



OVEREATERS ANONYMOUS REGION 2 2017 FALL ASSEMBLY

“Many Paths, One Solution”

October 27-29, 2017

Sacramento, California

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

R2 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 “Many Paths, One Solution” is printed 3 times in this Assembly Packet (excluding this page). Find all 3 and write down the page numbers. Drop them into the Contest Jar at Registration to be eligible for a prize drawing!

NOTE: Print out this packet and bring a hard copy with you to the Assembly.

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

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1. Roll Call Sheet
2. Spring Assembly Minutes
3. Blank Motion form
4. Blank Election form
5. R2 Chair report from 2017 WSBC

Hotel Information

Location: Crowne Plaza Sacramento
Northeast, 5321 Date Ave, Sacramento

Book Online:

<http://tinyurl.com/OTA-Fall-2017> and
enter the dates you will be staying

Book by Phone: Call 877-504-0054 and
use discount code: OTA

Cost: Special rate of \$129/night for the
Executive level rooms! (Ends Oct. 9)

Parking: FREE parking

Internet Access: FREE Wi-Fi throughout
the hotel!

Airport: Sacramento International Airport

Shuttle: www.rideguru.com to compare
costs, etc. of various transportation
services. We encourage you to share rides
with others where possible.

Please Note

- ✓ Review the business meeting times
carefully and make your travel
arrangements accordingly so that you are
present for all business meetings.
- ✓ Your IG cannot be counted if you are
not present for roll call. Do not be late!
- ✓ The "New Representative Orientation"
is at 7:15 AM on Saturday morning and is
required for new reps. Please be prompt!
- ✓ Ice water will be available in the
meeting rooms. Due to costs, R2 does not
provide Wi-Fi or hot drinks in the meeting
rooms. Please plan accordingly.
- ✓ Temperature in the meeting rooms
varies from Too Hot to Too Cold. We
suggest wearing layered clothing.

ASSEMBLY AGENDA

Friday October 27, 2017

6:00 PM Early Registration Begins
6:30 PM Meet and Greet Session
7:00 PM Grand Opening of the Region 2
Fall Assembly and Welcome from the R2
Board
7:15 PM Entertainment
7:45 PM Speaker
8:15 PM Announcements
8:30 PM Closing

Saturday October 28, 2017

7:00 AM OA Meeting (Optional)
7:15 AM New Representative Orientation
(Essential for new Reps)
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!
- Adoption of Previous Assembly Minutes
- Ask-It-Basket Circulated

9:00 AM Icebreaker
9:25 AM Board Reports
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 Intro to Committee Work and Committee Meetings (review Committee Report Format)
11:45 AM 2018 Convention Report

12:00 PM Lunch with Speaker Sac IG
1:30 PM Region/Intergroup Best Practices
2:00 PM New Business (Continued)
Ask-It-Basket (time-permitting)
3:00 PM BREAK
3:15 PM Committee Meetings
4:05 PM BREAK
4:15 PM Workshop
5:15 PM Closing
5:30 PM Adjourn & Dinner On Your Own
7:30 PM Saturday Night Speaker

Sunday October 29, 2017

8:00 AM OA MEETING (optional)
9:00 AM Call to Order

- Readings: 12 Concepts, Assembly Rules
- Roll Call Your IG cannot be counted if you are not present!
- Ask-It-Basket Circulated

9:15 AM New Business (Continued)
10:00 AM Election - 2 Year Terms:

- Vice-Chair
- Secretary
- Events Coordinator

10:30 AM BREAK
10:45 AM Committee Meetings (Continued)
11:00 AM Committee Reports
11:30 AM Intergroup Concerns
Ask-It-Basket
12 NOON Adjourn

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

BOARD OF DIRECTORS

Anne Olson, Chair

chair@oar2.org
650-799-9979 (c)

Carolina Rivera, Vice Chair

vicechair@oar2.org
001-52-55-1582-0296 (c)
011-52-5277-5247(h)

Thomas Firpo, Secretary

secretary@oar2.org
562-464-7550 (c)
562-920-4133 (h)

Sherri Flynn, Treasurer

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

Marjorie Donovan, Events Coordinator

events@oar2.org
559-273-8560 (c)

Rick Zilkie, Publications Coordinator

publications@oar2.org
916-870-1442 (c)

Trusted Servants

- ❖ Hanna Schwamborn, R2 Trustee: trustee@oar2.org 760-844-2639 (c)
- ❖ Mary Higgins, Webmaster & Administrative Assistant: webmaster@oar2.org
- ❖ TennieBee Hall, Parliamentarian

SAVE THE DATES

★ **Friday April 13th and Saturday April 14th**

2018 Spring Assembly at the Crowne Plaza Northeast Sacramento, CA

★ **Friday June 29th, Saturday June 30th & Sunday July 1st**

2018 Convention at the Crowne Plaza Northeast Sacramento, CA

Elections

Election of Region officers takes place at the final R2 Assembly of each calendar year. This October, at the Region 2 Fall Assembly there are 3 Board positions which are open for (self) nominations: Vice Chair, Secretary and Events Coordinator.

An R2 Board of Directors application form can be found in the appendix to this document.

- Detailed election procedures can be found in the R2 Policy and Procedure Manual under Section VIII. Operating Policies and Procedures, subsection H. R2 Board on pages 13-14.

Motions

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

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

Motions to amend the Bylaws are presented at the Spring assembly *only*.

- See ARTICLE XVIII- Amendments to Bylaws for a detailed explanation.

Prior Assembly Minutes

The minutes for the 2017 Spring Assembly are being presented for approval. Please review and submit pertinent revisions, if needed.

The minutes can be found in the appendix to this document.

Financial Aid

Does your intergroup need financial help to attend Region 2 assemblies? You have several options that can help make it possible for you to participate. Information and forms are available on our website <http://www.oar2.org/assemblies/financial-aid>.

Applications for the 2018 Spring Assembly are due 30 days prior to Assembly date. If you intend to apply for assistance please email treasurer@oar2.org as soon as possible.

BOARD REPORTS

Chair Report by Anne O.

In May, I attended the World Service Business Conference (WSBC) to represent R2 and all of the Intergroups and unaffiliated groups that were not able to send a delegate. See the WSBC report for details.

I was selected as Vice Chair of the Region Chairs Committee (RCC) and my first duties included collecting travel information for our August meeting in Albuquerque and our September meeting in Denver. In Albuquerque (August 24-26), we will meet with the Board of Trustees as well as meeting as the RCC. All 10 Region Chairs will be there and we will be reporting on the projects for this year. I am leading a project to create podcasts, one of which will be in Spanish or French. We hope to have our first podcasts ready by the first of the year.

Once a year, the Region Chairs visit an assembly of one of the regions. This year we are visiting R3 in Denver September 14-17. They have a combined Assembly and Convention and each of the Chairs will be speaking at different workshops. Our R9 and R10 Chairs will not be able to join us; it is too costly to attend meetings in August and September when you are coming from London and Australia. In 2018 at the R2 Fall Assembly, we will be hosting the Region Chairs.

I attended the R2 Convention in Costa Mesa and was privileged to speak at one of the workshops. It is always fun to attend OA events and see people that I haven't seen for some time. The speakers and workshops were great and there was so much recovery in the rooms.

July 28-30 was the Mexico Congress held at a wonderful resort an hour outside Mexico City. Hanna and I presented a workshop on Unity as well as hosting a Q&A session. Most of the people attending did not speak English and neither Hanna nor I speak Spanish. We both had translators in the workshops that were very helpful. Our Vice Chair, Carolina, was our host and took very good care of us. It was very interesting to hear the Steps, Traditions, Serenity Prayer and OA Promise in Spanish at all the meetings. And the best part was the love and acceptance and support that could be felt all over and didn't need a common spoken language to be expressed. There were lots of hugs (universal language) and kisses on the right cheek. During the opening on Saturday morning, each of the 31 groups that was represented at the Congress made a sign and when their group name was called they came up front with their sign. I've never wanted to take a photo at an OA event as much as I did at that time! They were also live broadcasting the main meetings for the people who could not attend.

Thank you for allowing me to do service as the Chair of R2.

In Loving Service,
Anne O., R2 Chair

In addition, see the R2 Chair report from 2017 WSBC in the appendix to this document.

Vice Chair Report by Carolina R.

In June at the Convention held a meeting in Spanish. Six members attended and were very pleased to listen to their native language " Spanish". Everybody shared.

On July 28 to 30 attended to the Mexican Congress in Tepoztlán, Morelos and translated to Anne and sometimes to Anne.

Three ST/C have been requested: one will be done on September in Mid-Peninsula, other on October 7th in LAIG and the last one in Bakersfield on February, the date has not been confirmed yet.

Asked our Publications Coordinator to update Baja and Veracruz IGs in the website and post the new IG named Lake Chapala, in Jalisco, México.

Helped Hanna to edit two letters in Spanish.

Keep sending Speakers list and answering e mails.

An American woman called me because she wanted to open a Spanish group in Phoenix. She just needed some guidance and the groups is working.

Been in contact to Mexican Intergoup. It is working to become a National Board Office due to its growth and needs to expand.

In Service,
Carolina Rivera, R2 Vice Chair

Secretary Report by Thomas F.

Here are the highlights of my activities and service these past 6 months:

- Prepared Minutes of the June and August Board meetings
- Attended and did service at the R2 Convention as a Board Member and Panelist
- Stowed Assembly materials in the Storage Unit
- Drafted and finalized the Email Blast to announce open R2 Board positions for Fall Assembly

-
- Participated in board discussions regarding hotel contractual charges
 - Published an updated Board Operations Manual (BOM) based on inputs from Treasurer and Publications Coordinator
 - Published updated version of the Bylaws with changes approved at the Spring 2017 Assembly

My term as your R2 Board Secretary is coming to an end. It was an honor to be of service to you all, this Region and Overeaters Anonymous. I am grateful to have had the opportunity. Service is a great way to grow in the program and in spiritual and emotional sobriety. I hope you will consider being of service to the region too some time.

Publications Coordinator Report by Rick Z.

Last Fall I joined the R2 Board as the Publication Coordinator. Here are some of the things that I have been working on with Mary H. who serves as both our Webmaster and Administration Assistant for Region 2.

- Added to our Web Site the ability for OA members to request Automatic R2 Emails.
- Added Podcasts for all R2 Convention Speakers from 2003 to 2014 (346 Speakers).
- So far we have had over 6349 downloads.
- Added to our Web site new Spanish Translations provided by Carolina.
- Answered all requests for information that were posted on our Web Site and New Events.
- Added to our Website the ability to create a speaker list when a request is made by an Intergroup.
- Prepared the Fall Assembly Packet with theme , Many Paths, One Solution
- Prepared the Fall Newsletter.
- Planning for future changes to our Web Site.

Treasurer Report by Sherri F.

Due to some difficulties with the convention hotel as explained in the Events Coordinator's report, the final convention financial report is not yet available. Therefore, a Board-recommended 2018 R2 budget is not available at this writing. I will provide all financial information at the assembly.

In lieu of a lack of numbers and lovely pie charts I submit the following which is no less important.

Our 7th Tradition states that we are self-supporting through our own contributions. This means it is each OA member's responsibility to help support the fellowship, be it through service or with money. We are nothing if not our members. How does Region 2 help fulfill OA's primary purpose of carrying the message to the still suffering compulsive eater (Tradition 5)?

- We conduct bi-annual business assemblies where representatives from our 30+ intergroups can have a voice in our business proceedings and express concerns/ask questions regarding OA business at their or meeting group level.
- We offer funding stipends to help send representatives from financially strapped intergroups to these assemblies.
- We offer funding for representatives from Mexico and/or Hawaii to be able to attend assemblies.
- We offer funding for delegates from Mexico to be able attend the World Service Business Conference.
- We offer funding stipends to help send delegates from financially strapped intergroups to the World Service Business Conference.
- We offer funding to help intergroups participate in health fairs.
- We offer funding to kick-start a new meeting's literature inventory.
- We pay a special worker (webmaster) to keep the R2 website updated with the latest information and facilitate the ease of online donation and event registration capability.
- We conduct Service, Traditions and Concepts workshops to those intergroups requesting them.
- We donate to the World Service Office if the R2 finances indicate an excess of funds above the 6-9 month prudent reserve level.
- We host an annual convention that's all about sharing our experience, strength and hope with each other and anyone else suffering from our disease.

None of the above list would happen without R2 receiving the suggested 10% of meetings' 7th Tradition collections. And yes, we receive donations from intergroups as well as individual fundraising events around the region!

Here are a few do's and don'ts for making donations to R2:

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- DO include meeting identifiable information – WSO meeting #, date, location and time of meeting, e-mail address for a contact. No form is necessary if you include that information with your check. It's also necessary if you choose to donate online. Meeting donations that I cannot identify with the help of the World Service website meeting information get classified as an “unspecified donation”.
 - DO sign your checks or money orders, if applicable.
 - DO include a self-addressed stamped envelope if you want a receipt for the donation. I will not provide a receipt otherwise.
 - DO NOT send cash through the mail (please!)
 - DO consider giving as though your life depends upon it. Mine does.

Respectfully submitted,
Sherri Flynn, R2 Treasurer

Event Coordinator Report by Marjorie D.

Greetings to Region 2!!!!

Since we last met for Assembly in Costa Mesa in March, I have been working with dedicated volunteers to put on the best Regional convention possible! The 2017 committee put their heart and soul into "Rocketed Into The Fourth Dimension". We had over 50 speakers, 26 hours of Marathon meetings, 13 Workshops and a 4-part Big Book Study! The committee worked over 18 months to put on the event. We had a few setbacks that made it a challenging event. The hotel requested a date change to an earlier date than we usually have our convention. The date change meant that we were competing against end of school celebrations. As many committees do, we had unexpected turnover of service positions. We adapted and moved forward.

As a convention, our R2 event is small compared to other organizations. For the hospitality business, we are not a significant source of revenue for them. In order to obtain the meeting space that we need to hold all those marathons, workshops and keynote speakers, we need to rent sleeping rooms and eat meals from the hotel. This is written into our signed contracts. We planned well and covered our food and beverage costs for the 2017 convention (as we have other years). We were not so successful with hotel sleeping rooms. Despite sending out several emails advertising the convention and the available sleeping room rentals, we were short over 40 sleeping rooms. After much negotiation, we were able to get a discounted attrition charge of \$8,217.88. Learning from our mistakes, we are now using an outside expert at no cost to the region to help us set up and negotiate all future hotel contracts. Given that this is an all- volunteer committee, items were missed. We do the best we can with the circumstances that we are dealt.

This is a WE program. We all need to support each other and our events. R2 needs more involvement from its members to have the convention (and our biggest fundraiser) be a financial & program success. Our 2018 convention is ramping up and is firing on all cylinders. Our theme is "Together We Can". The dates are June 29-30 to July 1, 2018 at the Crowne Plaza Northeast Sacramento, 5321 Date Ave., Sacramento, CA 95841. The committee will have info on donating items for the raffle and boutique and registration out soon. Please mark your calendar and plan on attending!

In OA Service,
Marjorie Region 2 Events Coordinator

Trustee Report by Hannah S.

It has been quite active since the last assembly. As your Region 2 Trustee I traveled several times to Albuquerque to attend Board of Trustees meetings and accompanied our Region 2 Chair to the annual Mexican Congress. The World Service theme "Growing OA Worldwide" is great. But, we can start in our region to work on it by encouraging members to give service at the group level or as representatives attending assemblies. Service keeps us coming back. It gave me much more of an understanding what OA is all about. I believe that I benefited more by serving our region than the region benefited from my service. There are "Many Paths" to get to and working our program but there is only "One Solution" – the 12 Steps of Overeaters Anonymous.

Part of my job as Trustee is to remind all the intergroups to update their bylaws and get them reviewed. Even without changes, it is suggested to have them reviewed every two years. I am asking all of you to take this back to your intergroup and, as I mentioned before, I am willing to help and answer questions.

It has been my privilege to work with the Intergroup Outreach Committee and the committee members have been working hard to get unaffiliated groups to affiliate with an intergroup. Find out if your meeting(s) is affiliated and if not, tell them about the benefits, e.g. receiving more information, going to intergroup meetings and possibly becoming a Region 2 Representative.

Another committee I have been assigned to is the Web/Technology Committee. It is comprised of delegates attending the World Service Business Conference every spring. There are several highly qualified tech members on the committee. Any group and/or intergroup having problems with websites, anonymity in the virtual world and lately with FaceBook pages can send questions to the site and someone will get back to them and try to help them. The web address is: webtechoa.org.

In service,
Hanna, Region 2 Trustee

COMMITTEE REPORTS

Intergroup Outreach Committee Report

Chair - Bahati Meadows

Vice Chair - Jill Stephens

Region Liaison - Hanna Schwamborn

At the Spring 2017 Region 2 Assembly the Intergroup Outreach Committee decided to continue working to encourage unaffiliated meetings to register with an intergroup. In the past, we contacted the intergroups and encouraged them to contact unaffiliated meetings in their area.

This time we took a different approach and decided to contact unaffiliated meetings directly.

The Committee wanted to learn why unaffiliated meetings did not register with an intergroup. By contacting meetings directly, the Committee aimed to have conversations with members to learn how the intergroups and Region 2 could help support them and the meetings with their recovery.

As a Committee we worked on the following projects:

- Contacted unaffiliated meetings directly and provided detailed instructions for how to register with WSO.
- Provided unaffiliated meetings with a list of benefits of being affiliated with an intergroup and Region 2.
- Contacted intergroups in Region 2 that have not attended the last two assemblies to find out how we can encourage and support their attendance.

Young Persons Committee Report

The R2 Young Persons' Committee would like you to consider signing up on the R2 Website as a Young Persons' Speaker. The Committee wants to increase the number of members who can focus some of their experience strengthen and hope towards young people to help carry the message. In OA a Young Person is defined as anyone from 18 years of age to 30 years of age. If you have experience in recovery from the ages of 18 to 30, you can identify as a Young Person speaker so long as you have worked up to Step 5 and have at least two years of abstinence. Please consider identifying as a Young Person speaker by going to the R2 Website and signing up.

In addition to helping spread the message by obtaining more Young Person speakers, the Committee worked with representatives from the Spring 2017 R2 Convention to support a YP Workshop at the Costa Mesa Convention. The Committee also distributed the YP Fact Sheet at the convention to make the region aware of ways for young people to get plugged into OA.

A final project that the Committee is working to develop is an YP Strategy Sheet to be sent throughout the Region to encourage more efforts to reach out to young people.

I wish to express my thanks to all members of the R2 YP Committee for their service and efforts this year.

Scott B., R2 YP Committee Chair

Public Information Committee Report

The goal of the PIC was to reach out bariatrics centers within R2 and approach a contact person with the list of questions made at the Spring Assembly and appropriate literature. And to distribute posters supplied by Works Service for posting on various community boards.

Things that have been accomplished:

- 1) chose one piece of literature and 2) chose two OA posters

Eva Z. supplied the committee with an amazing Poster Distribution Form. She reports that only 18 of her posters were taken for distribution and never heard back from them. Barbara M. supplied the committee with a Guidelines for meeting with bariatric professionals.

Denise M. got OALAIG to fund a start of 25 posters. They are currently having a stamp made with contact information to put on the pull tabs. Project was delayed when WS stopped printing the original pictures. Shortly will be distributed.

Karen took posters to the "half day event " and attends to a monthly support group organized by a bariatric surgery group. Surgery candidates have to attend before and after the surgery. Karen noticed that the ones who have had recent surgery are in their honeymoon and do not want to know anything about programs or literature.

12 Step Within Committee Report

The purpose of R2's Twelve Step Within Committee is threefold:

- to carry OA's message of recovery to those who still suffer within the OA Fellowship

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- to deal with relapse and issues of membership retention, offering the message of hope
 - to encourage OA members to maintain recovery and prevent relapse

Last Spring, the Committee decided to help the Intergroups by updating both the Twelve Step Within Speakers list and the R2 speakers list so that groups can focus speaker meetings or Days in OA on Relapse and Recovery. We will also ask Intergroups to call for new speakers, providing service and their experiences to those still suffering.

The TSW Committee had created packets for OA Members in Relapse and distributed them at the R2 Convention in Costa Mesa last June. However, WSO now has a new "Welcome Back, We Care!" packet available, and we will look at these. Also, we will be looking at the TSW Handbook suggestions and tools for groups, service bodies, sponsors, workshops, Recovery-from-Relapse meetings, and writing tools for members suffering relapse. As a long term member who once stepped out of the program (I thought I knew enough to do it on my own), I know how difficult it was to admit I had relapsed and to come back. For many of us it is our experience. If you would like to help your Intergroup and OA fellows with TSW work we welcome you to join our committee. Many Paths, One Solution.

Submitted by Lyn Heyer

Diversity Committee Report

Last spring the Unity with Diversity Committee comprised all new members. Continuing with the work of former committee members, as outlined in the previous assembly newsletter, we devised new ways to reach out to our Spanish speaking fellows and newcomers.

Our main goals were to (a) compile a list of Spanish speaking contacts in Region 2 to be handed to newcomers who wished to connect with Spanish speakers and (b) continue producing and distributing Spanish language newcomer packets.

Input from World Services later informed us of the decrease in demand for Spanish language literature, which is now out of print. We will be putting together a final 35 Spanish language newcomer packets, with material donated from World Services, which we will distribute to Region 2 meetings in need, along with a Spanish speaker contact phone list.

To maintain anonymity on the Internet, we request the contact list not be posted online, but maintained for individual meetings and fellows who can request a copy of the list via email. Individual meetings can then make copies for their own use. Inquiries should be addressed to Communications, which will have access to the list, to be maintained by the Unity with Diversity Committee. Any fellows who wish to add or remove themselves as contacts, or make changes to their information, should also contact Communications.

Finally, to spread the word about the contact list, we seek to include a message in the Region 2 newsletter, as well as one on the Region 2 website.

Bylaws Committee Report

No Report Submitted. Many Paths, One Solution.

2018 OA REGION 2 CONVENTION

Mark your calendars! The 2018 Region 2 Convention will take place in Sacramento from Friday, June 29, to Sunday, July 1, 2018, and you will not want to miss it! From the Friday night musical (“The Sound of Recovery,” a good-humored riff on “The Sound of Music”) to the workshops, speakers and gently worn clothing boutique, the weekend will offer up countless fellowship opportunities.

The convention motto is, “Together We Can.” Need we say more? See you in Sac!

<http://www.oar2.org/convention/upcoming>

A promotional poster for the 2018 OA Region 2 Convention. The poster is split into two vertical sections. The left section has a white background and features a circular logo of stylized figures in green and blue, the text "Together WE CAN" in blue and green, and a large blue "R2" logo. The right section has a solid blue background and contains white text: "Join us in Sacramento for the", "2018 OA Region 2 Convention", "June 29 - July 1", "Crowne Plaza Sacramento Northeast", and "Check www.oar2.org/convention/upcoming for the latest details".

Join us in Sacramento for the

2018 OA Region 2 Convention

June 29 - July 1

Crowne Plaza
Sacramento Northeast

Check www.oar2.org/convention/upcoming
for the latest details