

760-328-2763 (h) Winter/Spring
831-427-0821 (h) Summer/Fall
831-585-7945 (c)
trustee@oar2.org

R2 Board Support Service Providers

Joyce Fanning, Admin. Asst.
admin@oar2.org

Mary Higgins, Webmaster
webmaster@oar2.org

MARCH 2015 ASSEMBLY ROSTER/ROLL CALL

INTERGROUP	WSO IG#	NO. OF GROUPS	Allowable # of RRs	FALL 2014 DAY 1	FALL 2014 DAY 2	SPRING 2015 IG Cnt	SPRING 2015 RR count
Aloha Hawaiian	9111	13	2	0	0		
Baja IG	9632	10	1	0	0		
CA Central Coast	9222	14	2	2	2		
Channel Islands	9068	17	2	0	0		
Ebony OA Bay Area	9609	4	1	0	0		
Foothill	9003	23	3	1	1		
How-OA No. CA	9331	16	2	1	1		
Inland Empire	9492	23	3	1	1		
Intergroupal Mexico	9329	307	31	1	1		
Kern County	9326	7	1	0	0		
Lake Mendocino	9301	3	1	0	0		
Los Angeles	9004	58	6	2	2		
Marin County	9083	9	1	1	1		
Maui Friends	9585	3	1	0	0		
Mid-Peninsula	9294	26	3	2	2		
Monterey County	9356	5	1	0	0		
Northern Nevada Sierra	9325	11	2	1	1		
North Rivers	9400	5	1	0	0		
Northcoast	9434	7	1	0	0		
Orange County	9005	56	6	2	2		
Sacramento Valley	9012	38	4	3	3		
San Diego County	9007	55	6	5	2		
San Fernando Valley	9008	48	5	1	1		
San Francisco	9071	30	3	1	1		
San Gabriel Valley	9009	25	3	2	2		
San Joaquin	9013	13	2	2	2		
Santa Cruz County	9267	13	2	1	1		
Silicon Valley	9020	33	4	1	1		
So.Alameda Co.(SACO)	9051	3	1	1	1		
Sonoma County	9245	25	3	1	1		
South Bay	9010	32	4	2	2		
Unity - East Bay	9100	43	5	2	1		
Unity W/Diversity Desert	9494	11	2	2	2		
Valley Sierra OA/HOW	9599	9	1	1	1		
Veracruz	9501	22	3	0	0		
Unaffiliated Groups		72		0	0		
	TOTALS:	1089	119	39	35		
Total No. of Intergroups	35						
Total IG.s Represented							
Quorum (30% of IG.s)				RR Votes			
Board: _____ Chair _____ Vice Chair _____ Treasurer				Bd. Votes			
_____ Events Coordinator _____ Publications							
				Total Votes			
Non-Voting Attendees:							
_____ R2 Trustee _____ Alternates _____ Visitors							



REGION 2 FALL ASSEMBLY MINUTES

SATURDAY, OCTOBER 26, 2014

Call to Order: Meeting called to order 9:00 AM by Nancy Jensen, Chair

Readings: The Concepts were read by Glo; Tinnie Bee, Parliamentarian, read the Assembly Rules

Roll Call: 37 RRs were present, 6 voting Board members, 1 Alternative, 1 Trustee. A Quorum was established

Introductions: Green Dots were introduced to Mentors and Outgoing/Retiring Reps were acknowledged.

Adoption of previous minutes: The Minutes from Spring 2014 Assembly were reviewed and corrected. A motion passed unanimously to accept the minutes as corrected

Intergroup concerns were addressed.

The Ask-It Basket was circulated

Announcement: Virtual Services has a list of phone meetings available. They are available 24 hours a day.

BOARD REPORTS:

Chair: Nancy announced the WSBC theme for 2015 will be "The Miracle of Abstinence". She reminded RRs to complete the Assembly Evaluation forms distributed today; gave the pin access code # 326612* to participate in the "Chat with the Chair" monthly phone session (605-475-4000); gave the access code #925619 for the phone bridge (424-203-8405) for the Virtual Workshops.

Vice-Chair: Linda went over the points on how the STC workshops work.

Secretary: There were no questions for Alex.

Treasurer: Jerry answered questions.

Events Coordinator: Maureen announced the 2015 Fall Assembly and 2016 Spring Assembly will be in the San Jose area, hopefully in the same location of the 2016 Convention

R2 Trustee: Meg corrected her packet report and announced that *Overeaters Anonymous - Third Edition* (the OA Brown book) is now available.

Publications Coordinator: Betty Jean requested articles for the R2 newsletter.

Presentation: There was a Virtual Services workshop/presentation

It was announced that AA Requests that we read literature in it's entirety. If we are reading something from the Big Book (How it Works, the Promises), AA requests we read it as written directly from an actual copy of the original text.

NEW BUSINESS:

Motion #1: Moved to amend R2 Policy Section VII - R2 Committees, 1st paragraph, to read:

R2 Committees are: By-laws, Convention, Diversity, Intergroup Outreach, Public Information, Twelfth Step Within, Young People Persons and other committees as may be deemed by an assembly or the R2 Board.

Motion Adopted

Motion #2: Moved to amend R2 Policy Section III - Description of Current R2 Committees And Their Purposes: Item D, 7 as follows:

7. Young People Persons Committee
The R2 Young People Persons Committee assists Intergroups interested in formalizing a Young People Persons Program. The Committee also helps organize or sponsor Young People Persons events such as retreats and conventions, etc.

Motion Adopted

Motion #3: Moved to adopt the 2015 Proposed Budget

Motion Adopted

Motion #4: Moved per R2 Policy VIII, B, 13, to authorize the following donations of line items, totaling \$5000.

Line Item

- 715-00: Delegate Support Fund \$500
- 716-00: World Service General Funds \$3500
- 717-00: Professional Exhibits Fund \$500
- 718-00: Region Chairs Committee Travel Support \$500

Motion Adopted

Motion #5: Moved to amend Policy & Procedure Manual, Section V. R2 Representatives, Duties and Responsibilities #3 as follows:

3. Notify the Publications Coordinator when you are no longer an RR (at least ~~45~~ 60 days prior to an Assembly) and pass on the R2 Assembly booklet of R2 Assembly minutes, agenda, donations, etc. to your Intergroup for the new RR.

Motion Adopted

Motion #6: Moved to amend Policy & Procedure Manual, Section VII. R2 Committees, A. R2 Committee Operating Procedures #7 as follows:

7. As ~~M~~mileage for committee business will not be reimbursed by R2, it is suggested that committees meet between Assemblies by telephone conference or through other electronic communications media, so long as all members may simultaneously hear each other and participate during the meeting. **Motion Adopted**

Motion #7: Moved to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, A. Business Meetings, 6. c) as follows:

1. 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 will be charged, which includes a Speaker/Buffer 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 and be posted on the website under Assembly info. **Motion Adopted**

Motion #8: Moved to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, B. Financial, 3. as follows:

3. Current Board members' registrations, meals, lodgings and transportation expenses will be paid for attendance at R2 Conventions. This does not preclude the option of gifting registration for the R2 Conventions to outgoing Board Members for the R2 Convention immediately following their cessation of service. **Motion Adopted**

Motion #9: Moved to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, C. R2 Entry into Legal Contracts 1 and 2, as follows: (disregard incorrect #'s)

1. R2 shall only enter into legal contracts by a majority vote of the R2 Board, subject always to R2 Assembly prior approval or R2 Assembly endorsement. If an approval is by Board vote, the Events Coordinator and a second Board Member will sign the contracts. If the Assembly gives approval, one Board Member, preferably the Events Coordinator, may sign the contracts.
2. No single R2 officer, Committee Chair, RR or other single party shall be empowered to commit R2 to legal contracts or encumbrances without prior Assembly knowledge and approval.
3. All contracts between R2 and other parties shall be in writing with appropriate signatures.
4. No credit cards are to be established under the Region 2 name. All contracts and obligations will be paid by issuing a check to individuals and/or companies for authorized expenses.

Motion Adopted

Motion #10: Moved to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, D. Funding Assistance Programs, 1. IFAP, g) iii. as follows:

- g) Available funds will be distributed:
 - i. Among all Intergroups who apply, subject to conditions set forth in this policy;
 - ii. Based upon mileage from the Intergroup's office address, or its Post Office street address, to the Assembly at 45 cents per mile.
 - iii. Up to a maximum of \$450.00 per Assembly per any one Intergroup's primary RR. This limit does not apply to Hawaii and Mexico as they are funded under a separate program.
 - iv. A second RR from an Intergroup may apply for additional IFAP funding in the amount of fifty percent (50%) of funding allowed for the first RR from that Intergroup.

Motion Adopted

Motion #11: Move to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, L. R2 Communication Lists, #4, as follows:

- 4. A list of all deadlines in relation to Assembly will be placed on the R2 website calendar. Using available lists, reminder emails will be sent out to all RRs notifying them of these dates. With the exception of the dates of the assembly, the reminder emails will all be sent out 10 days prior to the deadline. These dates may include but are not limited to:
 - a. Dates of the Assembly for the current and immediately following year.
 - b. Deadline date of 60 days prior to the Assembly for notification of Bylaw amendments, change of RR and application to run for Regional Trustee.
 - c. Deadline date of 45 days prior to the Assembly for applications for IFAP and IASF.
 - d. Deadline date of 30 days prior to the Assembly for registration.
 - e. Monthly Calls put on by the R2 Board.
 - f. Quarterly 12 Step Within Calls put on by R2.
 - g. Deadline of Sept 1st for applications for WSBC Delegate Assistance Fund.

Motion Referred Back To Committee

Motion #12: Moved to amend Policy & Procedure Manual, Section VII. R2 Committees, D. Description of Current R2 Committees and their Purpose as follows:

Please refer to the R2 Board Operating Manual for duties and responsibilities of ~~committee chairs~~ board liaisons.

Motion Withdrawn

Proposed Motion #13: Moved to amend Policy & Procedure Manual, Section VIII, Operating Policies and Procedures, D. Funding Assistance Programs, 1. IFAP, f & k as follows:

1. INTERGROUP FUNDING ASSISTANCE PROGRAM (IFAP)
 - a. 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.
 - b. Intergroup funding assistance will be available to Intergroups to send RRs to region 2 Assemblies.
 - c. Applications must be submitted to the Region 2 Treasurer forty-five (45) days prior to the Assembly for which funding is requested. Thirty (30) days prior to the Assembly, the R2 Treasurer will send notification to Intergroups by email or regular mail, indicating receipt of the application and the amount of IFAP funding they will be eligible to receive.
 - d. Applications received after the deadline, including those submitted at the Assembly, will be considered only if there are IFAP funds still available for distribution at that Assembly, or if a budget override is approved by a majority of the RRs at that Assembly. Prior to the end of Assembly, treasurer will inform Assembly of total IFAP amount requested, and in the event application amount exceeds maximum amount budgeted, Assembly will vote on a budget override to fulfill IFAP requests.
 - e. Unused IFAP funds allocated for an Assembly for 2nd level RRs may be used to supplement funding for 1st level RRs when needed.
 - f. Any applications received at the Assembly will be required to obtain a 'confirmation' slip. ~~At the Assembly,~~ The R2 Treasurer will provide the RR with a 'confirmation' slip after the last business session of the Assembly. Failure to obtain ~~the confirmation slip~~ *this form* will disqualify the intergroup from receiving IFAP funds.
 - g. Available funds will be distributed:
 - i. Among all Intergroups who apply, subject to conditions set forth in this policy;
 - ii. Based upon mileage from the Intergroup's office address, or its Post Office street address, to the Assembly at 45 cents per mile.
 - iii. Up to a maximum of \$450.00 per Assembly per any one Intergroup's primary RR.
 - iv. A second RR from an Intergroup may apply for additional IFAP funding in the amount of fifty percent (50%) of funding allowed for the first RR from that Intergroup.
 - h. If funds are requested which exceed the available maximum, and an override was not confirmed by vote at the Assembly, they will be reduced on a pro-rata basis among all Intergroups applying by the application deadline. Should there be funds available for late applications; they shall be distributed on a pro-rata basis among those applicants.
 - i. Minimum funding will be determined at the Assembly during the budget presentation. The budget shall reflect two line items for IFAP funding, Primary (for 1st applicants) and Secondary (for 2nd applicants). No more

than half of the budgeted funds will be distributed at the 1st Assembly of the year without the Assembly's approval prior to the close of business.

- j. Additional funding will be determined at the R2 Assembly prior to the Assembly for which the funding will be requested.
- k. ~~IFAP monies will be sent to each Intergroup Office after the Treasurer has confirmed the mileage and amounts requested in all applications.~~ RRs are required to attend all business sessions of the Assembly to be eligible for funding assistance. *At the end of the final business session, RRs who applied for and were granted IFAP funds prior to assembly, will receive checks made out to their Intergroups in the amount of their "pre-determined" awards. Any RRs not present at the end of the final business meeting will not have their funds awarded. The R2 Board shall be permitted to allow payment to those affected Intergroups in case of extenuating circumstances.*

l.

Motion was broken into parts A (#F) and B (#K). Both motions were Adopted

Motion #14: Moved to accept Mary Higgins proposal to redo the Region 2 website plus the 14 hosted Intergroups at a cost not to exceed \$4500. If Additional Intergroups are added the cost will be \$180 per Intergroup. If additional maintenance is needed it will be at a maximum of \$50 per hour.

Motion Adopted

Ask- It-Basket

Q: How do we reignite the fire in our Intergroup? Rotation of service at board levels is lacking and there doesn't seem to be much inclination to follow bylaws and Roberts Rules. A: Lifeline has an excellent article about Trusted Servants. It is available in the Lifeline sampler.

Q: Can we get the phone list of R2 Speakers? Will it be available online? A: For a copy, contact the vicechair@oar2.org. It will not be available online due to the confidentiality of information.

Q: In your opinion, what are three best practices for a vital local Intergroup? A: Schedule an STC Workshop and we will handle it

Q: Page 2 of the Newsletter lists all board names and contact information. Can we list the committees for each Board Liaison and it would be great if the Liaison would report this somewhere what the committees are doing? A: If it is not in the next Newsletter it will definitely be on the website

Q: Why is it so important to support lifeline? I don't feel it helpful personally. A: Jerry shared the significant impact made by Lifeline and many people who travel a lot tuck it in their pocket and it is very helpful

Q: Our meeting suggests \$3 donation as per World Service. Could every meeting suggest this?

A: Yes. If everyone in every meeting gave \$3 we could give the literature away

Q: Can we get an R2 mobile App? A: It is possible although may not be necessary.

5:15 PM Meeting was adjourned

SUNDAY, OCTOBER 26, 2014

Call to order: At 9:15 AM the Assembly was called to order by Nancy, Chair with a 2 Minute meditation

The 12 Concepts were read by Cathy, UDDI

Chair read nominations and elections requirements

Elections:

A secret ballot was requested. There were 37 voting members present.

Nancy was re-elected Chair, receiving a majority of the votes cast.

Intergroup Concerns or Questions:

Q: I am becoming Intergroup Treasurer and need help. Where can I get that? A: Oa.org and World Services has help available.

Elections were resumed:

Betty Jean was re-elected Publications Coordinator, receiving a majority of the votes cast.

There being no candidates for the position of Treasurer, the R2 Board will appoint a qualified individual to perform the duties until the 2015 elections are conducted.

Committee Reports were presented:

- Bylaws Marjorie D
- Public Information Sandi H
- Young Persons Cynthia
- TSW Rick Z
- Diversity Anne O and Michelle W
- Intergroup Outreach Greggor

A motion to change the Diversity Committee Statement was sent back to Committee

The Assembly was adjourned at 11:52 PM

Submitted by,
Alex Mohr, Secretary

FROM THE BOARD

CHAIR REPORT

I can't begin to tell you what a great sense of pride and joy that I experience when serving Region 2. You give to me much more than I could ever serve you, and I am truly blessed. I have selected the 2015 R2 theme to be: **"12 Steps to the Miracle"**.

The focus of the Region Chairs and BOT this year will be on the importance of working all 12 Steps of OA to recovery. We are introducing a monthly series of Virtual Services 12 Steps workshops to be jointly presented by a trustee and a region chair. The workshops will be offered on the second Sunday of each month. Trial runs for 2014 proved to be very well attended, and so far, the participation has been amazing. Check out the announcement on our brand new Region 2 web site(also amazing), and you'll find the(free) phone conference call dates, time and number + pin numbers and instructions.

Three days after the R2 Fall Assembly, I flew into central Indiana, the vicinity of where the Region Chairs Committee(RCC) meeting would be hosted by R5. A sponsee then drove us to Columbus, OH where I attended the R5 Convention in Columbus, OH on Halloween weekend. I had the honor of being asked to be the banquet keynote speaker. This was very special (and emotional) for me, as I began OA and grew into service in (Greater Detroit IG) Region5. I was thrilled to see people that were there when I went to my first meeting! During the following week, my sponsee took me to meetings in Indianapolis and surrounding area, where I was asked to lead/share, and then represented R2 at the Region Chairs Committee (RCC3) during the R5 Assembly at Merrillville, IN. From my host's home, in Indy, the day the assembly ended, I led a conference call workshop on the 12 Freedoms in the OA 12&12. I then went south to spend a few days with another sponsee and her family, and attended/led 3 more meetings, and presented an ST&C workshop on "Building Strong Meetings", to a failing meeting in Southern Indiana. Recent reports indicate that it was helpful, as the meeting has changed their outreach to the community with good results.

I attended the R2 Convention Committee meeting in San Diego, to help clear up the misunderstanding regarding the Tradition 6 break on the "save the date" bookmarks for the 2015 convention.

I had the honor of speaker at a holiday event at SGVIE, and, the following weekend, at Foothill IG event, and participated in an RCC Skype conference call, served 2 Chat with/ Chair sessions, and in December, led a VS workshop on Relapse and Recovery. I assisted the Bylaws Committee with some motions for our Spring Assembly, edited the 2014 Fall Assembly minutes, and spoke with a meeting rep regarding an OA meeting that is currently dealing with a disruptive person. Now that 2014 is just a memory, The RCC has swung into full speed working on the WSBC Forum. In February, we have another skype call scheduled.

Here are the December & January Q's that were asked by R2IGs at the "Chat with the Chair" call-in:

1) How do I find info on PI/PO? **2)** How do I find the online OA survey? **3)** We're sending 2 reps to R2A and WSBC, and they are on the 90 day food plan. Will they be able to get groceries at WSBC? **4)** I'm a new IG chair, what do we do? **5)** We (IG) have too much money in our prudent reserve; how do we donate our excess? **6)** I'm a new PI Chair, can you give me some ideas? **7)** Is it against Traditions to allow our name (OA) and address on the directory in front of our office building? **8)** May we attend and/or host the "Living Traditions" group? Note: this is a meeting that welcomes all 12 steppers.

Thank you for the privilege of serving OA Region 2, &:0) nancy

VICE CHAIR REPORT

Welcome to the 2015 Region 2 Spring Assembly! This is an exciting new year, and as we walk the 12 Steps to the Miracle together, may we remember the OA Responsibility Pledge: "Always to extend the hand and heart of OA to all that share my compulsion; for this I am responsible."

There is movement in Region 2; new people are stepping up to share their experience, strength and hope; to carry the message through service. I am deeply gladdened when I see you serving in a way that only you could serve. My experience, strength and hope of serving in the capacity of Region 2 Vice Chair is: Don't listen to yourself if you are fearful; let go of the fear; do your best; do it just for today. I have been given far more than I ever imagined from doing this service. The Promises are showing up in all areas of my life. Why am I sharing this with you? Because if I didn't, I would be amiss by keeping this a secret. I am sharing this with you because I want you to have what I have received doing service; I am sharing this with you because this is my last term as your Vice Chair; I am sharing this with you because someone else has to do this and I hope it is YOU! Come talk to me, I am happy to help.

Now a word about workshops! We had a wonderful training for new (and old) board members at our first board meeting of the year by our Region Trustee, Meg H. The focus was on the 12 Concepts, and Meg did a wonderful job explaining the Concepts. It is so nice to know we don't have to know ALL of them right now, but the ones we understand so far are so clear and applicable to our meetings. Our board members are excited to do a workshop for you! At this time, January 12, 2015, we have scheduled three workshops; East Bay Unity Intergroup, February 7, 2015; Unity in Diversity Desert Intergroup (UDDI), February 14, 2015; Silicon Valley Intergroup (SVIG) March 7, 2015. Most workshops are scheduled on Saturdays, and you should allow at least three hours for one. Please contact me at vicechair@oar2.org to schedule your workshop soon!

Our Region 2 Speaker List is growing! It is easy to add your name to the list; simply go to <http://www.oar2.org/about-r2/speaker-list> and fill out the form. Everything you need to know is on this page. This is also the page you use to REQUEST a Speaker List. To the left of the form to apply to be a speaker, there is a link to request the list. The sentence says: "We also make this list available to Intergroups or members in our region who are looking for speakers for OA events." Below this sentence is the link to request the list. When you click "Contact the vice chair", an email will open; enter your email address, type your request and send it. If the email option does not work for you, go to your server (gmail, yahoo, aol, att, and all the others) and send your request to vicechair@oar2.org. The Speaker List is currently updated. Thank you to our webmaster who has set up emails to be generated to the speakers to request their updated information. Thank you to those who responded to the email; as for the others who did not respond, we hope it is because your information is correct. If it is correct, please reply so we know you got the request. Thank you for helping us to keep the list up to date!

As a board member, we also liaison for the Committees in Region 2. My committee is the Public Information (PI) Committee. The purpose of the R2 Public Information Committee is to carry the message to the compulsive overeater who still suffers by encouraging, supporting and developing public information efforts in the Region 2 Intergroups (oar2.org/about-r2/committees). It is a pleasure to work with the chair, Sandi H. This committee has done amazing things to get the message out. Subscribing to a marketing host to send the message to individuals within Region 2, which the 2014 Spring Assembly approved, was created by the PI Committee. One of the top goals for this committee is to try to visit every Intergroup in Region 2. I hope I am invited to go to Hawaii with them!

Thank you for the trust and support of the Region 2 Board. We love you! Linda M.

SECRETARY REPORT

One of the nine tools of recovery in OA is service. While it is not all of the nine tools it can enhance the use of the other eight tools and provide opportunities to practice the Twelve Steps and Twelve Traditions, leading to increased sanity and manageability.

At the beginning of this year I was assigned to be the liaison to the Young Persons Committee and am looking forward to serving as a line of communication between the Board and the Committee. It is delightful to be a part of all working together to continue carrying the message of recovery through the Twelve Steps to the compulsive eater who still suffers, including young persons.

At the time of this writing Rick Z and myself are committed to facilitate a Service, Traditions and Concepts workshop for East Bay Unity Intergroup in February. The ST&C workshops I have attended in the past as a participant or co-facilitator have been wonderful experiences, especially hearing from others how we can use the tools, including service, to clear the way for continued abstinence and also bring other areas of life into manageability. It is liberating to hear how others are applying the Traditions and finding freedom in "Trusting our Higher Power rather than any organizational structure..." (Page 183, 12 Steps and 12 Traditions of Overeaters Anonymous.)

As Secretary of Region 2 I have had the privilege of attending the Fall Assembly, taking minutes and preparing submitted motions to be displayed on screen during the group conscience process. I have also typed up Committee Reports for the next Assembly Packet, as well as reviewing Assembly evaluation forms and presenting them to the Board in the interest of addressing the needs of the Region to ensure the Assembly is as productive and aligned with the Principles of the program as possible. There was some wonderful and informative feedback!

I am blessed and grateful to serve OA with you all.

Respectfully submitted,

Alex M., Secretary

EVENTS COORDINATOR REPORT

I continue to travel the path of recovery by serving Region 2 as the Events Coordinator. When I first said, "yes" to this position a year ago, I had no idea of the learning experiences I would encounter. My horizons have been broadened "beyond my wildest dreams". I am grateful to be part of such a loving and caring community.

The theme for the 2015 Convention is "I Put My Hand in Yours". This was chosen in memory of our founder, Rozanne S, who died in January 2014. What a wonderful way to honor her and all she did to save so many lives. The committee members are hard at work planning another great convention. Registration can be found online at oar2.org, so don't hesitate to get your registration form completed. Also, share the registration fliers at your IG's and meetings. Help get the word out there. This is Region 2's only fundraiser, so we would love to see you there. Bring a sponsee or a newcomer and share the

experience. It will be held at the Town and Country Resort & Spa in San Diego. Look for upcoming e-blasts.

Since our last Assembly, I have been busy with finalizing contracts. The Crowne Plaza in Milpitas has been approved and signed, for our 2016 Convention - June 24-26. This hotel has been completely remodeled in the last 2 years. There are many perks to having the Convention at this site, such as, the meeting room spaces being all on one level, complimentary WiFi in the guestrooms, free parking, complimentary airport shuttle to and from the San Jose airport, pool, hot tub, workout room, delicious food and comfortable sleeping rooms. The Board members had their first meeting of the year at this hotel – January 9-11. There was a tour for the Board given by the Sales Manager, Vicky Guan, on Friday afternoon. I felt the excitement in the air as we walked around and envisioned the Convention activities. One of my duties is to book all hotels and make arrangements for the Board members. I had the privilege of seeing the fruition of my work, as they walked around and observed the space. A Convention chair has been selected, voted, and informed of their position. Excitement is in the air, as a new Convention committee starts to come together.

By the time this is published, the contract for the Fall 2015 (October 23-25) and Spring 2016 (April 8-9) Assemblies will be signed. They will take place at the DoubleTree, Fremont. The Board approved this hotel, as the Sales Manager was willing to give us great prices. Negotiating is a very interesting technique. I am learning as I go.

The Board selected Long Beach as the site for the 2017 Convention. I will be busy this year researching hotels in the area. I'm amazed at how everything works out. All I have to do is the footwork, trust, let go, and my Higher Power carries me.

Our Region 2 theme this year is "12 Steps to the Miracle". Without the 12 Steps, Traditions and Concepts, my life would be unmanageable. I continue to learn and grow in the program every day.

Date Reminders:

June 24-26, 2015 – OAR2 Convention, Town & Country, San Diego

October 23-25, 2015 – Fall Assembly, DoubleTree, Fremont

April 8-9, 2016 – Spring Assembly, DoubleTree, Fremont

June 24-26, 2016 – OAR2 Convention, The Crowne Plaza, Milpitas

In loving service,
Maureen H, R2 Events Coordinator
January 12, 2015

R2 TRUSTEE REPORT

In this report I have highlighted what is happening at World Service and what I have been doing since the Assembly last October. My leg is healing, the bone is healed but the muscles, tendons and ligaments will take several more months to recover. I would not recommend breaking a leg

to do service but I am grateful I can continue in this wonderful position in spite of my limitations.

My term is up in May 2016 which seems far off but the next R2 Trustee must have their application submitted to the R2 Secretary and the R2 Admin Assistant 60 days prior to the Fall 2015 Assembly. The application is due no later than August 24, 2015. You may find an application on oa.org at http://www.oa.org/pdfs/trustee_application.pdf The form lists all the requirements and if you qualify please consider applying for this amazing position of service. I have grown exponentially in recovery because of this service. It is extraordinary to serve with 16 other trustees with recovery comparable to mine who are dedicated to recovery and bettering OA as a whole. Yes, there is a lot of work but each trustee has a mentor and the rewards are priceless. Please talk to me and/or send to me members you know who are qualified. A journey of a lifetime can start with one question, one suggestion. R2 may send as many as 3 R2 trustee nominees to the 2016 WSBC. Wouldn't it be wonderful to give the conference a choice?

WHAT'S NEW FROM WSO on oa.org:

Order Overeaters Anonymous, 3rd Edition with 40 new stories, a new forward and new appendix at the Bookstore on oa.org.

Look for a new column in all issues of Lifeline in 2015 on the necessity of working all 12 Steps. Attend the Virtual Workshops on the Steps, every second Sunday of the month, 424-203-8405, Pin number 925619#.

Check out updated Budget Guidelines, Fundraising and Prudent Reserve Guidelines, PI Events Guidelines;

Find a new one page document "To Atheists and Agnostics" under Newcomers.

Download a free copy of the 2015 *Courier* to give to your healthcare provider. The *Professional Community Courier*, an annual publication, is OA's main outreach tool to inform and attract professionals in health care, clergy, and military, who may refer patients or people in their care to Overeaters Anonymous.

Check out *A Step Ahead*, the quarterly newsletter from WSO. The first quarter 2015 issue is available for free download with info on all the new Abstinence documents created in 2014 and much more.

Can you find the new support page for Newsletter editors?

At the November Board of Trustees (BOT) meeting the Difference between Abstinence and a Plan of Eating Workshop was approved. Look for the free downloads of the Leader's Guide, Handouts and PowerPoint on oa.org.

Thanks to members stepping up to the request for donations to the Delegate Support Fund by the time we met to decide who could receive funding there was more than enough money to fund all qualified applications. Three weeks prior we had 23 applications totaling \$28,000 and only \$11,000 in the fund. By the time we met, several applications had been funded by the regions, and we had over \$30,000 in the fund. Thank you all for your donations. What an amazing feat. Together we were able to fund 17 delegates from all over the world and left almost \$8,000 in the fund for next year.

The time for reviewing each piece of OA literature was extended from every 7 years to every 10 so that there is a more manageable amount to review each year.

As First Vice Chair of the BOT I have been busy with chairing the Strategic Planning Committee, overseeing the sub committees, writing motions for the February meeting, reviewing the WSBC proposed motions and amendments and supporting the chair.

Strategic Plan (SP): All the 2014 Projects were completed by the BOT and the Region Chairs Committee (RCC) and are available for free download on oa.org: Difference between Abstinence and a Plan of Eating Workshop (includes PowerPoint, Leader's Guide and Handouts), Strong Abstinence Checklist, Abstinence Literature Resource Guide, and Abstinence Workshop.

2015 projects underway: Virtual Workshops on the Steps started in January and continue every 2nd Sunday, Noon-1pm, PT (Feb 8, March 8, etc) on the step of the month. Each Lifeline issue in 2015 will have an article on working all 12 steps. In the January 2015 issue see "A Better Way." A document called *Twelve Stepping a Problem* and *The Importance of Working the Steps Workshop* will be presented at the Feb BOT meeting for approval.

As usual I have answered numerous member questions. Some of the topics were: reduced cost literature, giving away newcomer packets, using outside literature at intergroup events, what to do with outdated pamphlets, requirements for intergroup board members, honoring the traditions in fundraising, lack of filled intergroup board positions.

Please note this update from AA World Service about using printed material from the Big Book in OA meetings:

"We have no objection to your O.A. meeting reprinting brief excerpts from the Big Book for use in its meetings. Of course, we would ask that this material not be adapted, that is, this material should be read (or reprinted) directly from the actual Big Book."

Intergroup Bylaws: Every time 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 two new OA C.A.R.E.S. requests from a prison inmate since the Fall Assembly. Let me know if you are interested in writing to help a compulsive overeater in prison.

The R2 Diversity Committee completed their project for reaching out to the mental health professionals to encourage them to refer their clients to OA. They gave a packet to each Region Representative at the Fall Assembly. Now they are working on revising the committee statement of purpose.

I am now the board liaison to the Intergroup Outreach committee and have emailed the committee to see what has been done. I may have an update at this assembly.

Date Reminders:

April 27-May 2 WSBC 2015 in Albuquerque, NM: "The Miracle of Abstinence!"

August 1- deadline for applications for Translations Funding

August 24, 2015 Applications for R2 Trustee due to R2 Secretary

November 1 – deadline for WSBC Delegate Support Fund from WSO (applications on oa.org)

November 1- deadline for applications for Translations Funding

December 1 – deadline for WSBC New Business Motion and Bylaws Amendment proposals

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. My replacement is in for a treat. Will it be you?

In gratitude for OA,

Meg H., R2Trustee

January 12, 2015

[2015 Professional Community Courier Now Available for Purchase or Download.](#)

The *Professional Community Courier*, an annual publication, is OA's main outreach tool to inform and attract professionals in health care, clergy, and military, who may refer patients or people in their care to Overeaters Anonymous. The new 2015 *Courier* features stories about:

- Military veterans benefiting from OA
- One physician's story of coming to terms with food addiction
- How OA complements professional care
- And more

The 2105 *Courier* also highlights OA literature and other resources relevant to the professional community.

Professionally printed copies of 2015 *Courier* are now [available for purchase at bookstore.oa.org](http://bookstore.oa.org) and a PDF copy is now [available as a free download](#) from the "[To Referring Professionals](#)" Web page under *Media/Professionals* in the main menu at oa.org.

[A Step Ahead First Quarter 2015 Available for Download](#)

The [First Quarter 2015 issue](#) of [A Step Ahead](#) is now online. This issue covers:

- Automatic Recurring Contributions
- Free abstinence downloads
- WSBC 2015 important dates
- Treasurer's update
- Young Person's Committee update, And much more!

[Free to Download: Abstinence and A Plan of Eating Workshop](#)

What's the difference between abstinence and a plan of eating? Use these new tools to conduct the Abstinence and Plan of Eating Workshop to educate OA members and help them apply the concepts of abstinence and a plan of eating to personal recovery. Workshop tools include:

- [Leader's Guide](#)
- [Handouts](#)
- [PowerPoint presentation](#) (When opening this document, select Read Only.)
- [PDF presentation](#)

Find the workshop tools under [Group Support](#), [Service Body Support](#), and [Documents](#) on oa.org.

[Newsletter editors: See your new support page on oa.org.](#)

Find OA guidelines, downloadable content, and more at www.oa.org/newsletter-editors/, a new support page for OA members giving service as editors of service body newsletters.

Professionally designed ads for Overeaters Anonymous, Third Edition are now available in a variety of sizes and file formats for editors to download and use in newsletter layouts.

To find the new page via the oa.org menu, go to “Members/Groups” and look under “Service Body Support.”

PUBLICATIONS COORDINATOR:

Serving on the R2 Board is continual connection and practice of the 12 Traditions and 12 Concepts of Service. Love the Spiritual Principals associated with the Twelve Steps.

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Self-discipline
- Step Nine: Love for others
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

This Service has allowed me to meet and fellowship with individuals outside my Marin Inter-group which is such a joy in my life. In the hallway of the July 4, 2014 Convention Hotel I talked to Sherrill who gets speakers for one of the Santa Rosa meetings that emphasizes "long term abstinence". We exchanged information and in August she scheduled me for the November 8th meeting. After the meeting I talked to several in attendance and volunteered to Step Sponsor someone who could not find a sponsor the connections has been a blessing for both of us.

Alex and I were charged to look into how to up-date the R2 website. We presented the three bids at the last board meeting. The Board approved a new web master and the package was presented for funding and approval at the October 24-26 Fall Assembly in San Diego. I was on the transition team to assist with communication between John and Mary H. We provided live links to Board members so they could pre-view before we went live with the web site. In addition I requested that our newest Board member provide a write up so that we could highlight her on What's New in R2...this was posted to the website.

On November 15th I presented a Service, Traditions, and Concepts workshop with the Vice-Chair for the Northern Nevada Sierra Intergroup. We were hosted over night by Chris and Roy who live in Carson City, NV. This is also the home of one of my former students so I was able to see her as well during my visit. Fifteen people attended the workshop in Reno. It was a beautiful experience for all of us. Encouraged individuals to serve beyond the Inter-group level.

My committee liaison was Inter-group Outreach and the focus continues to be outreach to under-represented groups and inter-groups. I have now been assigned to the Diversity Committee and I look forward to being their liaison from the R2 Board.

We found out that the 2011 Newsletter posted in the archives had a copyright violation concerning a cartoon. Worked with Mary H. and Joyce to pay the charge for using the art work and Mary H. removed it from public domain.

Continue to read and respond to e-mail for voting and or feedback.

Working with Joyce to transition the Assembly packets back into the Publications Coordinator realm.

Gathering information and articles for the next R2 newsletter. Please let your inter-groups know we are looking for the writers among you who will share their stories.

Board members it is a pleasure to serve with you. R2 delegates thank you for all you do...please continue to discern who among you will serve beyond the group and inter-group level. We all need to be announcing up coming service openings on the R2 Board and for General Service Trustee and R2 Trustee.

Sincerely, Betty Jean

Treasurer's Report

Accomplishments and projected activity since my appointment at the October 2014 Assembly:

1. Completed transition from the previous Treasurer.
2. Attended and participated in my first Board meeting January 9-11. I'm looking forward to serving.
3. Reformatted the financial report that follows to group income and expenses into logical categories. This hopefully provides a more complete picture of actual expenses.
4. I received Board approval to further break out expenses for the R2 website and Administrative Assistant to provide a clearer accounting of these expenses.
5. Arranged with the Administrative Assistant to receive e-mail copies of all receipts that are considered backup to reimbursement and check requests. I consider this a good oversight practice. And it's the first step in making the Board expense reimbursement process electronic.
6. Another step in moving toward electronic processes is working with the Board Secretary and Administrative Assistant to review the current reimbursement form and determine how to make it an interactive submission form.
7. Submitted a motion to the Board, which was approved, asking that we institute an informal financial auditing process as another best practice. This will involve two board members reviewing random financial transactions for accuracy and appropriate back-up documentation. My role will be to facilitate the process between the auditors and Administrative Assistant as well as create a written process to be followed. I expect to have the instructions and 2014 audit complete prior to the March assembly.
8. Recommended to the Board that the written Bylaws and Policies and Procedures documents maintain a history of changes within the documents themselves. The R2 Trustee suggested this could be a notation in the left margin next to the item changed. A summary of document history residing at the beginning of each document could be helpful as well. This should be a "day forward" process beginning with any changes implemented with the March 2015 assembly.
9. It was agreed that R2 should have a geographical representation (map) of its intergroups. I offered to create one for Northern Nevada Sierra (mine) as a pilot to this project. I am to include IG activities and, after Board review, submit it to the Publications Board member for consideration in publishing in the newsletter and/or R2 website.
10. I will be co-facilitating my first Service, Traditions and Concepts workshop with the R2 Trustee at the March assembly.
11. As liaison to the Bylaws Committee:
 - a. Prior to being assigned this duty I was a member of the committee and performed hands-on work (see Motions 3-5).
 - b. I presented 7 motions affecting the Policies and Procedures manual to the Board on behalf of the Committee; these were approved with some amendments and will be included for consideration at the March assembly.
 - c. These motions include removal of personalized language, e.g., "you", "your", clarifying language, creating electronic documents and an explanation of terms, i.e., supplement to the glossary.

Financial reports follow.

Respectfully submitted,
Sherri Flynn, R2 Treasurer

	Category	Sub-Category	Account Description	Account	2014 Adopted Budget	2014 Actual @ 12/31/14	2015 Adopted Budget	Section of ByLaws, P&P,BOM
REVENUES	Assemblies		RR Registrations & Visitor Lunches	440-00	2200	2,305	2500	
			Friday Nite 7th Tradition at Assemblies	470-00	200	187	60	
			Special 7th Tradition at Assemblies	480-00	100			
			Other Income	455-00				
			Subtotal Assemblies		2500	2492	2560	
	Convention		Convention Income (Prelim.Estimate)	420-00	39000	34,011	35000	P&P,II,Bullet 3
			Fundraisers/Other	430-00				
			Subtotal Convention		39000	34011	35000	
	Donations		Donations/Meetings-Indiv.	400-00	28000	32,432	30000	
			Donations/Other	410-00			50	
		Subtotal Donations		28000	32431.58	30050		
Miscellaneous		Interest Income	450-00	10	7	10		
Publications		Royalties Earned from Audio Sales	460-00	500	402	400		
	TOTAL REVENUES			\$70,010	\$69,344	\$68,020		
EXPENSES	Assemblies	Board Travel +	Assembly-Board to Assemblies	601-00	7500	4,165	6000	P&P I, Para.4
		Operational	Assembly Packets/Print&Mail	605-00	1300	1,068	1200	BL,V,D
			Assembly Parliamentarian Exp.	610-00	2200	1,572	2200	P&P VIII,A,5
			Assembly Spec. Event Exp.	615-00	600	381	600	
			Assembly Mtg Room/Equip	620-00	2000	1,428	2000	
			Assembly RR Lunch Exp	622-00	2500	2,490	2500	P&P,VIII,A,6,b
		Subtotal Operational		8600	6939	8500		
	Funding	Funding-Bd.Candidate to Assy	625-00	400		400	BOM,IV,C,3	
		Funding-Committee Chairs to Assy.	626-00	600		600	P&P VIII, B, 7	
		Funding-IG Ass'y Scholarship Funds	628-00	1000	319	1000	P&P VIII, D, 4	
Funding-IG Deleg. To WSBC		629-00	3000	2,021	3000	P&P VIII, D,2		
Funding-IG Rep to Assy (IFAP)		630-00	4500	3,293	4500	P&P VIII, D,1		
Funding-IG Rep to Assy/Addl.IFAP		631-00	2250	236	2500	P&P VIII, D,1		
Funding/Hawaii Rep to Assy		632-00	1000		1000	P&P VIII, D, 3		
Funding-Mex.Rep.to Assy		635-00	2500	464	2500	P&P VIII, D, 3		
		Subtotal Funding		15250	6333	15500		
	Subtotal Assemblies		31350	17437	30000			
Board	Meetings	700-00	4500	2,801	3500			
	General Support	701-00	13500	7,039	10000	P&P VIII, B, 8		
	Outreach - S, T & C Workshops	710-00	1000	616	1000	P&P II, bullet 2		
	Outgoing Board/Conv.Pkg	742-00	1000	851	1000	BOM,IV,C,2		
		Subtotal Board		20000	11307	15500		
Committees	Comm.Exp.-Bylaws	685-00	50	19	50			
	Comm.Exp.-Diversity	686-00	50		50			
	Comm.Exp.-IG Formation/Outreach	690-00	50		50			
	Comm.Exp.-Public Information	691-00	250	18	50			
	Comm.Exp.-Young People	692-00	100	66	50			
	Comm.Exp.-1st Tradition**	693-00						
	Comm.Exp.-12th Step Within	694-00	100	50	50			
	Subtotal Committees		600	153	300			
Convention	Board to Convention	550-00	3000	1,972	3000	P&P VIII,B,3		
	Convention Expenses/Direct	520-00	20600	17,234	17,500			
	Fundraiser Expenses	530-00	125	254	50			
	Conv. Outreach Events	560-00	Bd.deleted	38	Bd.deleted			
	Events Co-ord. to Conv.Mtgs.	570-00	350	347	700			
	Events Co-ord. Negotiation Expense	575-00	300	160	300			
	Next Conv.Chair to Conv.	580-00	750		450			
	Next Conv.Chair to Assy.	585-00	350		350			
	R2 Trustee to Convention (no transportation)	595-00	400	174	350	P&P VIII,B,4		
	Subtotal Convention		25875	20179	22700			
Miscellaneous	Special Projects	770-00	3050	1605	1000			

	Category	Sub-Category	Account Description	Account	2014 Adopted Budget	2014 Actual @ 12/31/14	2015 Adopted Budget	Section of ByLaws, P&P,BOM
	Operational		Bank Service Charges	705-00	50	37	50	
			Depreciation/179 Expense	712-00			TBD	P&P VIII,B,13
			Insurance - Liability	721-00	1000	701	1000	
			Legal & Accounting Exp.	725-00	300	300	300	
			Miscellaneous Exp.	730-00	50	25	50	
			Office Exp/Supplies	740-00	300	289	250	
			P.O.Box Exp.	745-00	900	792	900	
			Printing - Speaker/Leader List	755-00	25		25	
			Printing/Bylaws, Pol & Proc.	750-00	50		50	
			Repairs & Maintenance	760-00	50		50	
			Returned Checks/Fees	765-00	50		50	
			Storage	775-00	650	585	650	
			Subtotal Operational		3425	2729	3375	
	Publications		Newsletter Exp.	735-00	900	728	900	P&P II,bullet 4
		Website	Renewal Fees	785-00	300	3357	300	
			Subtotal Publications		1200	4085	1200	
	R2 Chair Specific Travel		R2 Chair to Mexico	655-00	1500	213	1500	
			R2 Chair to Region Chair Mtgs.*	660-00	1800	1,362	5000	
			R2 Chair to WSBC	665-00	1750	1,276	1750	P&P VIII,B,1
			Subtotal R2 Chair Specific Travel		5050	2851	8250	
	WSBC		Funding-Mex.Rep.to WSBC	640-00	1400	1188	1500	P&P VIII, D, 3
			Funding-R2 Deleg.to WSBC	645-00	Not eligible		Not eligible	
			Subtotal WSBC		1400	1188	1500	
	WSO Support		Delegate Support Fund	715-00	TBD	500		P&P VIII,B,13
			General Fund	716-00	250	3,500	250	P&P VIII,B, 14
			Professional Exhibits Fund	717-00	TBD	500		P&P VIII,B,13
			Regional Chair Travel Support	718-00	TBD	500		P&P VIII,B,13
			Subtotal WSO Support		250	5000	250	
	TOTAL EXPENSES				\$92,200	\$66,534	\$84,075	
Overall Profit/Loss								
					2014 Adopted Budget	2014 Actual @ 12/31/14	2015 Adopted Budget	
	Revenues				\$70,010	\$69,344	\$68,020	
	Expenses				-\$92,200	-\$66,534	-\$84,075	
	Profit/Loss				-\$22,190	\$2,810	-\$16,055	
2014 Convention Summary & 2015 Prediction								
					2014 Adopted Budget	2014 Actual @ 12/31/14	2015 Adopted Budget	
	Income				\$39,000	\$34,011	\$35,000	
	Expenses				-\$25,875	-\$20,179	-\$22,700	
	Profit/Loss				\$13,125	\$13,832	\$12,300	
End of Year 2014 Bank Balances as of 12/31/2014								
					Balance			
			Recap of Cash Accounts:					
			Primary Checking		2,185.49			
			Money Market		30,496.18			
			Total Cash On Hand		\$32,681.67			

OCTOBER 2014 ASSEMBLY

COMMITTEE REPORTS

12 Step Within Committee

Committee Goals (Current and future):

1. Develop 12 new 12 step within quarterly suggestions to be emailed Jan Apr Jul Oct
2. Distribute the list to call quarterly-2014 speaker list
3. Quarterly conference call - plan dates for Jan, Apr, Jul & Oct
4. Host Booth at June 26 R2 Convention
5. Announce at each of my meetings that I am a 12th step within sponsor
6. Take the 18 suggestions from the R2 committee meeting and turn into action items for the next 12 months

Current Projects Underway:

All projects have been completed, new projects are those noted in committee goals listed above.

Agenda for Next Assembly:

- March 20-R2 spring assembly; ensure that we have more literature
- Document our approved action plan
- Document approved quarterly suggestions
- Choose committee members to work on new action items

Bylaws Committee

Committee Goals (Current and future):

- 2 phone meetings before end of year (1st on Wed, Nov. 5 at 8PM)
- Bylaws change that WSBC 2014 did to update our bylaws
- Change Assembly Rules p.2 to what side of room the signs are placed
- Changing "you" and "your" to depersonalized form to be written in 3rd person

Current Projects Underway:

- Update P&P manual, especially 2 motions that were talked about at Fall 2014
- Bylaws corrects that came from WSBC

Agenda for Next Assembly:

- Policy and Procedure/WSBC changes ready and in the Assembly Packet

Diversity Committee:

Committee Goals (current and future):

- Develop packets for distribution to IGs
- Revise Diversity Committee statement of purpose for OA R2 website

Current Projects Underway:

- Selection of next project
- Committee - Access Skype for next conference call

Agenda for Next Assembly:

Ideas/Topics the group came up with as to how to reach the diverse population:

- Bring information to reservations
- Bring information to unemployment offices
- How can we service the intergroups to help them get the word out
- Make list of resources
- Partner with other committees (e.g. Public Information, Intergroup)
- Have meeting lists in Spanish
- Who's the forgotten person; Not being seen, not being heard
- How to identify the population in each intergroup that isn't being reached
- How to reach out to low income, Native American, African American

Intergroup Outreach Committee

Committee Goals (Current and future):

- Contact IGs who did not send reps to this or previous assembly. Let them know there is financial help available from Region to those who qualify. And inform IG of the importance of being represented

Current Projects Underway:

- None (As committee disbanded)
- Contact all IG not sending reps
- Shares Assembly with unrepresented IG

Agenda for Next Assembly:

- Continue outreach to those under-represented groups and intergroups (those with zero reps)

Public Information Committee

Committee Goals (Current and future):

- Expand the outreach database for the fellowship; request input from all IGs in the Region
- Move into the Public Outreach by contacting as many Health Professionals as possible within the region
- Launch a campaign to assist all IGs to put into practice the list of "Best Practices" we have compiled
- Encourage all OA members to get involved in service

Current Projects Underway:

- Continue to contact Intergroups who have not responded to our request for their Best Practices Ideas (We are currently at 50% responded)
- Make sure all Intergroups that do not have the PI/PO manuals because of the cost are able to get them

Agenda for Next Assembly:

- Participate in telephone conferences to discuss goals of PI Committee with the Board Liaison and PI Committee members
- Unaffiliated Groups:
 - Reach out to the UAs with ideas of what they can do to grow their meetings
 - See to it that the UAs know that they can send a rep to the Assembly
- Assist the IGs in compiling an Outreach Database for their IG. This would create the same type of Loop that was proposed at the recent WSBCO
- Contact all members with only phone numbers to see if they would like to be included by submitting their email to their Intergroup and allowing the Region to have access to the Intergroups phone numbers.

Young Persons Committee

Chair: Cynthia

Vice-Chair:

Secretary: Cathy L

Committee Goals (Current and future):

- Two members to research a text line for YPs to reach OA, R2, and each other
- To increase our awareness and understanding of YPs use of virtual resources to improve our effective outreach using technology
- Conference call scheduled for 4pm Sat Nov 22nd 2014

Current Projects Underway:

- Continue to put OA posters at college campuses
- Continue to work on YP meeting formats and possibly include idea that recovering members identify length of abstinence
- We reviewed current YP comm. actions in Assembly Packet p.20

Agenda for Next Assembly:

- Meet to review progress

PROPOSED MOTIONS FOR MARCH 2015 ASSEMBLY

Proposed Motion #1: Move to amend Policy & Procedure Manual, Section III. Assembly rules, #3 g) as follows:

g.) The Chair will call on people in order, first pro and then con. Pros will line up on the right **one** side of the room (~~as you face the dais~~), **with the** cons lined **u**p on the left **opposite** side of the room.

Submitted by: R2 Bylaws Committee

INTENT: To create more general direction for the location of the participants due to the logistical difficulties that arise if the venue is not able to prepare the site as outlined in the rules.

RATIONALE: Lessen confusion at the venue, especially if the site has variation in the typical room set up. It will not have to be a specific side rather the side designated by signage and direction of the Chair.

Proposed Motion #2: Move to amend Policy & Procedure Manual, Section VII. R2 Committees, D. Description of Current R2 Committees and Their Purpose by striking the statement just below the heading, as follows:

Please refer to the R2 Board Operating Manual for duties and responsibilities of committee chairs.

Submitted by: R2 Bylaws Committee

INTENT: To update the P&P to reflect guidelines and direction in the BOM.

RATIONALE: The previous three sections of the P&P go into some depth as to committee operations, activities and chair responsibilities. The BOM refers to the P&P as to what the duties and responsibilities of committee chairs are. The P&P has the outdated description and needs to be updated to match the BOM & the updated language.

Proposed Motion #3: Move to amend Policy & Procedure Manual, Section V, R2 Representatives, duties and Responsibilities as follows:

Duties and Responsibilities

1. Attend Regional Assemblies –Representatives **and/or** ~~you or your~~ Alternates should be present during all business sessions.
2. Verify that the Region has the correct names and addresses for RRs ~~from your intergroup~~. Inform the Region of any changes of RR, Alternate or Intergroup mailing address, and phone number(s).
3. Notify the Publications Coordinator when ~~you are~~ no longer **servng as** an RR (at least 60 days prior to an assembly) and pass on the R2 Assembly booklet of R2 Assembly minutes, agenda, donations, etc. to ~~you~~ the Intergroup for the new RR.
4. Provide any 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.
5. Provide the R2 publications Coordinator with Intergroup newsletters and flyers about upcoming events.
6. Share Intergroup newsletters and flyers with other RRs.
7. Keep ~~your~~ **the Intergroup's** area informed of happenings in the Region and OA as a whole. Regional Assemblies are used as an interface between WSO and the Intergroup and Unaffiliated Groups. If the information stops at the R2 Assembly, the lines of communication are broken.
8. Serve on an R2 Committee and take an active part in the activities of the Regional Assemblies.
9. Voice the group conscience of the Intergroup ~~you represent~~ **ed** but know that ~~you are~~ **an RR is** responsible to the Region and OA as a whole. What works in one area may not be best for the Region as a whole.
10. Know and understand the Twelve Traditions and Twelve Concepts of OA Service. Help them to be implemented in ~~your~~ **the Intergroup's** 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: R2 Bylaws Committee

INTENT: to remove personalization, e.g., use of “you”, “yours”, et al and keep the language in the third person

RATIONALE: to make the document language more business-like

Proposed Motion #4: Move to amend Policy & Procedure Manual, Section VII, R2 Committees, C.

Suggested Guidelines for R2 Committee Meetings as follows:

- C. SUGGESTED GUIDELINES FOR R2 COMMITTEE MEETINGS
1. Begin each committee meeting by passing out a sign-up sheet. Make sure that committee members sign their full name/address/phone so that they can be contacted if necessary.
 2. There are always plenty of newcomers at R2 Assemblies so remember to start ~~your~~ committee meetings with the basics:
 - a) Explain what the committee is about.
 - b) Read the “Statement of Purpose” from the Region 2 P&P.
 - c) Give some background and history on the committee.
 - d) State long and short term goals, if any.
 3. Handouts are always appreciated. These could include past R2 committee reports, a piece ~~you write yourself on~~ **about** committee history, relevant literature, reports of committee activities from different OA service bodies.
 4. Be clear about ongoing projects with which ~~your~~ **the** committee may be involved. Establish an agenda. ~~Are you soliciting~~ **Is** input **solicited** from Intergroups? ~~Trying to assess to~~ **Needs of the Region** **being assessed?** ~~Exchanging~~ **Information** **exchanged?** ~~Putting together~~ **A handbook** **put together?** ~~Planning~~ **An event to promote committee efforts** **planned?**
 5. Keep in mind that committee meetings are *a* working part of the R2 business assembly. Committee meetings are where ~~we get to~~ **plan***ning* and **implement***ation of* more efficient ways to carry OA’s message to the compulsive overeater who still suffers **takes** **place**.
 6. Remember to find someone to take notes!
 7. Allow time during ~~your~~ **the** meeting for questions from committee members, as well as for their input. Many committee members have a great deal of experience, strength and hope to share, based on their work at the Intergroup or World Service levels.

Submitted by: R2 Bylaws Committee

INTENT: to remove personalization, e.g., use of “you”, “yours”, et al and keep the language in the third person

RATIONALE: to make the document language more business-like; consistent use of passive voice

Proposed Motion #5: Move to amend Policy & Procedure Manual, Section VIII Operating Policies and Procedures, H. R2 Board, Item 1, c), v) as follows:

- v) Ballot papers will be distributed to voting representatives, who shall vote for the candidate of their choice by writing their name on the ballot paper. Write the candidate’s name ~~you are voting~~ **being voted** for, or “None of the above” to cast an appropriate ballot. Blank ballots are not counted. Voting representatives shall fold their completed ballot paper in two and hold it in the air to signify completion.

Submitted by: R2 Bylaws Committee

INTENT: to remove personalization, e.g., use of “you”, “yours”, et al and keep the language in the third person

RATIONALE: to make the document language more business-like

Proposed Motion #6: Move to amend Policy & Procedure Manual, Section VIII Operating Policies and Procedures, A. Business Meetings Item 6, c), v) as follows:

6. Registration of RRs to attendAssemblies:
 - 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 will be charged, which includes a Speaker/Buffer lunch on Saturday of theAssembly.
 - c) Registration forms, to be provided by the R2Publications Coordinator, will be included in the assembly packet and be posted on the website under Assemblyinfo. **The registration and application forms posted on the website will be interactive.**

Submitted by: R2 Bylaws Committee

INTENT:To simplify registration, funding and other packet forms. This is prudent use of technological capabilities. RR’s can still opt to using printed out forms.

RATIONALE:The current PDF format that is posted to the website requires that the form be printed & manually filled out. Having an interactive PDF makes the form much more “user-friendly” and saves paper & resources. This also mimics what the WSBC does for their registration forms.

Proposed Motion #7: Move to adopt an Explanation of Terms document as a whole addendum to the P&P for use within the Fellowship.

Submitted by: R2 Bylaws Committee

INTENT:To offer “institutional” knowledge of the region and be a source for information for RR’s.

RATIONALE:As 50%of RR’s change at each assembly, this document will be a valuable resource to help representatives find clarity in a confusing situation. This document is different from the Glossary as it is more in-depth and meant to be a more detailed explanation of various terms using within the fellowship.

PROPOSED MOTION #8: Move to amend Policy & Procedure Manual, Section VIII, L - R2 Communication Lists, 1 to read:

1. The list of individual Region 2 Representatives will be made available on to the R2 Board **and RRs** for their use in the context of their positions and/or for any mailings or communications deemed necessary.

Submitted by: The R2 Board

INTENT: To conform to what is currently being practiced.

RATIONALE: RRs have received this list at past assemblies which contradicts the P&P. The present policy says the list will only be distributed only to R2 Board members.

The Twelve Traditions¹

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.

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



I put my hand in yours

OAR2.org San Diego 6/2015

Overeaters Anonymous Region 2 Convention

June 26-28, 2015

Town and Country Resort Hotel
San Diego, California

Hotel Information/Reservations

Town and Country Resort Hotel
500 Hotel Circle North
San Diego California 92108
Reservations: 800-77-ATLAS
Direct: 619-291-7131
Online Reservations: <http://goo.gl/6insSW>

Please specify

Overeaters Anonymous - Region 2
*for special rate below when
making hotel accommodations.*

**Reservations should be received
no later than June 5, 2015 ~ contact
hotel directly for refund policy**

Convention room rates per night:
\$ 106—Single or Double
\$ 116—Triple
\$ 126—Quadruple

Above rates good only until June 5, 2015

Check-in time: 3 p.m.
Check-out time: 11 a.m.

Convention parking rates:
\$5 daily for hotel guests,
\$2 per hour (not to exceed \$5) for local guests

Convention Registration

ONE REGISTRATION FORM PER PERSON
*To pay by credit card, register online at
oar2.org*

Print Full Name (Last, First)

Print Street Address

Print City State Zip

()
Area Code Phone

Print Email Address Clearly

Name to be printed on badge _____

Staying at Hotel? Yes No

The success of the convention relies on service.
Please volunteer* to help during the event.

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Where Needed | <input type="checkbox"/> Registration | <input type="checkbox"/> Boutique |
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Greeter | <input type="checkbox"/> Newcomers |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Security/Info | <input type="checkbox"/> T-Shirt Sales |
| <input type="checkbox"/> Literature | <input type="checkbox"/> Decorations | <input type="checkbox"/> Silent Auction |

*All volunteers must register

Date and Time of Arrival _____

I would like to do service at convention meetings.

- Timer Moderator Speaker**

** Speaker's Preferred Emphasis _____
Requirement: 2 Years of current abstinence; completion of Steps 4 and 5

THIS IS REGION 2'S MAJOR ANNUAL FUND-RAISER.

Funds generated from the convention are used throughout the coming year to carry the message. One of the most common misconceptions is that conventions are meetings. Conventions are special events.

All meal functions are open to paid participants only. Alternative activities and on-site eateries are available for those not attending the meal functions.

**Registration Questions? Contact Barbara Ru at
(760) 727-7135 or 1barbarajeane917@gmail.com**

Convention Fees

(check appropriate boxes)

Registration (Choose one only) \$ _____

\$40 Early-bird Discounted
Registration - must be received
or postmarked by April 30, 2015

\$50 Registration posted from
May 1 to June 10, 2015***

***After June 10 register at the
Convention for \$55

\$15 Guest (Non-Member)

\$45 Saturday Main Speaker Dinner \$ _____

(Choose one only)

Seasoned Grilled Chicken Breast

Fresh Seasonal Grilled Filet of Fish

Grilled Portobello Mushroom Stack (Veg)

All include spinach salad, brown rice pilaf,
fresh steamed vegetables, fresh seasonal
berries and honeydew melon cup, coffee
or tea.

\$10 Saturday Night Dance/Karaoke \$ _____

\$25 Sunday Speaker Breakfast (Buffet) \$ _____

Donation to Support Region 2 \$ _____

Hawaiian Vacation Drawing

Vacation Package for Two
(One week condo on Kauai)

Tickets are 6 for \$5 # _____ sets of 6 = \$ _____

Convention T-Shirt - # _____ at \$20 = \$ _____

See picture at www.oar2.org - Choose color and size

Men's Black M L XL 2X 3X 4X 5X

Women's Baby Blue S M L XL 2X 3X

Total Enclosed \$ _____

Make check payable to: 2015 R2 Convention

Mail to: Donna T., Region 2 Convention
P.O. Box 270864, San Diego CA 92198

- Enclose a self-addressed, stamped envelope to receive a confirmation by postal mail. All other confirmations will be sent via email.
- **R2 Refund Policy:** A written request, less \$10 processing fee, will be honored, if received or postmarked at least 30 days prior to the convention.