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Welcome Letter from the Chair of Region 2
Carta de bienvenida del Presidente de la Región 2

Dear Region Representatives,

Welcome to the Winter Assembly!

This is our first Winter Assembly under Region 2's new structure—a visible outcome of our collective commitment to change. Inside this Guidebook, you'll find bylaw and policy motions that reflect an evolving fellowship. To remain relevant, we must be willing to evolve. And we cannot evolve without rigorous honesty.

We gather in a time of profound transition—organizationally, spiritually, and practicality. Participation patterns are shifting. Resources are tightening. The disease of isolation continues to threaten our members. But our purpose has not changed. We are here to carry the message to the compulsive eater who still suffers.

This work asks for more than attendance. It asks for presence. It asks for willingness. "*Half measures availed us nothing*." Each of us must ask: *How are we showing up? How are we holding, protecting, and being accountable to our abstinence?*

How are we living ***The Power of We***?

That principle is not abstract—it's how we lead, how we serve, and how we recover together. It reminds us that no one recovers alone, and no one leads alone. It takes all of us.

Let's speak with clarity. Let's participate with courage. Let's listen with compassion. And let's move forward—not with fear, but with faith.

In fellowship,
Jeremiah A.
Chair, Region 2 of Overeaters Anonymous

Region 2 Purpose
Región 2 Objetivo

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

How Region 2 Supports the OA Fellowship
• Acts as a conduit between intergroups and OA World Service.
• Provides training and resources to help intergroups strengthen their meetings.
• Facilitates collaboration among intergroups to share best practices.
• Hosts assemblies and conventions to foster recovery, service, and unity.
By engaging with Region 2, intergroups and members can expand their service impact, strengthen their recovery, and contribute to OA as a whole.

Region 2 Structure Overview
Resumen de la estructura de la Región 2

Overeaters Anonymous (OA) operates through a structured service system designed to carry the message of recovery to those who still suffer. Region 2 is an integral part of this structure, acting as a bridge between local intergroups and OA World Service.

1. Individual Members

- The foundation of OA's service structure.
- Attend local meetings and participate in OA recovery.
- May serve in various service positions at the meeting level.

2. Local Meetings (Groups)

- Autonomous gatherings of OA members following the Twelve Steps and Twelve Traditions.
- Each meeting is self-supporting and may elect a Group Representative (GR) to participate in their local intergroup.

3. Service Bodies (SBs) or Intergroups (IGs)

- Formed when multiple OA meetings in a (geographical or non-geographical) area band together for mutual support.
- Provide services like organizing events, newcomer outreach, and maintaining meeting directories.
- Each intergroup elects representatives to attend Region 2 Assemblies.

4. Region 2 (R2)

- One of ten OA regions worldwide. Covers California, Hawaii, Mexico, and Northern Nevada. Region 2 is known as the Pacific Southwest.
- Supports intergroups by providing resources, hosting assemblies, and funding outreach efforts.
- Holds twice-yearly assemblies where Intergroup Representatives (IRs) discuss business, attend workshops, and connect with the broader OA service structure.
- Elects a Region 2 Board of Directors to oversee regional operations and represent intergroups' interests.
- Facilitates communication between intergroups and OA World Service.

5. OA World Service (WSO)

- The overarching body that supports OA globally.
- Oversees literature, policies, and worldwide outreach efforts.
- Hosts the World Service Business Conference (WSBC), where delegates from all regions make decisions for the fellowship.
- Maintains the official OA website (oa.org), meeting directories, and service materials.

OA Responsibility Pledge
Compromiso de responsabilidad de OA

Region 2 Board of Directors
Junta Directiva de la Región 2

JEREMIAH A. - CHAIR/ PRESIDENTE
Local Service Body: San Francisco Intergroup
Committees: Region Chairs (WSO), Internal Information (WSO)
chair@oar2.org

BRYAN V. - VICE CHAIR/ VICE PRESIDENTE
Local Service Body: San Gabriel Valley Inland Empire Intergroup
Committees: Intergroup Outreach
vicechair@oar2.org

MARJORIE D. SECRETARY/ SECRETARIO
Local Service Body: San Joaquin Valley Intergroup
Committees: Diversity
secretary@oar2.org

CINDY L. TREASURER/ TESORERO
Local Service Body: Unity with Diversity Desert Intergroup
Committees: Twelfth Step Within
treasurer@oar2.org

[OPEN] PUBLICATIONS COORDINATOR/ COORDINADOR DE PUBLICACIONES
Local Service Body:
Committees: Public Information
publications@oar2.org

BARBARA M. EVENTS COORDINATOR/ COORDINADOR DE EVENTOS
Local Service Body: Sacramento Valley Intergroup
Committees: Convention
events@oar2.org

MIKE K. TRUSTEE – LIAISON ASSIGNED TO REGION 2/FIDEICOMISARIO - ENLACE ASIGNADO A LA REGIÓN 2
Committees: Bylaws & Reference
Local Service Body: Central Colorado Intergroup
trustee@oar2.org

All About Assembly
Todo sobre el montaje

Below is key information to help you navigate the Region 2 Assembly, especially if you're a visitor or new Region Representative. Please refer to the agenda for the full schedule. All times listed are for Pacific Standard Time PST. Please plan your schedule so that you may be present at all the sessions.

Assembly Documents & Preparation
All Assembly documents have been emailed to registered Representatives. If you didn't receive them, please download the full packet from the Region 2 website: 2026 Winter Assembly/Asamblea de invierno de 2026. We strongly encourage you to review the materials in advance. Please check back during the final week before Assembly for any additional information that is posted.

Assembly Protocol & Procedures
- Check-in & Roll Call: Reps must be present to vote. Roll call takes place during the business meeting.
- Committee Meetings: Held in the morning before lunch.
- Lunch Break: An opportunity for fellowship, networking, and discussion.
- Business Session: Begins in the afternoon.

Business Agenda & Motions
- Board elections for Vice Chair, Treasurer, Secretary, Publications Coordinator, Events Coordinator will occur at the Winter Assembly. Additional positions are up for election due to members completing the remaining terms of previous board members who vacated their positions. We will also be voting on the affirmation of the Trustee Liaison nominee.
- New Business Motions regarding the Bylaws and Policies and Procedures Manual have been included in this Guidebook. Please review them and familiarize yourself with the contents.

Debate follows Robert's Rules of Order:
- 3 Pro and 3 Con speakers (2 min each).
- The motion maker is the first Pro speaker.
- Questions and voting follow debate.
- Amendments: 2 Pro and 2 Con speakers before voting.

If an amendment passes, discussion resumes on the amended motion.
- If an amendment fails, discussion continues on the original motion.
- A motion with three amendments automatically fails.

7th Tradition Contributions

A Seventh Tradition collection will take place in the afternoon. Contributions can be made:

• Online: CONTRIBUTIONS/CONTRIBUCIONES (Enter "Assembly Donation" as the group number).

• By Mail: Send checks payable to Region 2 with "Assembly Donation" in the memo line to:

Region 2 of Overeaters Anonymous
4733 Torrance Blvd, PMB 335
Torrance, CA 90503

Elections

Board Elections (Winter Assembly):

• Odd Years: Chair, Treasurer, Publications Coordinator
• Even Years: Vice Chair, Secretary, Events Coordinator

Committee Chair Elections (Each Assembly):

• Open committee positions are filled during each Assembly.
• Elections will be conducted via Zoom polling.

Post-Assembly & Additional Notes

• Announcements and event flyers can be posted on the Region 2 Events page. Go to R2 Add an event page/R2 Añadir una página de eventos to have your event flyer posted to the R2 website, added to ur Google calendar, and included in our monthly newsletter.

• Committee Chairs will provide post-assembly meeting schedules. Confer with your Board Liaison the number of Zoom meetings your committee will have with translation.

Zoom Information
Información de Zooml

Zoom details

- Zoom details are currently being finalized and will be emailed to you prior to the Assembly.

Zoom etiquette

- You are not in the meeting if your camera is off.
- Keep yourself muted unless speaking
- Select your correct language track
- No personal chats
- Dress appropriately

Zoom best practices

- Please update to the latest version of the app prior to attending Assembly to obtain the latest features and security measures.
- You also may need to restart your computer as well as clear your cache to minimize any problems.
-

Questions?
For general Assembly questions, contact Barbara M. at **events@oar2.org**.

Financial Aid
Ayuda financiera

Need financial assistance to attend a Region 2 Assembly?
Service Bodies can apply for aid by visiting the Financial Aid section at oar2.org, selecting the appropriate application, completing the form online. This will automatically submit it to the R2 Treasurer.

Important Note on Funding Availability
Assistance is available only while funds remain in the budget. Once those funds have been distributed, no additional funding will be available unless a special review is approved. To give your Intergroup the best chance of receiving support, please apply as early as possible.

- **Deadline for first consideration: 45 Days Prior to the Assembly.**
- **Winter 2026 Assembly deadline is Wednesday, December 17, 2025.**
- **Summer 2026 Assembly deadline is Tuesday, May 26, 2026.**
- **Hawai‘i and Mexico representatives: Contact the R2 Treasurer directly, as funding is managed separately.**

Ask It Basket
Cesta Ask It

During the Assembly, Representatives can submit questions to the Region 2 Board and Trustee Liaison regarding policies, procedures, service roles, or any concerns related to Region 2. The Board will address submitted questions during the Assembly. Click ASK-IT BASKET to submit questions.

Committee Roster
Lista del Comité

All Region Representatives serve on one of the Region 2 Committees, which focus on different aspects of carrying the message within our fellowship. Representatives should review committee descriptions in advance of the Assembly. Please go to the Committee Roster Form and register yourself as a member of your chosen committee.

Committee Reporting
Ayuda Informes de los comités

Each Region 2 Committee establishes goals and initiatives to support intergroups and enhance outreach. Committees elect a Committee Chair & Secretary responsible fordocumenting and reporting progress during the Assembly. Reports help track commitments, share best practices, and ensure accountability. An oral report will be provided on the committee's work and upcoming initiatives during the Assembly. The committee chair or secretary should go to the Committee Report Form and submit the requested information.

Why Service at the Region Level?
¿Por qué el servicio a nivel regional?

My journey in Overeaters Anonymous (OA) began with my local meeting. Over time, I realized our group was part of a larger intergroup providing essential resources that no single meeting could manage. With my sponsor's encouragement, I stepped into regional service, transforming my perspective on OA.

Just as intergroups support meetings, regions support intergroups, ensuring they have the tools to carry the message. Beyond assemblies and conventions, Region connects intergroups to World Service, funds outreach, provides literature, and helps reps bring back fresh ideas. Struggling intergroups find support, while thriving ones share experience, strength, and hope.

Our assemblies foster connection, collaboration, and growth. We exchange ideas, build friendships, and serve on committees shaping our region's work. Serving at this level deepened my recovery and introduced me to incredible people.
Regional service has been a gift, and I encourage anyone interested to step forward. Together, we can do what we could never do alone.

Notable Dates
Fechas destacadas

Apr 21	Committee Reports due to Board Liaison for Summer Guidebook
Apr 26	Deadline to submit Bylaw Amendments
May 26	Financial Assistance for Assembly application due to the R2 Treasurer
Jul 10	Summer Assembly
Jul 10-12	R2 Convention

The 20th of each month is the deadline for service bodies to apply for funds to participate in a trade conference or a convention for professionals who may refer patients and clients to OA.
Professional Exhibits Fund App/ Aplicación de fondo de exhibiciones profesionales
Last day of each month - Apply for Translation Funds
Translation Funding App/ Aplicación de financiación de traducción

Helpful OA.ORG Links
Enlaces útiles de OA.ORG

1. OA News from the World Service Office OA News
2. Event Calendar OA Event Calendar
3. Lifeline Blog OA LIFELINE
4. Document Library OA.ORG Document Library
5. Trusted Servants: How to be an Effective Trusted Servant

2025 Region 2 Summer Assembly Agenda
2025 Región 2 Agenda de la Asamblea de Verano

Assembly Agenda/ Agenda de la Asamblea

FRIDAY, JANUARY 30, 2026 AND SATURDAY, JANUARY 31, 2026

VIERNES, 30 DE ENERO DE 2026 Y SÁBADO, 31 DE ENERO DE 2026

FRIDAY, JANUARY 30, 2026 / VIERNES, 30 DE ENERO DE 2026

3:00p	4:45p	Region 2 Board Meeting	Insert zoom room #1 Meeting Zoom ID
5:00p	5:45p	Green Dot/ All About Assembly Meeting	Insert zoom room #2 Meeting Zoom ID
6:00p	7:00p	OA Meeting	Insert zoom room #2 Meeting Zoom ID

SATURDAY, JANUARY 31, 2026 SÁBADO, 31 DE ENERO DE 2026

7:00a	8:00a	Sunrise OA Meeting	Insert zoom room #1 Meeting Zoom ID
8:00a	8:15a	**BREAK**	
8:15a	8:30a	Jump Start Meeting	Insert zoom room #1 Meeting Zoom ID
8:30a	9:45a	Committee Meetings	
		TECH Committee will direct to your breakout room	
		Bylaws & Reference	Insert Bylaw's Standing Meeting Zoom ID
		Diversity Community	Insert Diversity's Standing Meeting Zoom ID
		Intergroup Outreach	InsertIGOR's Standing Meeting Zoom ID
		Public Information	Insert PI's Standing Meeting Zoom ID
		Twelfth Step Within	Insert TSW's Standing Meeting Zoom ID
9:45a	10:00a	**BREAK**	
10:00a	11:00a	Call to Order	Insert zoom room #1 Meeting Zoom ID
		Introduce New Reps/ Acknowledge Retiring Reps	
		Readings	
		Roll Call: *Your IG cannot be counted if you are not present*	
		MOTION #1 Adoption of Summer 2025 Minutes	
		Board Reports	
		Announcements: 7th Tradition and Ask-It-Basket	
11:00p	11:45a	Icebreaker	Insert zoom room #1 Meeting Zoom ID
12:00n	1:15p	**LUNCH BREAK**	
1:30p	2:30p	*THE POWER OF WE* Workshop	Insert zoom room #1 Meeting Zoom ID
2:30p	2:45p	**BREAK**	
2:45p	3:30p	Elections	

Vice Chair, 2 year Term
Treasurer, 1 year Term
Secretary, 2 year Term
Publications Coordinator, 1 year Term
Events Coordinator, 2 year Term
Trustee Liaison, affirmation of application for 3 year Term

3:30p 5:30p	New Business	
5:30p 6:00p	**BREAK**	
6:00p 7:00p	OA Meeting	Insert zoom room #2 Meeting Zoom ID

Region 2 Assembly Rules
Reglamento de la Asamblea de la Región 2

1.In all deliberations, the group conscience is more important than the technicalities of the actual motion.

2.Roll call will be taken at the beginning of each business session in order to establish a quorum.

3.Rules for Limited Debate

a) The Chair reads the motion as written

b) The discussion will be limited to three speakers, three (3) minutes each pro & con, per motion. The maker of the motion speaks pro first. Two speakers maximum are permitted for each side, pro & con per substantive amendment.

c) All speakers must speak from the front of the room, in person, or when called on in a virtual setting.

d) To provide the opportunity for as many different Representatives as possible to speak during the assembly, a Representative may not speak on two consecutive motions if there are three others who wish to speak on any main motion or two on any other.

e) If more than three people wish to speak on one side of an issue, they will select among themselves the three to represent them.

f) Pros will line up on one side of the room, with the Cons lined up on the opposite side of the room, in person, or when called on, in a virtual setting.

g) The Chair invites questions from the Assembly, one at a time from the center microphone or in order of virtual hand raised. Ten minutes allowed for questions.

h) Once question time has expired or there are no more questions, the Chair calls the question (restates the motion) and the Assembly votes.

i) The Chair announces the results of the vote.

The 12 Steps of Overeaters Anonymous
Los 12 pasos de Comedores Anónimos

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The 12 Traditions of Overeaters Anonymous
Las 12 Tradiciones de Comedores Anónimos

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.

The 12 Concepts of OA Service
Los 12 conceptos del servicio de la OA

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

6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA bylaws, and they are accountable to the World Service Business Conference.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to oversee the administration of OA.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.
12. The spiritual foundation for OA service ensures that:

a) No OA committee or service body shall ever become the seat of perilous wealth or power;

b) Sufficient operating funds, plus an ample reserve, shall be its prudent financial principle;

c) No OA member shall ever be placed in a position of unqualified authority;

d) All important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;

e) No service action shall ever be personally punitive or an incitement to public controversy;

f) No OA service committee or service board shall perform any acts of government, and each shall always remain democratic in thought and action.

Region 2 Assembly Attendance Report
Informe de asistencia a la Asamblea de la Región 2

IG #	DESCRIPTION	SP25 In Person	SP25 IG'S	SU25 In Person	SU25 IG'S
9003	Foothill IG CA USA (18/2)	1	1	1	1
9004	Los Angeles IG CA USA (74/8)	1	1	3	1
9005	Orange County IG CA USA (38/4)	0	0	1	1
9007	San Diego County IG CA USA (44/5)	0	0	0	0
9008	San Fernando Valley IG CA USA (43/5)	1	1	0	0
9009	San Gabriel Valley Inland Empire IG USA(28/3)	0	0	0	0
9010	South Bay IG CA USA (21/3)	1	1	2	1
9012	Sacramento Valley IG CA USA (42/5)	2	1	1	1
9013	San Joaquin Valley IG CA USA (9/1)	1	1	1	1
9020	Silicon Valley IG CA USA (36/4)	1	1	0	0
9068	Channel Islands IG CA USA (8/1)	1	1	0	0
9071	San Francisco IG CA USA (32/4)	1	1	1	1
9083	Northbay IG CA USA 33/3)	0	0	2	1
9100	East Bay Unity IG CA USA (57/6)	2	1	2	1
9111	OA Hawaii IG HI USA (13/2)	0	0	1	1
9222	California Central Coast IG CA USA (9/1)	0	0	0	0
9267	Santa Cruz & Monterey Counties IG CA USA (16/2)	1	1	1	1
9294	Mid-Peninsula IG CA USA (19/2)	2	1	1	1
9326	Kern County Overeaters Anonymous IG CA USA(8/1)	1	1	0	0
9329	IG Mexico City Mexico (200/21)	0	0	0	0
9434	Northcoast IG CA USA (4/1)	0	0	0	0
9492	Inland Empire IG CA USA (20/3)	0	0	1	1
9494	Unity with Diversity Desert IG CA USA (6/1)	1	1	1	1

IG #	DESCRIPTION	SP25 In Person	SP25 IG'S	SU25 In Person	SU25 IG'S
9599	Valley Sierra OA/HOW IG CA USA (5/1)	1	1	1	1
9667	Comité De Companeros De Aoyo OA Mex AC (52/7)	0	0	0	0
	Unaffiliated	0	0	0	0
		18	**15**	**20**	**15**
	Percentage of Intergroups represented		**53.85%**		**56%**
	REGION BOARD	SP25 In Person		SU25 In Person	
	CHAIR ______	1		1	
	VICE CHAIR ______	1		1	
	TREASURER ______	1		1	
	SECRETARY ______	1		1	
	PUBLICATIONS ______	1		1	
	EVENTS ______	1		1	
		6		**6**	
	NON VOTING ATTENDEES	SP25 In Person		SU25 In Person	
	TRUSTEE LIAISON ______	1		1	
	ALTERNATES ______	0		0	
	VISITORS ______	1		1	
	PARLIAMENTARIAN ______	1		1	
	TOTALS	1		**3**	
		3		**3**	

2026 Winter Assembly Roll Call
Lista de asistencia a la Asamblea de invierno de 2026

	DATA PULLED FROM OA.ORG ON 12.2025		
IG #	**DESCRIPTION**	**PRESENT**	**IG'S**
9003	Foothill IG CA USA (16/2)		
9004	Los Angeles IG CA USA (62/7)		
9005	Orange County IG CA USA (32/4)		
9007	San Diego County IG CA USA 45/5)		
9008	San Fernando Valley IG CA USA (39/4)		
9009	San Gabriel Valley Inland Empire IG USA (21/3)		
9010	South Bay IG CA USA (17/2)		
9012	Sacramento Valley IG CA USA (39/4)		
9013	San Joaquin Valley IG CA USA (8/1)		
9020	Silicon Valley IG CA USA (37/4)		
9068	Channel Islands IG CA USA (9/1)		
9071	San Francisco IG CA USA (32/4)		
9083	North Bay IG CA USA (23/3)		
9100	East Bay Unity IG CA USA (58/6)		
9111	OA Hawaii IG HI USA (11/2)		
9222	California Central Coast IG CA USA (8/1)		
9267	Santa Cruz and Monterey Counties IG CA USA (16/2)		
9294	Mid-Peninsula IG CA USA (19/2)		
9326	Kern County Overeaters Anonymous IG CA USA (8/1)		
9329	IG Mexico City Mexico (111/12)		
9434	Northcoast IG CA USA (4/1)		

	DATA PULLED FROM OA.ORG ON 12.2025		
IG #	**DESCRIPTION**	**PRESENT**	**IG'S**
9492	Inland Empire IG CA USA (21/3)		
9494	Unity with Diversity Desert IG CA USA (6/1)		
9599	Valley Sierra OA/HOW IG CA USA (5/1)		
9667	Comité De Companeros De Aoyo OA Mex AC (63/7)		
	Unaffiliated Groups (56)		
	Total Representatives Present		
	Percentage of Intergroups represented		
	REGION BOARD	**PRESENT**	
	CHAIR ______		
	VICE CHAIR ______		
	TREASURER ______		
	SECRETARY ______		
	PUBLICATIONS ______		
	EVENTS ______		
	Total Board Members Present	**0**	
	NON-VOTING ATTENDEES	**PRESENT**	
	TRUSTEE LIAISON ______		
	ALTERNATES ______		
	VISITORS ______		
	PARLIAMENTARIAN ______		
	Non-voting Attendees Totals	**0**	

Region 2 Intergroup Directory
Directorio de Intergrupos de la Región 2

An updated list of the Service Bodies of Region 2 is available HERE. This serves as the primary hub for regional outreach and collaboration between service bodies. It is essential that Representatives regularly review and verify their intergroup's information to ensure accuracy.

A copy of the current list and information is printed in this guidebook after the Bylaws and Policies and Procedures Manual. Please review the information. If any details need updating—such as meeting locations, contact information, or leadership changes—please send corrections to SECRETARY@OAR2.ORG as soon as possible. Keeping this information current strengthens communication, enhances support, and ensures that our region remains connected and effective in carrying the message.

REGION 2
OF OVEREATERS ANONYMOUS

Region 2 Board Reports
Informes de la Junta Directiva de la Región 2

JEREMIAH A. - CHAIR/ PRESIDENTE

Local Service Body: San Francisco Intergroup
chair@oar2.org

Since the July Assembly in Hollywood, my service as Chair has focused on strengthening Region 2's foundation—structurally, and financially—so we can continue carrying the message with clarity and integrity.

Regional Leadership & Internal Board Work

Following our in-person meetings this summer, I've worked with the Board to stabilize workflows, address board vacancies, and prepare for upcoming transitions. This has included supporting potential candidates exploring service at both the Region and Trustee levels. Much of this work is rooted in the spirit of Tradition Two—trusted servants functioning with responsibility, transparency, and humility.

Committee Realignment & Motion Preparation

Throughout this cycle, I've collaborated with committee chairs to refine our Region's service structure. Motions will come forward at this Assembly to realign the Diversity Community and Intergroup Outreach into a streamlined, mission-focused framework we're calling LINK (Language, Inclusion, Network, Knowledge). Additionally, we're looking to establish a new events-focused committee to assist our Region with more virtual-based events. These shifts reflect our commitment to Step Twelve and to the practical realities of current volunteer attendance behaviors, Intergroup capabilities, and capacity.

World Service Convention & RCC Strategic Work

In August, I attended the World Service Convention in Orlando. I participated in strategic planning with the Board of Trustees and the Region Chairs Committee (RCC), and spoke on a panel examining "*New Obsessions After Recovery.*" These gatherings reinforced that long-term abstinence requires ongoing spiritual growth—and that leadership development is essential for the Fellowship's future.

This year, the RCC and BOT are aligned around a shared strategic theme: ***The Power of We***. As the most senior Chair on the RCC, I've been mentoring newer Chairs and helping facilitate continuity in the leadership pipeline. This is quiet work, but meaningful: it protects the spiritual and operational health of OA as a whole.

Region 3 Convention & RCC Gathering

In October, I served as keynote speaker at the Region 3 Convention and joined the RCC's annual in-person meeting in Oklahoma City. Each year, the RCC meets in the host region to support local trusted servants, participate in service panels, and demonstrate inter-regional unity. This year's gathering reaffirmed a shared truth: the heartbeat of OA is consistent across geography, and service—when done in love—builds connection.

2026 Convention & Financial Stewardship

One of the most difficult responsibilities this cycle has been addressing our **2026 Grand Hyatt San Francisco Convention contract**. After a thorough review of post-pandemic attendance patterns, financial forecasts, and the rising economic pressures facing our members across California, Hawaiʻi, Northern Nevada, and Mexico, the Region 2 Board voted unanimously to cancel the in-person event.

This decision was not made lightly. Convention has long been a cornerstone of Region 2's service and fellowship. But the landscape has changed. Across the board, participation has declined—not just in Region 2, but across OA as a whole. Members are reevaluating how they spend their limited time, energy, and discretionary income. Inflation, travel costs, and high lodging prices have made it increasingly difficult for many to attend large-scale, in-person events. Our Mexican members—who represent over a third of Region 2—continue to face particularly steep travel restrictions, visa barriers, and financial burdens when attempting to enter the U.S.

The hotel contract required over $100,000 in guaranteed spending—minimums we no longer believe we can meet without placing Region 2's nonprofit status at serious financial risk. Upholding the contract would have required draining reserves and diverting resources away from outreach, intergroup support, and translation—work that directly carries the message to the still-suffering compulsive eater.

While unfortunate, these financial outcomes reflect the wider trend in declining in-person event participation and provide valuable data as we rethink how Region 2 gathers in the future.

We are working closely with our hotel surveyor and the Hyatt's leadership team to reduce penalties wherever possible. And although the in-person event is no longer feasible, **we will move forward with a full virtual Convention**—modeled after the successful digital events held in 2020 and 2021. It will include speakers, workshops, and opportunities for connection across languages, cultures, and time zones.

Stay tuned to **www.oar2.org** for updates and announcements in the coming weeks.

Looking Ahead

Though this has been a season of sobering decisions, it has also been one of spiritual clarity. We are not reacting—we are responding thoughtfully, guided by principles rather than fear. By making responsible choices now, we protect Region 2's future and create room for innovation, accessibility, and renewed vitality.

Step Twelve reminds us that carrying the message requires willingness and honesty. Tradition Seven reminds us to be self-supporting through our own contributions. Both are at play in the work before us. And both affirm that we are on solid spiritual footing.

To our Intergroups and service bodies: we remain available to support restructuring, revitalization, or new initiatives. To every trusted servant who has kept meetings open, kept phone lists alive, and kept hope moving throughout your communities—thank you. Your service matters.

In fellowship,
Jeremiah Allen
Chair, Region 2 of Overeaters Anonymous

BRYAN V. - VICE CHAIR/ VICE PRESIDENTE

Local Service Body: San Gabriel Valley Inland Empire Intergroup
vicechair@oar2.org

2026 Winter Assembly Report
Region 2 Vice Chair

It has been a pleasure to be your Vice Chair. I entered this position in the Fall of 2023 which I systematically restructured my Service and focused on Region 2. This process has been a Spiritual experience of letting go and supporting others.

I have enjoyed working with the Diversity Community and Intergroup Outreach Committee as they create spaces to support the members of Region 2 that live in the edges of our fellowship. I have loved following my Higher Power and leaning into my insecurities and fears as I created and led the IceBrakers at Assembly - focusing on getting to know the fellow Reps at Assembly and enjoying this level of Fellowship that I gained so much from in my own journey in this program.

The Region 2 Board has also been a blessing to be a part of, the flexibility and dedication that my fellow Board Members show and give to our fellowship and work. The Vice Chair role is definitely one of apprenticeship, filling in gaps and needs of the Region, is an amazing entry position.

I have decided to not run for the Vice Chair position that is coming to a vacancy in January and will be running for Region 2 Chair in 2027. I am confident that the Vice Chair position will be filled in 2026 and am open to this new adventure that higher power is putting in front of me. In 2026, I will continue to work with Jeremiah as a coach into the Chair.

In Service.

-Bryan Vanderveer

R2 Vice Chair

MARJORIE D. - SECRETARY/ SECRETARIO

Local Service Body: San Joaquin Valley Intergroup
secretary@oar2.org

This has been a whirlwind time. I started January 2025 as the Publications Coordinator, leaning heavily on communication with the fellowship. We had a change in course in August after the Convention, opting to steer the Board in a new direction. I have taken up the position of Secretary, now focusing more on internal organization whereas the PC is more focused on outward communications. I have never been a secretary but technology is helping to make the job much easier.

My heart is always with OA. I'm grateful that I may be of service and to all the wonderful people have I met and interacted with in Region 2.

In love and service,

Marjorie D.

CINDY L. - TREASURER/ TESORERO

Local Service Body: Unity with Diversity Desert Intergroup
treasurer@oar2.org

Treasurer's Report Winter Assembly 2026

In August I transitioned from Secretary to Treasurer.

We have been very busy as a board since we last met. I worked directly with Events to arrange final payments for the 2025 Convention, and continued payments for the 2026 Convention.

I worked with Publications/Secretary to facilitate an Abstinence Day workshop, apologies to those who were unable to make the English meeting information work.

Service has been an integral part of my recovery journey. It makes it very easy to identify shortcomings in my nightly inventory. I have learned new skills such as flyer preparation.

I have the most amazing individuals in my recovery circle.

I look forward to mentoring where requested by all incoming board members/committee chairs/intergroup representatives.

Please consider if the tool of service at the board level would be an enlightening experience for your recovery.

In love and service,
Cindly L.

OPEN - PUBLICATIONS COORDINATOR/COORDINADOR DE PUBLICACIONES

Local Service Body:
publications@oar2.org

BARBARA M. - EVENTS COORDINATOR/ COORDINADOR DE EVENTOS

Local Service Body: Sacramento Valley Intergroup
events@oar2.org

The Events report will either be published as an addendum or be given verbally at the 2026 Winter Assembly.

Be well,
Barbara M.
Region 2 Events Coordinator
Events@oar2.org

MIKE K. TRUSTEE – LIAISON ASSIGNED TO REGION 2/FIDEICOMISARIO - ENLACE ASIGNADO A LA REGIÓN 2

Local Service Body: Central Colorado Intergroup
trustee@oar2.org

Region 2 Trustee Liaison Report
Region 2 Board Meeting
November 20, 2025

The OA Board of Trustees (hereafter BOT) Meeting was held via Zoom November 10 – 14, 2025. Those attending were 15 BOT members present at the BOT Informal and formal BOT meeting. The following OA World Service Staff attended the BOT formal meeting: Dan Sandweiss, Managing Director; DeDe DeMoss, Publications Manager; Sandy Zimmerman, Services Manager; and Kevin McGuire, Communication Manager.

There were four (4) motions on the agenda for the formal BOT meeting. A Consent Agenda is discussed prior to the formal BOT meeting which provides the BOT the opportunity to approve motions which there would be no discussion. All four (4) motions were pulled from the Consent Agenda.

The BOT Informal is a time when items are discussed that may or may not become a motion at the formal BOT meeting. Here is a listing of the items discussed at the BOT Informal and action items (if necessary):

1. ***Board Approved Literature (BAL) Decision on Abstinence, Second edition:*** The BAL Committee rescinded the decision to revise the Abstinence, Second Edition. It was discussed that the new book about how to live abstinently will include stories on abstinence, thereby not revising the Abstinence, Second edition book.
2. ***Conference Banquet Menu:*** The discussion focused on meeting the dietary needs of vegans and vegetarians and finding sources of protein to accommodate those individuals. Hotel banquet managers have a difficult time understanding the amount of salad, fruits, and vegetables which are consumed by the delegates. It is most difficult to determine a banquet menu which meets everyone's needs. **Action Plan: WSBC Committee Chair has enough information to work with the hotel and Sandy Zimmerman to plan the menu for WSBC 2026.**
3. ***The Virtual World, the Virtual Region, and OA going forward:*** It appears as though there is a rift between the World Service organization and the Virtual Region. The Virtual

Region Trustee Liaison stated that the Virtual Region has good financial backing from the intergroups, service bodies, and individuals in the region. The region is most successful at outreach and offering interpretation services as needed at conventions and assemblies. The region has been on Facebook for 5 years and has as many followers as does the WSO. There was discussion that the land-based meetings have a declining membership and that the Virtual Region continues to grow. There was discussion that the Virtual Region is a threat to OA as a whole. Both the WSO, particularly at the BOT level, and the Virtual Region can work together by practicing the traditions more diligently to continue to live in inclusivity.

4. ***Changing the Sample Motion Form:*** One of the important aspects of the form is to determine the estimated costs for implementing a New Business Motion or Bylaws Proposal. Usually the service bodies are not privy to the costs and this must be researched by the WSO Staff, and this endeavor does take time to determine the costs.

   There was a concern that New Business Motions and Bylaws Proposals may never be considered because the service bodies may find the process overwhelming. If New Business Motions and Bylaws Proposals were submitted earlier it would allow for more time to have the costs determined. Possibly the Reference Subcommittee would be able to be of assistance during the year to assist service bodies in the preparation of New Business Motions and Bylaws Proposals. **Action Plan: Bylaws Committee Co-Chair will review information and come up with a proposal.**
5. ***Service Body Bylaws:*** A discussion was held as to whether or not service bodies actually need bylaws. It was stated that some governmental bodies require bylaws for an entity located in their locale. Bylaws offer concrete guidelines as to how the service body will operate. Most service bodies are not familiar with Robert's Rules of Order which does tend to pose a problem. Do service bodies bylaws need to be updated every two (2) years or could they be reviewed and updated every 3 to 5 years? **Action Plan: Region Trustee Liaisons will work on this as a group.**
6. ***BRM Part D to be modified (License 2 publications)*** **–** Withdrawn.
7. ***A Vision for You – Copyright:*** A Vision For You had a convention in early November 2025 and used OA copyrighted materials. Service bodies must get permission from the WSO to use copyrighted materials. A Vision For You is not a registered service body and a trustee liaison inquired if there was an interest in becoming a service body and the leaders state they are not in favor of becoming a service body. A Vision For You does have a workbook on how to recover by using the Alcoholics Anonymous Big Book, however the workbook may be in conflict with OA literature. It is stated the workbook is "locally produced literature" but since Vision For You is not a service body the book can possibly not be considered "locally produced literature." It was suggested that the workbook be presented to the OA Literature Committee for approval as OA Conference Approved Literature but the authors of the workbook do not wish to consider that option. **Action Plan: The BOT Chair and 2nd Vice Chair will present this to the Executive Committee for further discussion.**
8. ***Service Structure Change:*** This discussion was looking at having separate World Service Offices, one in the US and the other international. AA was split out a the beginning of the organization. This was discussed in 2000 and was not well received. This topic was discussion at the Region Realignment Subcommittee but and it was

determined that Region 9 & 10 are not financially capable of supporting themselves. A statement was made that maybe OA needs to realize the organization is the "right size." **Action Plan: None.**

9. ***Specific Focus Meetings:*** There is a belief that Specific Focus Meetings are having an effect on unity and possibly may be outside issues fragmenting OA into their own little groups. Other 12 Step fellowships do not have specific focus meetings. Should guidelines be drafted to determine what is a specific focus meeting, and if so, should the BOT or the WSBC draft the guidelines? **Action Plan: None.**
10. ***Developing an OA app:*** Region 5 is looking into this development that could possibly work for OA as a whole. Developing an app may be beneficial as it would be able to reach more young people. One of the considerations is what should be included in the app. Finding the money in the budget is one of the major obstacles at this time as Find A Meeting is being updated at a substantial cost at this time. **Action Plan: Create an Ad-Hoc Committee after the 2026 WSBC.**
11. ***OA Slogans:*** An OA member was wondering if a pamphlet could be produced explaining what certain OA slogans mean (such as "don't leave before the miracle happen"). Due to the number of OA slogans, who would determine which OA slogans would be explained? Many of the slogans are organic and culturally related. There are indexes in old Lifeline issues (called tags) and individuals can purchase back issues of Lifeline which slogans were the topic. It was a consensus not to produce a pamphlet at this time. **Action Plan: None.**
12. ***Board of Trustee Inventory:*** The BOT did do an inventory in 2020/21 and it was determined that it is time to for the BOT to take another inventory. There is a feeling that the BOT and WSO are not seen in a positive light and an inventory might help the BOT discover reasons for the reasons why. It was suggested that the inventory be facilitated by a former trustee. **Action Plan: The BOT will take an inventory in the near future.**
13. ***Reasons members don't contribute to WSO:*** Transparency, trust, and appeal fatigue seem to be some of the reasons for the decline in contributions. BOT could be more transparent as how donations are actually being spent by WSO. Communicating how the funds are being spent and is not working well. **Action Plan: Have a clear message about what OA needs and the amount needed for each project. Create a BOT blurb and have a unified message. Have the BOT talk with the Region Chairs and together contact the service bodies. The Treasurer will have a Q&A for members to learn about how and where OA is spending donations.**
14. ***OA Virtual Suggestion Box:*** The virtual suggestion box is in the BOT SharePoint and here are some of the suggestions: hold a 2026 bequest campaign; ARC tree; WS virtual convention; milestone contributions. **Action Plan: Have a bequest table at WSBC 2026 and explain to members how to put OA in estate planning. Make the message interesting. Will be developed by Treasurer and one Trustee Liaison.**
15. ***Customized logo:*** Service bodies can use the OA logo for up to 2 years but when used on social media the logo is not used in the correct manner. It appears as though Zoom and Telegram don't consider the spacing for the complete logo. A suggestion was made that only registered service bodies (not groups) be given permission to use on their official Instant Messaging Apps contacts or Video Conference Platform Accounts unless the entire customized logo is fully available along with the "r" for registered copyright.

Action Plan: BAL will come develop concise language as how to implement this request.

BOT Motions

A. **M/S/P** Moved to adopt the revised Unity with Diversity Checklist for presentation at WSBC 2025.
B. **M/S/P** Moved to adopt the February 2025 Zoom BOT meeting dates and times (for all international and US times zones).
C. **Withdrawn** Move to adopt Virtual Region's application to translate requested material into neutral Spanish and Arabic and have the Managing Director sign off on the proposal.
D. **M/S/P** Moved to amend the Board Reference Manual, Section VI – World Service Events, Part C – Conference, C-15 Delegate Support Fund Allocation to read:
5: Assistance for interpretation at Conference and at committee meetings throughout the year will be at the discretion of the committee. (The committee mentioned is the committee selected to determine how the delegate support funds are to be allocated to service bodies requesting funds to assist having WSBC Delegate representation at the annual WSBC.)
E. **M/S/P** Moved to approve the 2026 budget with $1,825,450 in projected revenues and $1,825,450 in projected revenues.

Other BOT/WSO Items:

Dan Sandweiss, Managing Director, will resign on April 30, 2026 (after the 2026 WSBC). Bob F., Trustee Liaison, resigned as a member of the BOT effective 11/14/25.

I attended the Vision For You Convention held in Newark, NJ, November 7-9, 2025. Fortunately I was able to leave Denver at the scheduled time and was only 45 minutes late leaving Newark to fly home. Some of the attendees were unable to leave on Sunday due to cancelations.

Approximately 600 individuals attended the convention. A Vision For You believes the AA Big Book is the main source of literature to be recovered from the disease of compulsive overeating. The opening speaker was an AA member from Carbondale, CO (and no, I don't know the man, Carbondale, CO is about a three-hour drive from Denver). Topics included: Steps 1 to 12; Relapse; Sponsorship; and Questions with the Keynote Speakers. I attended the workshops on Steps 1-3, Relapse, Steps 6-7, Sponsorship, and Steps 10-12. The workshops were facilitated by one member (except the Sponsorship workshop which had 2 facilitators) who spoke for the entire hour and there was not time allotted for individuals to share their strength, hope, and experience.

It is my honor and privilege to serve as your Region 2 Trustee Liaison.

In loving service,

Mike Koechner, Region 2 Trustee Liaison

Region 2 Committee Reports
Informes de los Comités de la Región 2

BYLAWS & REFERENCE COMMITTEE/COMITÉ DE ESTATUTOS Y REFERENCIAS
CHAIR: Patti W..SANTA CRUZ & MONTEREY COUNTIES IG
EMAIL: Bylaws-chair@oar2.org
R2 BOARD LIAISON: MIKE K.

BYLAWS & REFERENCE COMMITTEE REPORT

Submitted by: *Patti Walker, Chair*
Santa Cruz & Monterey Counties Intergroup
Date: November 2025

Dear Region 2 Fellows,

I want to begin by encouraging all Region Representatives to please take time before the Winter Assembly to read through the proposed motions and amendments in the guidebook (previously called packet). Review them during your next Intergroup meeting. Bring any questions, discussion points, or intergroup feedback with you so your voice reflects the group conscience of the intergroup you represent. Your vote truly matters, and our region is stronger as a result.

Committee Work Since the Summer 2025 Assembly

Between the Summer Assembly (July 2025, Hollywood) and November, our committee has continued its work primarily offline in quiet collaboration. Although we had less time to meet this fall, several important projects were completed:

1. Drafting the New Assembly Standing Rules

Earlier this year, our committee reviewed the WSBC Standing Rules — thank you to our parliamentarian, Denise O., for providing those — and discussed how they might be adapted to better fit Region 2. Using that groundwork, we drafted the new Region 2 Assembly Standing Rules, which now stand as a separate document since the rules were removed from the Policies & Procedures Manual.

These standing rules are to be included in this Winter Assembly guidebook, and I look forward to seeing them discussed, amended if needed, and (hopefully!) adopted at the start of the January 2026 Assembly.

2. Motions Passed in 2025

This year was a busy year for governance:

- **Spring 2025 Assembly (Burlingame): 7 motions passed**
  (These included both Bylaws amendments and Policy & Procedure updates.)
- **Summer 2025 Assembly (Hollywood): 4 Policy & Procedure amendments passed**

Altogether, **11 motions adopted in calendar year 2025** now require incorporation into the governing documents.

3. Updating the Governing Documents

As of today, the Bylaws and P&P posted on the Region 2 website still carry the **April 2025 revision date**, which was prior to both the Spring and Summer Assemblies. I realize this year brought staffing transitions and many competing priorities, so this is understandable.

Our established process is:

1. The **R2 Secretary** updates the Bylaws and P&P with all passed amendments.
2. Drafts are sent to the **Bylaws & Reference Committee** for review — that “second set of eyes” ensures accuracy.
3. Once confirmed, the documents are finalized and posted publicly on oar2.org with updated revision dates.

I gently request that this annual update be scheduled before the end of 2025 so we can enter the new service year with the motions passed by the Assembly.

Ongoing Goals

These continue from our last report:

- Developing a **Consent Agenda** process to streamline routine housekeeping motions.
- Ongoing review of the Bylaws and P&P for clarity, consistency, and alignment with WSBC decisions.
- Future reformatting of the Bylaws Manual to support easier reading and navigation.

Closing Thoughts

My two-year term as Region Representative ends in December, and I will be standing for re-election on December 21st. If you see me at the Assembly in January, you will know the outcome!

It has been a gift to serve as Chair of this committee, and I am grateful for the steady, knowledgeable support of both **our Parliamentarian Denise** and **our Trustee Liaison Mike**. Their guidance has made our work both grounded and joyful. Yay!

I look forward to seeing you all in January on Zoom.

In love and service,
Patti Walker
Chair, Bylaws & Reference Committee
Santa Cruz & Monterey Counties Intergroup

DIVERSITY COMMUNITY/ COMUNIDAD DE LA DIVERSIDAD
CHAIR: NANCY E., SAN FRANCISCO IG
EMAIL: diversity-chair@oar2.org
R2 BOARD LIAISON: MARJORIE D.

The committee met at the Summer Assembly and learned of the creation of the new LINK (*Language, Inclusion, Network, Knowledge)* Committee. The group expressed enthusiasm about the transition and the work ahead for the new committee.
The committee chair also requested support accessing their chair email account.

INTERGROUP OUTREACH COMMITTEE/COMITÉ DE EXTENSIÓN INTERGRUPAL
CHAIR: NOEIL A., SAN FERNANDO VALLEY
EMAIL: intergroup-outreach-chair@oar2.org
R2 BOARD LIAISON: BRYAN V.

PUBLIC INFORMATION COMMITTEE/ COMITÉ DE INFORMACIÓN PÚBLICA
CHAIR: FELINA.,UNITY WITH DIVERSITY IN THE DESERT IG
EMAIL: public-information-chair@oar2.org
R2 BOARD LIAISON: JEREMIAH A..

TWELFTH STEP WITHIN COMMITTEE/ DUODÉCIMO PASO EN COMISIÓN
CHAIR: DEBBY, MID-PENINSULA IG
EMAIL: public-information-chair@oar2.org
R2 BOARD LIAISON: CINDY L.

R2 TSW Committee Report 12/12/2025

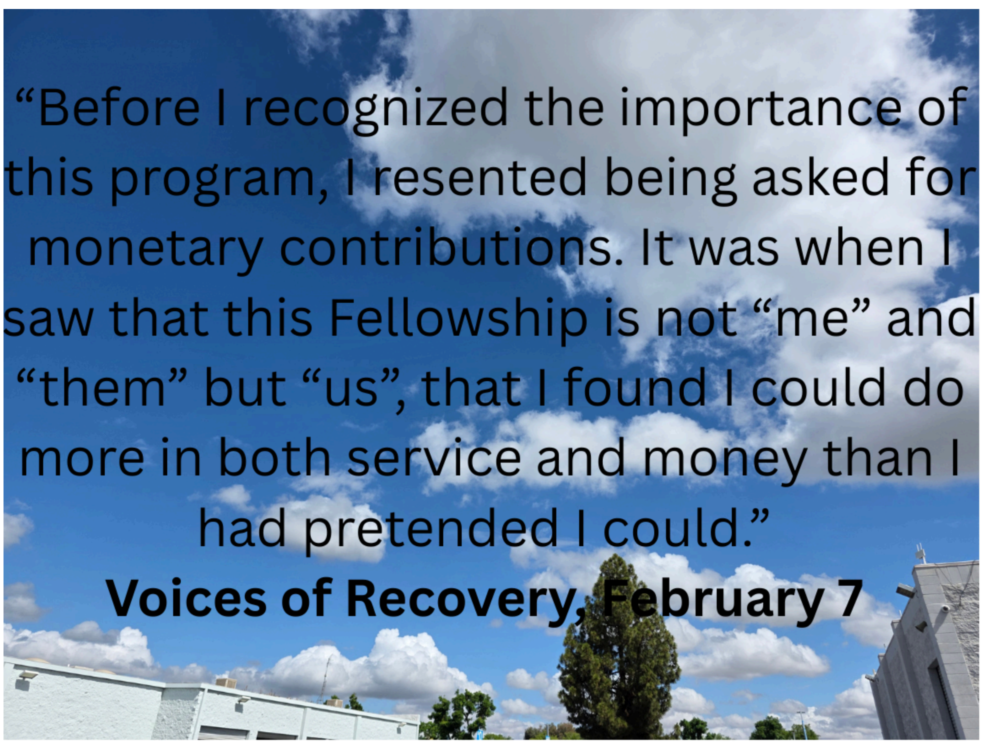
Our committee met several times in 2025. Our main focus was planning our R2 TSW

Day event. We brainstormed a flyer and created it in Canva. We sought out speakers with experience using meditation to support abstinence and recovery. We invited three speakers to share their ESH and their meditation practice.

We spent time as a committee revising the script for the event. We each took responsibility for promoting the event in our different regions. The event was posted on the R2 website, the OA.org website and other Intergroup websites. Also, word of mouth at meetings we attend in person and online.

We divided the work and assigned the various roles for the TSW event. We have done the footwork and are turning the outcome over to our Higher Power. We have every reason to believe it will be an excellent event for those who show up.

Debby Leschyn
TSW Committee Chair
650 348-2856 mobile #



Region 2 Finance Reports
Informes financieros de la Región 2

2026 Budget & Year-to-Date Actuals
Presupuesto 2026 y cifras reales hasta la fecha

The document will be added as an addendum to this guidebook. Please watch for an email announcement once it has been posted to the website.

2025 Calendar Year Group Donation Report
Informe de donaciones del grupo para el año natural 2025

The document will be added as an addendum to this guidebook. Please watch for an email announcement once it has been posted to the website.

Summer 2025 Assembly Minutes
Actas de la Asamblea de Verano de 2025

Assembly Called to order at 8:00 with a welcome by the Chair, Jeremiah A.

Attendees were divided into two workshops and convened in separate locations: one for experienced representatives and one for Green Dot (new) representatives. Vice Chair Bryan V. explained that Green Dots are first-time attendees and conducted their orientation, covering three primary agenda items: gifts of service, an overview of the standing rules, and a review of business matters. The Chair, Jeremiah, and Trustee, Mike, led the workshop for experienced representatives. Following the workshops, both groups reconvened in the main meeting room.

Participants reconvened and split into their committees, meeting for two hours and 20 minutes. Board liaisons met briefly with their respective committees and then adjourned to a separate 90-minute closed meeting of the Board only.

Recessed for lunch/Speaker was April

Reconvened at 1:30 pm

Roll Call was taken. There were 20 regional representatives and 15 Intergroups represented. Additionally, there were 6 Board Members for a total of 26 voting members. There were 3 non-voting attendees. These included the Trustee Liaison, Parliamentarian, and a Visitor. The quorum was met.

Spring Assembly 2025 minutes as presented in the Guidebook, approved with correction of “Korie Beth B.” name spelling. **(Assembly Motion #1 PASSED)**

Board Reports were presented in the Guidebook, with updates provided at the assembly.

Trustee reported:

- New Trustees Karen/Texas and Alexandra/Scotland
- WSO Request for articles: “How do you abstain during specific life events?” A flyer outlining submission criteria, including a 500–750 word limit, deadline, approval process, and guidance requesting specific ideas rather than stories, will be forthcoming.

Vice Chair

- Update on the R2 Bookstore
    - The Bookstore has been discontinued at this time.

Treasurer

- Budget changes previewed

Publications

- Discussed Hashtags usage on Facebook, Instagram, and BlueSky

Ice Breaker conducted by Vice Chair Bryan V

Break

Reconvened at 3:15 pm for Committee reports

Bylaws and Reference - Patti W.

- Ongoing project - review of the Bylaws, Policy and Procedure Manual, and any other reference documents as requested to verify that they comply with World Service.
- Making sure that the website has the most current, updated copies of these documents.
- Review with the Assembly the business motions to be discussed today.
- Mike K, the Trustee Liaison and Denise O. are so kind to help me with advice and notification of upcoming changes.
- We will be meeting in September to discuss these items.
    - Questions: What is the difference between Bylaws and P & P? Bylaws must be announced 45 days ahead of the Assembly before they can be voted on.
    - Does Region 2 file the bylaws with the state of CA? The bylaws were filed as originally required. There was uncertainty regarding whether the bylaws are filed annually; however, the Board Treasurer completes the required state non-profit registration.
    - This committee would greatly appreciate more support from the fellowship by joining to work on these items.

Convention Committee - Barb M., Liaison

- The convention is immediately following this Assembly.
- Look for the committee members in red shirts.
- Go up to them and thank them for their service.

- Please note that Korie Beth is here with us as well as being on the committee.

Diversity Community - Cindy S.

- Our Chair couldn't attend this weekend.The community discussed efforts to improve accessibility.
- Project #1 addressed the finding that not all IG indicate whether their in-person meetings are wheelchair accessible. We will email these groups to request that they update their meeting listings to include this information.
- Project #2 is to find a solution to obtain physical literature in Spanish. We want Spanish-speaking meetings, but find the literature ordering process cumbersome.
- We're a small committee right now but we are excited to work with the Fellowship Forward and Intergroup Outreach Committees.

Fellowship Forward - Steve

- The purpose is to find out from the fellowship, from the people in this program, what it is that you need from Region 2 and what Region 2 can do for you to help you best in your recovery. We did a survey in which 133 people responded. We don't know if there is bias towards those who are online. I will file my report with the R2 Chair.
- The committee concluded at this Assembly.

Public Information - Felina

- We had elections with the following stepping up to do service. Colleen - Secretary, Korie Beth, Alternate Secretary, Lillian, Serenity Prayer Monitor, Lena (myself), Chair.
- Three initiatives we are endeavoring to work on
    - Public Information - Social media and non-social media
    - Professional Outreach - directly to med professionals and regular individuals in general
    - Supporting the convention, maybe having a meeting at the convention specifically for medical professionals.
    - We plan on having monthly meetings.

        - Question: Do you plan on having translation at your meetings? Because of financial issues, it is not viable. We will address this issue at the Winter Assembly in January.

Intergroup Outreach IGOR - Bryan V., Vice Chair

- There was no IGOR committee meeting as it only had one member. Our chair had a personal emergency and couldn't attend the Assembly.

Twelve Step Within - Debbie L

- Our major focus today was on establishing a table at the convention. We will have some cool swag and handouts. Come check us out.
- We're also working on our TSW day virtual event on Dec 13 from 1-4 pm. We'll have 3 speakers and it will be on mediation and how that can support our abstinence. We're working on creating a flyer for the event. We are having a meeting with members from Mexico, so we are asking for translation for our meeting on September 15th.

Jeremiah thanked the committees for their hard work. Committee Chairs are asked to see the Secretary to get you connected with your R2 email account. We asked that you use this account so that all the history is there for a future committee member. If you use your personal account, it's all lost when you rotate out of service. We also suggest that your local Intergroups do the same. A comment was made on the value of this but having uneven usage of it at the IG level. Technological comfort level is also an issue. Any specific suggestions in dealing with this? Google has you give an email address and a phone number. It was suggested that one person be the email address and another person be the phone number. This seems to give two ways to get into an account.

Assembly Policy and Procedure Motion #2

- **Remove the Assembly Rules from the P&P. Create to be a standalone document. PASSED**

Assembly Policy and Procedure Motion #3

- **A listing of meeting donations for the prior calendar year will be posted on the R2 website within 60 days of the Winter Assembly. It will also be included in the financial materials provided at the R2 Summer Assembly. PASSED**

Assembly Policy and Procedure Motion #4

- **Change the name of the Bylaws Committee to Bylaws and Reference, and delete the Young Persons Committee. PASSED**

Assembly Policy and Procedure Motion #5

- **Update the P&P to read Bylaws and Reference Committee and remove the description of the Young Persons Committee. PASSED**

The chair requested that we use consent agendas in the future to handle these “housekeeping” types of motions.

Assembly Policy and Procedure Motion #6

- **The Treasurer presented the 2026 budget, followed by extensive discussion. PASSED**

The treasurer announced the 7th tradition and a basket was passed.

Jeremiah thanked everyone for their service and as non-professionals, doing the business of Region 2.

Trustee Liaison Mike K. led the group in the 7th Step Prayer.

Assembly adjourned at 4:30 pm

2026 Winter Region 2 Board Election Applications
Solicitudes para las elecciones de la Junta Directiva de la Región 2 de invierno de 2026

Board Election Applications - Treasurer

Position sought:	Treasurer
First name:	Cindy
Last name:	Lepley
Years in OA:	8
Years of service above the group level:	6
Abstinence date:	7/1/2019
Service at the group level:	Secretary, Treasurer, Host
Service above the group level:	Intergroup Treasurer (Unity with Diversity Desert Intergroup), Region Representative (Unity with Diversity Desert Intergroup), Region 2 Board Secretary and appointed Region 2 Treasurer
Reasons for applying to the Board:	Service has been an integral part of my recovery journey. It makes it very easy to identify shortcomings in my nightly inventory. I have learned new skills such as flyer preparation. I have the most amazing individuals in my recovery circle.
Experience you bring to the Board:	I bring a bit over 50 years of experience in financial/small business accounting.

Board Election Applications - Secretary

Position sought:	Secretary
First name:	Marjorie
Last name:	Donovan
Years in OA:	45
Years of service above the group level:	15?
Abstinence date:	1/1/2014
Service at the group level:	Secretary, Treasurer, Zoom Security, Co-Hosting duties (screenshare multiple items)
Service above the group level:	Webmaster Liaison for the San Joaquin IG, previous Chair of the IG; R2 board member for two different time periods. First as Events Coordinator, then as Publications Coordinator and Secretary during the second time period.
Reasons for applying to the Board:	I feel I have been able to contribute a great deal to the unity and fellowship of the program through the work I have done for the region. I have worked very passionately to inform the region of activities and events. I am now moving over to the secretary position, where I can record what we are doing and help us to achieve our goals.

Experience you bring to the Board:	I bring continuity, institutional knowledge, and a steady perspective to the Board through my history of service in multiple roles. I began as Events Coordinator, where I worked closely with board members and volunteers to support meaningful, well-organized programming. I then served as Publications Coordinator, strengthening clear and consistent communication within the organization. In my current role as Secretary, I support effective governance by maintaining accurate records and ensuring transparency and continuity in board operations. This progression of experience allows me to contribute stability, informed decision-making, and thoughtful leadership to the current Board.

Board Election Applications - Events Coordinator

Position sought:	Events Coordinator
First name:	Barbara
Last name:	Moore
Years in OA:	30
Years of service above the group level:	15+
Abstinence date:	10/8/1995
Service at the group level:	Secretary/Leader; speaker seeker; Treasurer; greeter; room set up
Service above the group level:	intergroup rep, intergroup events chair, intergroup vice chair, intergroup chair; Region 2 representative; World Service Delegate; Region 2 Convention Chair - 2 times; Convention vice-chair; convention hotel liaison - 2 times; current Region 2 Events Coordinator

Reasons for applying to the Board:	I came to the Region 2 Board in late 2024 to take over the Events Coordinator position. I have prior experience in OA and with other non-profits as an events coordinator. My hope is to bring my experience to assist Region 2 present events and conventions that carry the message of recovery from compulsive eating through the 12 steps and a loving fellowship.
Experience you bring to the Board:	My professional background as an attorney allows me to review contracts with a critical eye and find solutions to issues before they occur to the benefit of the Region. While working professionally, I worked with policy development working groups and developing goals and strategies to achieve those goals. I believe this prior experience with be useful in working with other Board members.

OVEREATERS ANONYMOUS®

TRUST APPLICATION

☐ Please check the box if you are applying to the Trustee Nominee Reimbursement Fund.

Submitted for consideration at the Business Conference in April (month) 2026 (year)

Full Name Michelle Dunton

Address 555 Pierce St Apt 1340 Phone +1 (310) 529-3796

City Albany State/Prov CA Country USA Zip 94706

E-mail Address michellemcdunton@gmail.com

Years in OA 10 Number of years of service beyond the group level 8

Date continuous abstinence began Sept. 12, 2015 Date maintenance began May 6, 2023

I have read the qualifications for trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

Michelle Dunton 12/16/2025

Signature of Candidate Date

REQUIRED FOR TRUSTEE NOMINEES SUBMITTED BY THE REGION:

Signature of Nominee's Region Officer Title Date

REQUIRED FOR CURRENT SITTING TRUSTEES NOT ASSIGNED A REGION:

Signature of Board of Trustees' Chair Title Date

IMPORTANT

Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers.

You may send by certified mail, return receipt requested to:
Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA.
You may also email it to info@oa.org. Receipt of electronic applications will be acknowledged by the World Service Office. Do not write beyond the margins. Enter all information on this form. Attachments *will not be reproduced* for circulation to the delegates.

Summary of my OA service responsibilities:

My OA service began as soon as I started attending meetings on a regular basis. I always arrived early to set up the room, greet newcomers and foster their interest in our literature which I had purchased and read. Over time I took on various service commitments: treasurer, secretary, speaker seeker, and zoom host for on-line and hybrid meetings. As often as I can, I speak when invited. With another fellow, I started a meeting in the Central Coast Intergroup. In 2020 I began sponsoring.

My service at intergroup level began as meeting representative to the South Bay intergroup in 2017. In 2017-2020 I was intergroup treasurer, in 2023-2025 chair. I served as Thanksgiving marathon chair multiple years; including collaborating with the San Fernando Valley Intergroup in 2024. In 2023 I served as meeting representative at the East Bay Unity intergroup.

2020-2024 I served Region 2 as representative from the South Bay intergroup. 2020-2023 I served on the Region 2 Diversity Community leadership team where I led the DC data subteam and we developed survey workshops, including the 2nd workshop in 2 languages (English and Español). In 2024 I served Region 2 as Intergroup outreach committee chair and secretary.

I attended 2024 and 2025 World Service Business Conferences as South Bay Intergroup of Region 2 delegate, first serving on Unity with Diversity and then on the By-laws Reference Subcommittee.

Service above the meeting level gives me opportunities to grow my program network and personally practice principles not personalities. I am committed to the 12 Steps and 12 Traditions of OA and the 12 Concepts of OA Service and practicing these principles in all my affairs.

I can bring the following business, professional or other experience, and skill to the board:

I currently work part-time as an aerospace engineering consultant. I retired in 2020 after over 30 years of project leadership experience in satellite electronics manufacturing. I have led large teams in supply chain management, information technology and space systems integration and test. I managed cost, schedule and quality while mitigating risk factors and preparing products for shipment to the launch site. I'm proficient in computer applications including Microsoft, Google and Apple products.

I am currently serving in my second year as president of my homeowners association after serving 3 years as vice president. Our community has nearly 500 units with an annual budget of $5M.

I have also served on the business board of my faith community.

During college, at Cal Poly San Luis Obispo located midway up the California coast, I was able to learn more of our state geography when hearing about other students' different home towns. My graduate classmates at the University of Southern California were international and from different industries opening my eyes to new cultures and knowledge. I have many experiences bringing different groups together to listen and learn from each other. Early in my career, I brought together engineering and manufacturing teams to develop understanding of each other's vocabulary and needs. Later in my career, during program start-up activities, I brought together the customer and production teams to establish schedules that assured the giver was cognizant of what the receiver needed and when. The Region 2 Diversity Community greatly values hearing each other's perspectives. I joined the R2 by-laws committee to build consensus on changing from the traditional chair and vice chair committee structure to recognize the leadership team paradigm.

I would like to be a trustee for the following reasons:

I want everyone to feel the unconditional love, acceptance and understanding in the rooms that I feel. I was very touched when I heard the OA promise at the end of my first meeting: tapping into "power and strength greater than ours" and finding "love and understanding beyond our wildest dreams".

I want Region 2 to be represented, and I seek to build unity within the region and within our international fellowship. I will reach out to intergroups, service bodies and groups who are not actively participating to understand why. I will provide loving support. This is the compassionate response, akin to the twelfth step within and intergroup outreach. It is an honor to have been asked to apply. I understand I may not be assigned to my geographical region.

I am eager to work with the website review committee in order to reach out to meetings and service bodies that have not been in contact with WSO. I will express love, empathy and support, listen to their needs, encourage, help problem solve, connect them with WSO, WSBC, and/or region, national, intergroup or specific focus participation, if desired.

I use the scientific formula e = mc2 as a reminder to myself that listening with empathy means mouth closed, no really, mouth closed. (My formula acronym is imperfect.) After listening, I share my experience, strength and hope.

Brief account of my OA recovery story – physical, emotional, and spiritual:

I came to program August 31, 2015, powerless over food and my teenage daughter. I was fortunate that within two weeks of joining I attended the ABC's of Abstinence workshop where we discussed an abstinence definition lived perfectly with Higher Power and a food plan lived imperfectly.

I worked the steps and implemented swaps in my eating and behavior as led by HP and my sponsor. I released about 50-65 pounds in the first 2 years and then started gaining for 2 years, getting back up to 30 pounds below my weight when I entered program. Then in 2020 a miracle happened: my HP gave me the willingness to start a no sugar food plan, doing what had worked for others for a lasting recovery. In 2023 I achieved my goal weight of 85 pounds released. I'm currently working on building core strength and increasing flexibility to maintain mobility.

In 2019 I completed the steps for the first time. It took me 3 1/2 years to write my first 4th step inventory. My HP used this time to change my heart and turn me away from the anger, frustration, resentment and control that I previously used as coping mechanisms. HP taught me instead to pursue peace, patience, kindness, gentleness, humility and compassion, as well as to practice the pause changed my identity, silencing my negative self-talk. HP is enough. I am enough. I have enough God-given time, talent, skill, strength, willingness and ability today, to be and do all my Higher Pow wills for me to be and do today, and that is enough. In 2020 I got a new sponsor and completed the steps again. With my irritability caused by sugar and excess food reduced, HP increases my acceptance and forgiveness of self and others. Today I am practicing the Twelve Steps to the best of my ability, seeking my HP's guidance by praying the Step 3, 7 and 11 prayers. I send my daily step 10 inventory to my sponsor. It is a rigorously honest assessment of "my-part" including photos of my food and gratitude.

My HP uses OA to teach me to handle life issues without excess food. I haven't had chocolate or sugar in 5 years. The benefits are emotional acceptance, spiritual peace and stable weight.

QUALIFICATIONS FOR TRUSTEES

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

a) Qualifications for trustee shall be:
   1) Seven years in the Fellowship;
   2) Five years of service beyond the meeting level, including at least two years of service as a region representative, region committee chair, region board member, region trustee liaison, or having served as a board member of a national service board;
   3) Attendance as a delegate to at least two World Service Business Conferences; and
   4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
      i) five years of current continuous abstinence;
      ii) current maintenance of a healthy body weight for at least two years; and
      iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

b) Qualifications for trustee must be met at the time of the application for trustee is submitted to the World Service Office. Specifically, such trustee nominees must also have:
   1) Worked through all Twelve Steps;
   2) Declared themselves as practicing the Twelve Steps to the best of their ability;
   3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
   4) Affirmed these additional qualifications on their trustee application forms.

c) Upon election, each trustee shall make a commitment of:
   1) Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
   2) Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of their recovery, including abstinence and maintenance of a healthy body weight.
   3) Compliance with all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 6 – Election of Trustees

a) To be eligible for election, each nominee must appear before the delegates at the World Service Business Conference and address the assembled delegates from three to five minutes and answer questions from the floor. No new nominations will be accepted from the floor. No candidate may run for more than one position.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2 – Duties and Responsibilities:

c) Specific Duties
   3) The Executive Committee shall have general authority with respect to the routine conduct of the business affairs of the Corporation, including the following specific duties:
      i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
      ii) To receive, manage, control, use, and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous.

         The board must decline all outside contributions in accordance with Tradition Seven.

      iii) To have the books of the Corporation and any and all affiliated bodies, foundations, and non corporations audited and to furnish an accounting of all financial transactions at the regular annual meeti the Conference.
      iv) To submit minutes of the Executive Committee meetings to the Board of Trustees.

4

2026 Winter Assembly DRAFT Bylaw Amendments
2026 Asamblea de invierno BORRADOR de enmiendas a los estatutos

Proposed OA R2 Bylaw Amendment
R2 WINTER ASSEMBLY 2026 – BYLAWS MOTION # B1

MOTION:
Move to amend Region 2 Bylaws, page 7
Article VII – Voting Body of the R2 Assemblies, item 1
by inserting and striking as follows:

CURRENT WORDING	PROPOSED WORDING
Article VII – Voting Body of the R2 Assemblies 1. A quorum shall consist of Representatives from at least thirty percent (30%) of all Intergroups.	Article VII – Voting Body of the R2 Assemblies 1. A quorum shall consist of any Representatives ~~from at least thirty percent (30%) of all Intergroups~~ present including at least one (1) Representative from Mexico.

SUBMITTED BY:

R2 Bylaws Committee Patti W, Chair	(831) 247-1274	Bylaws-chair@oar2.org

Intent:
To slightly loosen the quorum requirement for conducting business at Assembly while ensuring representation from Mexico is maintained. If the quorum is not met, no official business (e.g., elections, motions, budget approvals) may take place.

Implementation:
Minimal effort to update the Bylaws document and publish

Cost:
Minimal

Rationale:
Given the geographic and logistical challenges of attending Assembly—especially in person—it is increasingly possible that fewer than 30% of Region 2 intergroups will be represented. This amendment lowers the quorum threshold while still requiring that at least one (1) Representative from Mexico be

present. This ensures that business can proceed while maintaining equitable representation, acknowledging that Mexico comprises approximately 25% of the groups within Region 2.

Email Proposals to: bylaws-chair@oar2.org

PROPOSED OA R2 BYLAW AMENDMENT

R2 WINTER ASSEMBLY 2026 – BYLAWS MOTION # B2

MOTION:
Move to amend Region 2 Bylaws, Page 11
Article XI – Region Two Trustee Liaison Nomination & Election
Section C. – Region 2 Requires, in addition
2) Persons wishing to be nominated must obtain an application form from the WSO.
by striking the following language:

CURRENT WORDING	PROPOSED WORDING
Article XI – Region Two Trustee Liaison Nomination & Election Section C. 2) iv. Vote for Trustee nominee(s) shall be by secret ballot or, providing there are no objections from the floor, by voice vote if there is only one candidate.	Article XI – ~~Region Two~~ Trustee ~~Liaison~~ Nomination & Election Section C. 2) iv. Vote for Trustee nominee(s) shall be by secret ballot~~ or, providing there are no objections from the floor, by voice vote if there is only one candidate~~.

SUBMITTED BY:

R2 Bylaws Committee (831) 247-1274 Bylaws-chair@oar2.org
Patti W, Chair

INTENT:
To uphold OA Concepts 3 & 9.

IMPLEMENTATION:
Paper ballots need to be prepared for in-person voting; an online poll is needed for virtual voting.

COST:
Unknown

RATIONALE:
While a Trustee nominee is not elected at an Assembly, the Assembly does affirm the candidate for election at WSBC. In OA, we can vote NO even if there is only one candidate for Trustee. Our Concepts give us the right of decision, based on trust (concept 3) and ensure we have sound and appropriate methods for choosing our trusted servants (concept 9). By using voice vote, we put people in an awkward position and peer pressure can take over, influencing some to change their vote or vote for candidates they may not consider qualified for the position.

Email Proposals to: bylaws-chair@oar2.org

PROPOSED OA R2 BYLAW AMENDMENT

R2 WINTER ASSEMBLY 2026 – BYLAWS MOTION # B3

Move to amend Bylaws, Page 6
Article VI – Membership of the R2 Assembly
by inserting and striking the following language:

CURRENT WORDING	**PROPOSED WORDING**
Article VI – Membership of the R2 Assembly B. The selection of the RRs to the R2 Assemblies shall be determined by the Intergroup and Unaffiliated Groups whom they represent and shall serve for a period determined by their respective groups.	Article VI – Membership of the R2 Assembly B. The ~~selection of the~~ RRs to the R2 Assemblies shall ~~be determined by the Intergroup and Unaffiliated Groups whom they represent and shall~~ serve for a period determined by their respective groups 1. Each RR should have a minimum of one (1) year of current abstinence and at least one (1) year of service beyond the group level. Each RR shall be the sole judge of his/her abstinence and maintenance.

SUBMITTED BY:
R2 Bylaws Committee
Patti W, Chair 1-831-247-1274 Bylaws-chair@oar2.org

INTENT:
To identify a minimum abstinence requirement for a Region Representative

IMPLEMENTATION:
Update Bylaws once adopted; notify all Intergroups, Unaffiliated Groups and Service Boards.

COST:
Unknown

RATIONALE:
Concept 9 reminds us of the importance of electing able, trusted servants to represent us in all business matters. Requiring a minimum abstinence period helps ensure that Region Representatives (RRs) can more effectively serve and represent their intergroups or service bodies at Assembly.

Regions were created as an integral part of OA's service structure, acting as a bridge between local intergroups and OA World Service (WSO). As such, RRs play a key role in communicating the needs and voices of their local service bodies while also helping to carry out the decisions and policies of OA as a whole.

This motion aligns Region 2's expectations with the qualifications required by WSO for delegates, which include at least one year of current abstinence and at least two years of service beyond the group level. Including a similar abstinence requirement for Region 2 RRs upholds the integrity of our representation and supports the spiritual foundation of our service work.

Email Proposals to Bylaws-chair@oar2.org

REGION 2
OF OVEREATERS ANONYMOUS

PROPOSED OA R2 Policy & Procedures AMENDMENT

R2 WINTER ASSEMBLY 2026 – POLICY & PROCEDURES MOTION # P1

MOTION:
Move to amend Region 2 Policy & Procedures
Section VII. R2 Committees
by removing & inserting as follows:

CURRENT WORDING	PROPOSED WORDING
3. Diversity Community *“Recognizing the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this Community’s purpose is to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. (Adapted from the WSBC Unity with Diversity Committee’s statement of purpose).”* 4. Intergoup Outreach Committee *“The purpose of the Intergroup Outreach Committee is: to reach out to struggling Intergroups; to encourage unaffiliated groups in one geographic locale to form an Intergroup or join and existing one; to assist groups in forming an Intergorup; and to encourage Intergroups to participate in Region 2.”*	3. LINK Committee *“The Region 2 LINK (Language, Inclusion, Network, Knowledge) Committee exists to strengthen unity and participation across Region 2 by advancing language access, inclusive practices, intergroup development, and the sharing of knowledge and resources. The committee serves as a bridge for non-English-speaking members, unaffiliated or struggling groups, and those seeking deeper connection and service within the Fellowship.”*

SUBMITTED BY:

Region 2 Board

INTENT:
To eliminate redundancy and overlap between the Diversity Community and Intergroup Outreach Committee by consolidating their missions and duties into one unified and sustainable committee structure.

IMPLEMENTATION:
To be implemented upon adoption. The existing committees will merge, the pages will be removed from the P&P Manual and website replaced with the new LINK Committee description.

COST:
None

RATIONALE:
Both the Diversity Community and Intergroup Outreach Committee have overlapping goals and responsibilities. Combining them under one committee clarifies scope, increases operational efficiency, and aligns with Region 2's goals of inclusive, accessible service and outreach.

PROPOSED OA R2 Policy & Procedures AMENDMENT
R2 WINTER ASSEMBLY 2026 – POLICY & PROCEDURES MOTION # P2

MOTION:
Move to amend the Region 2 Policy & Procedure Manual, Section VII.D, to add a new standing committee titled the Responsibility Pledge Committee focused on developing and delivering virtual Region-wide recovery and fellowship programming.

Proposed Wording:
Responsibility Pledge Committee
The Responsibility Pledge Committee brings the spirit of OA's Responsibility Pledge to life by offering accessible, service-centered programming that fosters connection, belonging, and recovery throughout Region 2. This committee plans and hosts virtual events such as Social Network Hour, Unity Day, Sponsorship Day, I.D.E.A. Day, holiday marathons, and other region-wide gatherings.

Duties include:

- Developing and executing repeatable virtual event formats (e.g., speaker panels, newcomer sessions, service workshops)
- Coordinating volunteers to serve in accessible roles (tech, speaker, timer, reader)

- Collaborating with other Region 2 committees on shared programming
- Ensuring accessibility, including interpretation and platform support
- Promoting events across Region 2 Intergroups
- Maintaining templates, feedback records, and planning resources
- Reporting to the Region 2 Board and working within the approved budget

SUBMITTED BY:

Region 2 Board

INTENT:
To create a dedicated committee focused on the delivery of virtual fellowship events that promote recovery, service, and spiritual connection across Region 2.

IMPLEMENTATION:
To be implemented upon adoption. The committee will be added to the P&P Manual as a standing service committee.

COST:
None beyond standard committee budget requests.
RATIONALE:
The existing event formats such as Social Network Hour and Unity Day have proven to be effective tools for connection and recovery. Establishing a stand-alone committee focused on these efforts provides clarity of purpose, supports leadership development, and allows more members to engage in accessible service across Region 2.

Motion Form
Formulario de moción

Representatives may propose new motions or amendments to Region 2's guiding documents during the Assembly. Proposals should be clearly written, include a rationale, and align with OA's principles. Motions will be reviewed and discussed during the Business Session. Locate MOTION FORM at OAR2.ORG to submit a Motion.

Guidelines for Submitting Bylaw Amendments and Policy and Procedure Motions to Region 2

See The Policies and Procedcures Manual, Section VIII, A. regarding explicit details and requirements.

Points of Information:

- New Proposals: Clearly state the intended change or addition. Keep it concise—amendments and motions should define the change, not detail its implementation.
- Amending Existing Bylaws/Policies: Identify the specific bylaw or policy being modified and include the Article, Section, and Item number. Consider any related provisions that may also be affected.

Format for Propose Changes:

- Insert or Remove Text – Clearly indicate additions and deletions.
- Rescind or Replace – If removing or replacing a section, provide the original text and the revised version.
- Format Changes Correctly – Use strike-through for deletions, bold/underline for insertions, and specify complete substitutions where applicable. To ensure clarity for all members, especially non-English speakers, amendments and motions should be simple, direct, and structured for easy reference in the future.

Key Considerations:

- All Bylaw Amendments and P&P Motions are to be submitted electronically to the Bylaws and Reference Committee at least 75 days prior to the date of the Assembly
- All Bylaw Amendments that have been approved by the Bylaws and Reference Committee must be submitted electronically to the R2 Secretary 60 days prior to the date of the Assembly.* This rule only applies to Bylaw Amendments, not P&P Motions.

PROPOSED OA R2 Bylaw AMENDMENT

The deadline requires submission to the R2 Chair 75 days prior to the Assembly

MOTION:
Move to amend Region 2 Bylaws

CURRENT WORDING	PROPOSED WORDING

SUBMITTED BY:

INTENT:

IMPLEMENTATION:

COST:

RATIONALE:

PROPOSED OA R2 Policy & Procedures AMENDMENT

MOTION:
Move to amend Region 2 Policy & Procedures

CURRENT WORDING	**PROPOSED WORDING**

SUBMITTED BY:

INTENT:

IMPLEMENTATION:

COST:

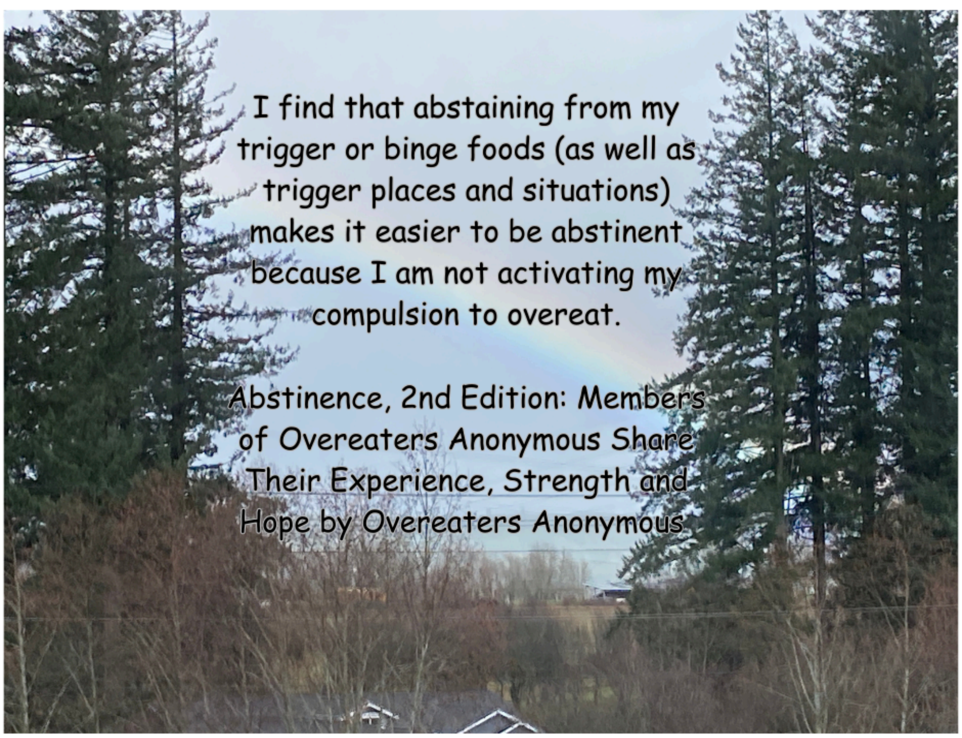
RATIONALE:

Why Service at the Region Level?
¿Por qué el servicio a nivel regional?

My journey in Overeaters Anonymous (OA) began with my local meeting. Over time, I realized our group was part of a larger intergroup providing essential resources that no single meeting could manage. With my sponsor's encouragement, I stepped into regional service, transforming my perspective on OA.

Just as intergroups support meetings, regions support intergroups, ensuring they have the tools to carry the message. Beyond assemblies and conventions, Region connects intergroups to World Service, funds outreach, provides literature, and helps reps bring back fresh ideas. Struggling intergroups find support, while thriving ones share experience, strength, and hope.

Our assemblies foster connection, collaboration, and growth. We exchange ideas, build friendships, and serve on committees shaping our region's work. Serving at this level deepened my recovery and introduced me to incredible people.
Regional service has been a gift, and I encourage anyone interested to step forward. Together, we can do what we could never do alone.



Notable Dates
Fechas destacadas

Feb 23, 2026	R2 Unity Day Virtual Event
Apr 21	**Committee Reports due to Board Liaison for Summer Guidebook**
Apr 26	**Deadline to submit Bylaw Amendments**
May 26	**Financial Assistance for Assembly application due to the R2 Treasurer**
May 26	R2 Sponsorship Day Virtual Event See https://www.oar2.org/events.html
Jul 10	Summer Assembly
Jul 10-12	R2 Convention

The 20th of each month is the deadline for service bodies to apply for funds to participate in a trade conference or a convention for professionals who may refer patients and clients to OA.
Professional Exhibits Fund App/ Aplicación de fondo de exhibiciones profesionales
Last day of each month - Apply for Translation Funds
Translation Funding App/ Aplicación de financiación de traducción

Helpful OA.ORG Links
Enlaces útiles de OA.ORG

1. OA News from the World Service Office OA News
2. Event Calendar OA Event Calendar
3. Lifeline Blog OA LIFELINE
4. Document Library OA.ORG Document Library
5. Trusted Servants: How to be an Effective Trusted Servant

Ask It Basket
Cesta Ask It

During the Assembly, Representatives can submit questions to the Region 2 Board and Trustee Liaison regarding policies, procedures, service roles, or any concerns related to Region 2. The Board will address submitted questions during the Assembly. Click ASK-IT BASKET to submit questions.

Committee Roster
Lista del Comité

All Region Representatives serve on one of the Region 2 Committees, which focus on different aspects of carrying the message within our fellowship. Representatives should review committee descriptions in advance of the Assembly.

Committee Reporting
Ayuda Informes de los comités

Each Region 2 Committee establishes goals and initiatives to support intergroups and enhance outreach. Committees elect a Committee Chair & Secretary responsible for documenting and reporting progress during the Assembly. Reports help track commitments, share best practices, and ensure accountability. An oral report will be provided on the committee's work and upcoming initiatives during the Assembly.

Notes
Notas

BYLAWS
REGION 2 OF OVEREATERS ANONYMOUS, INC.

PREAMBLE

General Warranties of Region 2 of Overeaters Anonymous, Inc.

In all its proceedings, Region 2 shall observe the spirit of Overeaters Anonymous tradition, taking care that the corporation never becomes the seat of wealth and power; that sufficient operating capital, plus reserves, be its prudent financial principle; that none of the corporate Board members ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no corporate action ever be personally punitive or an incitement to public controversy; that though it may act for the service of Overeaters Anonymous groups in Region 2, it shall never perform any acts of government and that like the Fellowship of Overeaters Anonymous, the Corporation itself will always remain democratic in thought and action.

ARTICLE I - Name

The name of this organization shall be Region 2 of Overeaters Anonymous, Inc. (hereinafter referred to as “R2”)

ARTICLE II - Place of Business

The site for the transaction of the business of the Corporation shall be located at such place or places within the State of California as the R2 Board shall from time to time determine.

ARTICLE III - Purpose

The purpose of R2 is to promote unity within the Region (as defined in Section 2 of the R2 Policy and Procedures Manual,) to provide a forum for the exchange of ideas, to be aware of and serve the needs of member Groups and Intergroups and to carry the message of Overeaters

Anonymous (hereinafter referred to as "OA") to the compulsive overeater who still suffers, by:

A. Furthering the OA program in accordance with the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.

The Twelve Steps

1. We admitted we were powerless over food — that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Twelve Traditions

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.

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services resides in the collective conscience of our whole fellowship.

2. The OA groups have delegated to World Service Business Conference the active management of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.

3. The Right of Decision, based on trust, makes effective leadership possible.

4. The Right of Participation ensures equality of opportunity for all in the decision making process.

5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

7. The Board of Trustees has the legal rights and responsibilities accorded them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are

accorded to it by Tradition and by OA Bylaws, Subpart B.

8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.

12. The spiritual foundation for OA service ensures that:

a) no OA committee or service body shall ever become the seat of perilous wealth or power;

b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;

c) no OA member shall ever be placed in a position of unqualified authority;

d) all important decisions shall be reached by discussion, vote, and wherever possible, by substantial unanimity;

e) no service action shall ever be personally punitive or an incitement to public controversy; and

f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

(Permission to use the Twelve Steps and Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.)

B. Maintaining a Communication Center for R2.

C. Providing a format for selection of Trustee nominees.

D. Providing unity of Groups and organization of Intergroups within R2.

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

F. Conducting fund-raising activities, including the Annual Convention, that are deemed necessary to finance the functions of R2.

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

ARTICLE IV - Members

The Corporation shall have no members as such. Any action which would otherwise require approval by the members shall require only the approval of the R2 Assembly and all rights which would otherwise vest in the members shall vest in the Assembly, except as otherwise expressly provided herein.

ARTICLE V - Assemblies of Region 2

A. An R2 Assembly shall be held two times each year at a place and on date(s) designated by the Board. Notification of R2 Assembly places and dates for each calendar year shall be announced at the last R2 Assembly of the previous calendar year.

B. A special assembly may be called at any time by a majority vote of the R2 Board or by at least one-fourth (1/4) of the registered R2 Regional Representatives (hereinafter referred to as "RR").

C. Notification of regular and special Assemblies of R2 shall be the responsibility of the designated R2 Board Member. These notifications shall be mailed and/or sent by electronic transmission to each Intergroup Office, Unaffiliated Group contact, RR, and R2 Board Member at least 45 days prior to the date of the assembly.

D. All Assemblies of R2 shall be conducted in accordance with the latest edition of Robert's Rules of Order, except when in conflict with these Bylaws. The Chair may appoint a Parliamentarian to serve all Assemblies of R2, who shall not be considered a member of the Board of R2.

ARTICLE VI - Membership of the R2 Assembly

Members of the R2 Assembly shall consist of the R2 Board, RR's from each R2 Intergroup desiring to participate, and a representative of any other OA group unaffiliated with an Intergroup (hereinafter referred to as any Unaffiliated Group) within R2 (California, Hawaii, Mexico and Northern Nevada).

Intergroups and Unaffiliated Groups must be duly registered with the World Service Office of Overeaters Anonymous (hereinafter referred to as WSO), and agree that:

Section 1 – Definition

The following points shall define an Overeaters Anonymous group:

1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.

2. All who have the desire to stop eating compulsively are welcome in the group.

3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.)

4. As a group they have no affiliation other than Overeaters Anonymous.

5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

A. Those Intergroups and Unaffiliated Groups within R2 are deemed members, provided that each Group or Intergroup is registered with the World Service Office prior to an R2 Assembly.

B. The selection of the RR's to the R2 Assemblies shall be determined by the Intergroup and Unaffiliated Groups whom they represent and shall serve for a period determined by their respective groups.

C. Intergroups and Unaffiliated Groups may select RR alternates to substitute for a designated RR who becomes unable to serve. Once such substitution is made, the Alternate becomes the RR for the remainder of that Assembly.

D. Each Intergroup shall be entitled to one (1) RR for each ten (10) Groups located within the geographical boundaries of Region 2 as defined by World Service, or fraction thereof.

E. Each Unaffiliated Group shall be entitled to one (1) RR.

F. It shall be the responsibility of each Intergroup and Unaffiliated Group contact to provide the R2 Publications Coordinator with the name, mailing address, phone number and email address (when available) of their RRs at least sixty (60) days prior to an assembly in order to receive an Assembly information packet , the pre-registration notice, or other notices deemed necessary by the R2 Board or an R2 Assembly.

Section 2 – Composition

a) A group may be formed, as set forth in Article VI Section 1, by two or more persons meeting together, either:

  i) in the same physical location (face-to-face);

  ii) through some form of electronic device (virtually); or

iii) both (hybrid)

b) Groups compose the intergroups and service boards as set forth in Overeaters Anonymous, Inc. Bylaws, Subpart B, Articles VI and VIII.

ARTICLE VII - Voting Body of the R2 Assemblies

A. A quorum shall consist of Representatives from at least thirty percent (30%) of all Intergroups.

B. A simple majority shall govern for voting purposes unless otherwise specified in these Bylaws.

C. Voting shall be by a show of hands unless otherwise specified by the Chair, a judgment of group conscience, or another article of these Bylaws.

D. Each RR shall be entitled to one (1) vote in the assembly.

E. The R2 Vice Chair, Secretary, Treasurer, Publications Coordinator and Events Coordinator shall each be entitled to one (1) vote in the assembly.

F. The R2 Chair may vote to make or break a tie, or on a ballot vote.

G. Any other member of the fellowship attending an assembly shall have a voice, but no vote.

ARTICLE VIII - R2 Board

Subject to the limitations of the Articles of Incorporation, these Bylaws and the Laws of the State of California, all corporate powers shall be exercised by or under the authority of, and the business and affairs of this corporation shall be controlled by the Board of Directors, which shall be known as the Region 2 Board (hereinafter called the R2 Board).

The R2 Board will be comprised of a Chair, Vice Chair, Secretary, Treasurer, Publications Coordinator, and Events Coordinator. The R2 Trustee, whose duties and responsibilities are specified by the World Service Bylaws Subpart B., Article IX, Section 2 and the World Service Trustee's Board Reference Manual, shall act as liaison to Region 2 for the World Service Board of Trustees, and may have a voice at Board Meetings.

These Board Members shall perform the duties prescribed by these Bylaws, the Policies and Procedures Manual, the Board Operation Manual, and the adopted parliamentary authority, which are listed in order of precedence.

A. The R2 Board shall hold regular meetings at its discretion.

B. The R2 Board is authorized to meet by telephone conference or through other electronic communications media, so long as all members may simultaneously hear each other and participate during the meeting. A quorum (majority of seated members) must be "on line" before the meeting may be called to order and must remain "on line" for any business to be conducted.

C. All business considered by the R2 Board requires a majority vote of the seated members for adoption.

D. Persons serving on the R2 Board shall not be considered by R2 as RR's from any Intergroup or Unaffiliated Group.

ARTICLE IX - Nomination & Election

Nomination & Election of the R2 Board:

A. Election of the R2 Board members shall be held at the first assembly of each calendar year. Newly elected officers shall assume their offices following adjournment of that assembly. The outgoing Board members will serve in an advisory capacity until the next regular assembly.

B. Nominations for the R2 Board of Directors shall be made by completing the approved R2 Board application form. The application form shall be submitted to the Chair one week in advance of the opening day of the first assembly of the calendar year. Elections will take place during the afternoon session of the same assembly. Only candidates who have followed the application procedure shall be considered for election.

C. Voting for the R2 Board shall be by secret ballot.

D. All members elected to the R2 Board shall serve for a term of two (2) full years or until a successor is elected or appointed and assumes office. Chair, Publications Coordinator and Treasurer shall be elected in odd-numbered years; Vice Chair, Secretary and Events Coordinator shall be elected in even-numbered years.

E. No person shall serve more than two (2) full consecutive terms as a member of the R2 Board. No person shall serve more than five (5) consecutive years.

F. Vacancies occurring on the R2 Board may be filled by a majority vote of the remaining R2 Board members. The R2 Board may solicit individuals known to them; may solicit volunteers from the fellowship via mail and/or electronic transmission; or may post the vacancy on the R2 website. Appointees shall serve until the position is filled by an election. Elections to fill the term of an unexpired R2 Board position shall occur at the next annual assembly at which elections are normally held.

G. To be eligible for election or appointment to the R2 Board, a person must, at the time of election:

1. Be a member of Overeaters Anonymous for at least three (3) years.

2. Be regularly attending OA meetings within R2;

3. Have current abstinence from compulsive overeating of at least two years, each person

being the sole judge of their abstinence, and taken Steps 4 and 5 of the Twelve Steps;

4. Declare themselves as practicing the Twelve Steps to the best of their ability as well as being committed to the Twelve Traditions of OA and the Twelve Concepts of OA Service.

5. Have at least two (2) years of service above the meeting level.

6. Be serving or have served, as an RR to at least two (2) assemblies, as a member of the R2 Board, or as a member of World Service Board of Trustees. With due consideration, the R2 Board may approve for election the application of an individual who has attended at least (1) assembly or served on an R2 Convention or Region 2 Ad Hoc Committee.

ARTICLE X - Recall

R2 Board members shall be subject to recall at any regularly scheduled R2 Assembly.

A. Reason(s) for recall shall be any breach of duty imposed on the R2 Board member by the Bylaws and the Corporation Code of California, or failure to continue to meet the qualification requirements for R2 Board members set forth in these Bylaws, Article IX, Section G.

B. Recall petitions may be proposed at any time by one or more Intergroups or a majority vote of the R2 Board. Petitions proposed by Intergroups shall include complete information about the proposing entity, name and contact information of the presiding officer at the meeting at which the petition was proposed, and the number of voting members at that meeting.

C. Recall petitions shall include the R2 Board member's name, office to be vacated, and a substantive statement of the breach of duty which supports the petition.

D. Recall petitions shall be delivered by mail or electronic transmission to the Region 2 Secretary, who shall immediately forward the petition to all R2 Board members. Should the R2 Secretary be the subject of the petition, it shall be delivered to the R2 Chair who shall forward it to all R2 Board members.

E. A special committee shall be formed to act on all recall petitions submitted. This committee shall be chaired by the Chair of the Bylaws & Reference Committee, or a previous R2 Chair if there is no Bylaws & Reference Committee Chair, and be comprised of four (4) other Regional Representatives, excluding members of the R2 Board. The appointments shall be made by the R2 Board.

F. All members, with the exception of the Chair of the Committee, shall be entitled to one (1) vote. The Committee Chair shall have a vote to make or break a tie. A simple majority vote is needed to act on a recall petition.

G. As soon as the special committee is in place, the R2 Secretary shall forward copies of the petition to the members of the committee. The committee shall decide if the petition meets with the requirements in items B, C, and D of this Section.

H. If the petition meets with all requirements as set forth in B, C, and D of this Section, a copy of the petition shall be sent to the subject of the petition, who shall have two (2) weeks to respond to the petition, in writing, to the Recall Committee Chair.

I. The committee shall then consider the petition and response, and determine if further action is required. The decision of the committee, including the opinion of the minority, shall be sent to the R2 Board. If any action is recommended, a written report, including the minority opinion, shall be included in the Assembly Packet for the next R2 Assembly, at which time the recall petition shall become an agenda item, subject to R2 rules and Limited Debate.

J. Adoption of a recall petition shall:

1. Require a three-fourths (3/4) vote of seated RR's.

2. Result in immediate vacating of the office named.

3. Render the recalled ineligible to hold R2 office for a period equivalent to the balance of the current term of office plus two (2) additional years.

ARTICLE XI - Region Two Trustee Liaison Nomination & Election

The Region Two (R2) nominees for the position of Trustee Liaison (trustee) will be selected at the last assembly of the calendar year from members of OA who meet the requirements set forth by the Overeaters Anonymous, Inc. Bylaws and R2.

A. – Duties & Responsibilities

1) Each trustee shall serve and represent Overeaters Anonymous as a whole. Each trustee is expected to serve in a manner consonant with the faith that permeates and guides the Fellowship of Overeaters Anonymous, inspired by the Twelve Steps of Overeaters Anonymous, in accordance with the Twelve Traditions and Twelve Concepts of OA Service, and in accordance with these bylaws.

2) The trustees shall attend all standing executive meetings, including Board of Trustees (BOT), Executive Committee, and the annual World Service Business Conference (WSBC).

3) The assigned trustee shall be the representatives of the BOT for R2 and at R2 assemblies.

B. – Qualifications

1) Qualifications for trustee shall be:

i. Seven years in the Fellowship;

ii. Five years of service beyond the meeting level, including at least two years of service as a region representative, region committee chair, region board member, region trustee liaison, or having served as a board member of a national service board:

iii. Attendance as a delegate to at least two WSBC;

iv. Five years of continuous recovery in Overeaters Anonymous as evidenced by:

a. Five years of current continuous abstinence;

b. Current maintenance of a healthy body weight for at least two years; and

c. Emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

2) Qualifications for trustee must be met at the time the application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:

i. Worked through all Twelve Steps;

ii. Declared themselves as practicing the Twelve Steps to the best of their ability;

iii. Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and;

iv. Affirmed these additional qualifications on their trustee application forms.

C. – Region 2 Requires, in addition:

1) An awareness of the possible time and expense involved in service as a trustee.

2) Persons wishing to be nominated must obtain an application form from the World Service Office (WSO).

i. All completed applications must be sent to the R2 Secretary~~,~~ at least sixty (60) days prior to the assembly at which nominations/affirmations are to take place.

ii. Copies of all applications which meet all requirements shall be submitted to each Intergroup, Unaffiliated Group, and all members of the voting body of the R2 assembly, along with notification of the assembly at which nominations/affirmations are to take place.

iii. Individuals must be present at the assembly at which their application is to be considered and be prepared to respond to questions regarding their qualifications~~.~~, or unless they are at a previously scheduled BOT meeting.

iv. Vote for trustee nominee(s) shall be by secret ballot or, providing there are no objections from the floor, by voice vote if there is only one candidate.

D. – Nomination and Selection of R2 Trustee:

1) When voting by ballot, the names of applicants wishing to be nominated for R2 Trustee shall be listed on the ballot. Each Region Representative (RR) and voting R2 Board member will be given a ballot and will vote for no more than three (3) nominees only. The nominees for trustees chosen by the R2 assembly or affirmed by registered RRs shall be submitted to the Conference for election.

2) At least ninety days prior to the annual Conference of Overeaters Anonymous, the RRs of R2 shall choose from the nominees submitted to its qualified nominees. Resumes of these nominees must be sent to the BOT within one week of their selection.

3) An incumbent trustee serving as liaison to a region different from the one from which they were originally nominated may submit an application for re-election through either the region in which they regularly attend meetings, or the region they serve as a trustee liaison.

4) In the event that there are no applications for ~~region~~ trustee submitted for consideration at the fall assembly, as required in item C, #2, above, or when a vacancy occurs where there is no region assembly prior to the deadline date specified for submission of nominations to the WSO, nominee(s) may be selected by the following process:

E. – Vacancies

1) A vacancy for the R2 trustee may be filled by the BOT to serve until the conclusion of the next WSBC. The BOT shall solicit the names of eligible candidates through the regions.

2) Should such vacancy occur within one hundred twenty days prior to the Conference, the usual deadlines for the selection of trustee nominees shall be suspended. In this case only, resumes of trustee candidates nominated by R2 shall be received by the BOT at least two weeks prior to the official opening of the Conference to be considered for election at that Conference.

3) If a vacancy has been declared on the BOT beyond the deadline for submitting applications for WSBC, the following actions shall be taken by the R2 Board to assist in filling vacant trustee position(s).

i. The R2 Board shall notify all R2 Intergroups and unaffiliated groups of the vacancy, soliciting applications from R2 Intergroups and members.

ii. The R2 Board will consider only those applications meeting all requirements for trustee as outlined in the Bylaws of Overeaters Anonymous, Inc. Subpart B, Article VII, Section 4.

iii. A majority vote of the R2 Board will constitute affirmation of trustee nominee(s).

iv. The R2 Board shall notify all R2 Intergroups and unaffiliated groups, the BOT, and the WSO of trustee nominees it has affirmed.

4) If R2 is unable to provide applicant(s), then Article XI, Section E applies.

F. – Election of Trustees

The R2 Trustee will be elected at the World Service Business Conference, as stated in the Overeaters Anonymous, Inc. Bylaws.

1) The newly elected trustee shall take office immediately at the conclusion of the Conference.

2) Upon election, each trustee shall make a commitment of:

i. Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.

ii. Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of their recovery including abstinence and maintenance of a healthy body weight.

iii. Compliance with all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.

G. – Term of Office

1) Trustees shall be elected at the annual WSBC for a period of three years. Trustees may be elected at any annual Conference in order to fill the remaining term created by a vacancy except as specified in Section E #2.

2) Trustees shall serve no more than eight consecutive years. A candidate may not run for election at WSBC if serving the full term of the proposed office would result in that candidate serving on the BOT for more than eight consecutive years.

ARTICLE XII - Committees

The R2 Board shall create such committees as are deemed necessary by the R2 Board or an R2 Assembly. No person shall serve as chair of a committee for more than two (2) consecutive years.

ARTICLE XIII - Financial Structure

The activities of R2 shall be financed primarily by contributions.

A. R2 may accept donations from members of OA in accordance with the Twelve Traditions of OA.

B. The acceptance of bequests and/or contributions from any outside source is prohibited.

C. R2 shall not accept responsibility for nor enter into the distribution or allocation of any funds set up outside of R2.

D. Disbursements - Any document for disbursement of R2 funds must be signed by the R2 Treasurer and one (1) other authorized member of the R2 Board. In the absence or incapacitation of the R2 Treasurer, disbursement documents may be signed by the Region 2 Chair and one (1) other authorized member of the R2 Board. Convention accounts are an exception to this requirement

ARTICLE XIV - Major Policy Matters

The policies of the Overeaters Anonymous World Service Business Conference and Board of Trustees are adopted as the policies of Region 2. Matters not so covered which relate to major policy affecting OA as a whole shall be referred to the Overeaters Anonymous World Service Board of Trustees.

ARTICLE XV - Delegates to World Service Business Conference

Each year R2 shall send the Board Chair (or alternate) as the R2 Delegate to the World Service Business Conference. Other R2 Delegates may be allowed per WSO Bylaws Subpart B, Article X, Section 3. (All R2 delegates must meet the WSO qualifications specified within Section 3.)

ARTICLE XVI - Dissolution

Upon the dissolution or winding up of the corporation, its assets remaining after payment, or provisions for payment of all debts and liabilities of this corporation shall be distributed to the World Service Office of Overeaters Anonymous, Inc. or another duly registered OA service body. In the event no other Overeaters Anonymous service body exists, the remaining assets shall be distributed to another non-profit group organized and operated exclusively for educational purposes and which has established its tax exempt status under Section 501(c)(3) of the Internal revenue Code.

ARTICLE XVII – Parliamentary Authority

The rules contained in the current edition of Robert's Rules of Order, newly revised, shall govern the corporation in all cases to which they are applicable and in which they are not inconsistent with these Bylaws and any special rules of order which Region 2 may adopt.

ARTICLE XVIII- Amendments to Bylaws

A. Except for the Twelve Steps, Twelve Traditions, and Twelve Concepts listed under Article III, A, these Bylaws may be amended at any time by two-thirds (2/3) of the RR's present and voting at any regular R2 Assembly.

B. The Twelve Steps, Twelve Traditions and The Twelve Concepts of Service listed under Article III, A, shall conform to the Bylaws of Overeaters Anonymous, Inc. Subpart B. Articles I, II, and III.

ARTICLE XVIX - Legal Disclaimer

A. This Corporation is organized and operated exclusively for educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

B. Notwithstanding any other provision of these articles, the corporation shall not carry on any other activities not permitted to be carried on by a corporation exempt from Federal income tax under Section 501 (c)(3) of the Internal Revenue Code. Further, the corporation shall only make contributions to organizations qualified under Section 170(c) (2) of the Internal Revenue Code.

C. The property of this corporation is irrevocably dedicated to educational purposes and no part of the net income or assets of this Corporation shall ever inure to the benefit of any director, officer, or member of, or to the benefit of any private person.

Policy and Procedures Manual
Manual de políticas y procedmientos

Region 2 of Overeaters Anonymous, Inc.

Policy and Procedure Manual

Section I. WELCOME TO REGION 2

During the 1976 World Service Business Conference of Overeaters Anonymous in Los Angeles, California, the Conference delegates voted to adopt the concept of Regionalization. OA groups in California and Hawaii originally formed Region 2 of Overeaters Anonymous, Inc. (R2). The Northern Nevada-Sierra area was added in 1987. In 1992, Mexico also became a part of Region 2.

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

To help relieve some of the confusion about World Service Business Conference, Conference Delegates, Region Assembly, Regional Representatives, etc., a “structure chart” is provided in this manual along with a glossary of terms. Questions, problems, suggestions and agenda items for R2 may be directed to any R2 Board Member.

R2 meets two times a year at locations and on dates designated by the R2 Board. Notification of R2 Assembly sites and dates for each calendar year are announced at the last assembly of the year.

Election of Region officers takes place at the final R2 Assembly of each calendar year. The selection of Trustee nominees is done at the last R2 Assembly of the year for their presentation for election at World Service Business Conference in May during its electoral year.

Full participation of all Intergroups assures a strong, effective Region, and Regional Assemblies assure the group conscience of each Intergroup may be heard. All members of Overeaters Anonymous are encouraged to attend Regional Assemblies. With consent of the Assembly, visitors may participate in discussion, but may not make motions or vote.

Section II. PURPOSE

The purpose of Region 2 (R2) is to support all groups and Intergroups (IGs) within Region 2 by:

- Facilitating communication and education, by hosting R2 Assemblies,

  Publishing the R2 Newsletter and maintaining the Region 2 Audio Library;

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

- Conducting fundraising events to support the business of R2, such as the R2 Convention;

- Providing representation at World Service Business Conference (WSBC) and considering Trustee nominees for the World Service Board of Trustees (BOT).

Section III. REGION 2 ASSEMBLY RULES

1. In all deliberations, the group conscience is more important than the technicalities of the actual motion.

2. Roll call will be taken at the beginning of each business session in order to establish a quorum.

3. Rules for Limited Debate

a) The Chair reads the motion as written.

b) The discussion will be limited to three speakers, three (3) minutes each pro & con, per motion. The maker of the motion speaks pro first. Two speakers maximum are permitted for each side, pro & con per substantive amendment.

c) All speakers must speak from the front of the room, in person, or when called on in a virtual setting.

d) To provide the opportunity for as many different Representatives as possible to speak during the assembly, a Representative may not speak on two consecutive motions if there are three others who wish to speak on any main motion or two on any other.

f) If more than three people wish to speak on one side of an issue, they will select among themselves the three to represent them.

g) Pros will line up on one side of the room with the Cons lined up on the opposite side of the room, in person, or when called on, in a virtual setting.

h) The Chair invites questions from the Assembly, one at a time from the center microphone or in order of virtual hand raised. Ten minutes allowed for questions.

j) Once question time has expired or there are no more questions, the Chair calls the question (restates the motion) and the Assembly votes.

k) The Chair announces the results of the vote.

Section IV. R2 BOARD DUTIES AND RESPONSIBILITIES

Please refer to Region 2 Bylaws Article VIII – R2 Board

Further, it is the responsibility of the R2 Board to implement and carry out the wishes of the membership, as specified in the R2 Policy & Procedure Manual.

Specific duties of board members, with the exception of the R2 Trustee shall be as specified in the R2 Board Operating Manual.

Section V. R2 REPRESENTATIVES

Duties and Responsibilities

1. Attend Regional Assemblies – Representatives and/or Alternates should be present during all business sessions.

2. Verify that the Region has the correct names and addresses for RR's. Inform the Region of any changes of RR, Alternate or Intergroup mailing address, and phone number(s).

3. Notify the Publications Coordinator when no longer serving 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 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 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 represented but know that 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 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.

Section VI. REGION 2 DELEGATES

Region 2 Bylaws Article XVI indicates that the Region may be authorized to select and send up to five (5) regional delegates to attend and act on behalf of the Region at the World Service Business Conference

(WSBC), providing the representation by the Region's Intergroup delegates at the previous business conference falls below forty (40) percent.

The purpose of these delegates will be to act in the best interest of Region 2 and OA as a whole. Delegates shall present a report for submission or distribution at the Fall assembly following the Business Conference, detailing activities during the conference and the results of the business proceedings.

Providing funding is available and the Fall Assembly authorizes sending regional delegates:

1. Region 2 Delegates shall be selected from the voting members present at the Fall assembly, preceding the next year's WSBC.
2. Applicants must meet the qualifications specified within WSO Bylaws Subpart B, Article X, Section 3 and must be willing and able to attend all business meetings of the conference, and must agree to be a member of at least one Conference committee.
3. Voting Members interested in acting as a Region 2 delegate, must submit an application, provided by the R2 Board, before the close of the first day of business of the fall assembly, to be voted on the following day.
4. Applicants will be allowed three (3) minutes to address the assembly, followed by 3 minutes of questions and answers.
5. Preference should be given to applicants who have not previously attended a World Service Business Conference and/or those from intergroups or unaffiliated meetings which would not otherwise be represented by delegates.

Section VII. R2 COMMITTEES

R2 committees are: Bylaws, Convention, Diversity Community, Intergroup Outreach, Public Information, Twelfth Step Within, Young Persons and other committees as may be determined necessary by an assembly or the R2 Board.

A. R2 COMMITTEE OPERATING PROCEDURES

1. Each committee will have a Board Liaison to act as a channel from the

committee to the Board, to be assigned by the Board Chair at the first full Board meeting following Board elections. The Board Liaison does not make decisions for the Board.

2. Any and all written information distributed outside any committee must be submitted, through the Board liaison, to the R2 Board for review and approval.

3. No committee or subcommittee shall enter into any contract or agreement.

4. No committee or subcommittee has the authority to raise funds, unless authorized in these procedures.

5. Committee meeting minutes shall be delivered to the R2 Secretary no later than 30 days following R2 Assembly.

6. Oral committee reports shall be presented immediately following committee meetings at R2 Assemblies.

7. As 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.

8. Committee membership shall not exceed 15 members. Returning members have first priority.

9. It is suggested that no two members of the same Intergroup serve on the same committee.

B. DUTIES & RESPONSIBILITIES OF R2 COMMITTEE CHAIRS

1. Chair and facilitate all R2 committee meetings. If unable to attend, find a substitute from within the committee.

2. Report at each R2 Assembly and submit written reports for assembly

packet.

3. Direct committee members to accomplish specific tasks; establish a plan of action so that committee work continues between assemblies.

4. Maintain R2 Policy & Procedure Manual for the committee, as well as notes on what the committee has done in the past. Pass them on to the succeeding committee chair.

5. Keep R2 Board Liaison informed of all committee activities.

6. R2 Committee Chair may serve a maximum of 2 consecutive years.

7. Read and follow suggested guidelines below.

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 committee meetings with the basics:

a) Explain what the committee is about.

b) Read the "Statement of Purpose" from 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 about committee history, relevant literature, reports of committee activities from different OA service bodies.

4. Be clear about ongoing projects with which the committee may be involved. Establish an agenda. Is input solicited from Intergroups? Needs of the Region being assessed? Information exchanged? A handbook put together? 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 planning and implementation 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 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.

D. DESCRIPTION OF CURRENT R2 COMMITTEES AND THEIR PURPOSE

1. Bylaws Committee

The purpose of the Bylaws Committee is to review and initiate bylaw amendments, changes to policies and procedures, and provide recommendations for the same to the R2 Assembly.

2. Convention Committee

The convention committee shall organize and publicize the annual R2 Convention whose purpose is: To encourage unity within Region 2, as well as throughout Overeaters Anonymous, and to raise funds for carrying the message of recovery throughout Region 2.

3. Diversity Community

Recognizing the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this Community's purpose is to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. (Adapted from the WSBC Unity With Diversity Committee's statement of purpose).

4. Intergroup Outreach Committee

The purpose of the Intergroup Outreach Committee is:

a) to reach out to struggling Intergroups;

b) to encourage unaffiliated groups in one geographic locale to form an Intergroup or join an existing one;

c) to assist groups in forming an Intergroup; and

d) to encourage Intergroups to participate in Region 2.

5. Public Information 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.

6. Twelfth Step Within Committee

Our 12th Step in Overeaters Anonymous tells us to "carry the message to compulsive overeaters…." The primary purpose of the Twelfth Step

Within, therefore, is to carry that same message to those who still suffer *within* the OA fellowship. Thus, the Twelfth Step Within Committee deals largely with relapse and issues of membership retention – the message, of course, is hope.

7. Young Persons Committee

The R2 Young Persons Committee assists Intergroups interested in

formalizing a Young Persons program. The Committee also helps organize or sponsor Young Persons events such as retreats, conventions, etc.

Section VIII. OPERATING POLICIES AND PROCEDURES

A. BUSINESS MEETINGS

1. The group conscience is more important than the technicalities of the actual motion.

2. The procedure for submitting Bylaws amendments, Policy and Procedure motions, and new business motions is:

   a. All Proposed motions are documented using the appropriate form on the R2 website. This includes motions submitted by the R2 Board.

   b. All motions are to be submitted electronically to the Bylaws Committee at least 75 days prior to the date of the Assembly.

   c. All motions will be reviewed by the Bylaws Committee and the Parliamentarian for proper documentation, rationale, intent, etc. Suggestions for improvement will be discussed with the maker of the motion.

   d. All Bylaws Committee-approved motions will be submitted electronically to the R2 Secretary 60 days prior to the date of the Assembly.

   e. Proposed motions shall be posted on the R2 website in PDF format, prior to written notification.

f. Written notice shall be prepared by the Publications Coordinator, using the full motion form, and communicated by mail or electronic transmission to each Intergroup Office, Unaffiliated Group Contact, RR, Alternate, and R2 Board Members at least 45 days prior to the date of the Assembly.

3. Robert's Rules of Order will be followed except when to do so would conflict with VIII, A, 1 above.

4. A copy of the previous R2 Assembly Minutes will be published in the assembly packet and distributed as required.

5. A parliamentarian will be at each assembly, whenever possible.

6. 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/Buffet lunch on Saturday of the Assembly.

c. Registration forms, to be provided by the R2 Publications Coordinator, will be published on the website under Assembly info. The registration and application forms posted on the website will be interactive.

d. There will be a base registration rate, to be known as "early-bird registration", available from approximately 45-30 days before an assembly. Thereafter, there will be two registration rate increases in $10 increments at specifically stated intervals. Dates and rates to be communicated by R2.

7. Assembly packets will be distributed by electronic means, e.g., email, where possible, and posted on the Region 2 website. Regional Representatives are responsible for obtaining a copy for use during Assembly.

8. If an RR who is registered cannot attend, an alternate selected by their intergroup may be sent in their place.

B. FINANCIAL

1. R2 shall pay the expenses of its Chair or designated alternate to the World Service Business Conference, regularly scheduled meetings of the Region Chairs Committee (hereinafter referred to as RCC), and the World Service Convention when held in conjunction with a regularly scheduled RCC meeting.

2. R2 shall pay the expenses of its Chair to attend event(s) on behalf of the Region when provided for in the budget. Should the Chair be unable to attend such event(s), a designated alternate may be appointed by a two-thirds (2/3) vote of the seated Board members. Alternates must be a current R2 Board Member (or, if appropriate, a former R2 Board Member).

3. Current Board member's registrations, meals, lodging and transportation expenses will be paid for attendance at R2 events which includes assemblies, convention, and Service, Tradition and Concepts workshops. This does not preclude the option of gifting registration to the outgoing Board Members for the R2 convention immediately following their cessation of service.

4. R2 shall pay the following expenses for the R2 Trustee at the annual R2 convention: registration, hotel, meals, and all transportation expenses to and from the Convention.

5. When asked by the R2 Board to report at a Board meeting, the expenses of any committee chair shall be paid by R2 unless those expenses are otherwise provided for.

6. R2 shall fund at most three (3) R2 Trustee candidates to attend the WSBC at which elections for that position are to take place. R2 shall fund the candidates meeting the following conditions:

   a) The candidate is among the three (3) people receiving the highest number of votes for the R2 Trustee nominee.

   b) The candidate has received a majority of the votes.

   c) The candidate is neither the incumbent Trustee nor a delegate to the WSBC representing an Intergroup.

7. General Board Support Services: The R2 Board is authorized to hire outside entities to perform various services which are now accomplished by R2 Board members (e.g.: depositing donations; recording payments; preparing financial reports; webmaster; mailings; or other reports deemed appropriate by the R2 Board). The R2 Board shall establish a budget line not to exceed $10,000/year for these services. Travel, meal and hotel expenses for Board support personnel will be allocated to Hotel Meal & Travel budget line items.

8. A listing of individual meeting donations for the prior year will be posted to the R2 website within 30 days of the R2 Spring Assembly.

9. All expense reports must be submitted to the R2 Treasurer within 45 days of incurring expenses in order to be reimbursed. Submissions later than 45 days will

require approval by the R2 Treasurer.

10. R2 policy on selling outside enterprise material shall be in accordance with WS Conference Policy.

11. Payment of expenses which would exceed budgeted amounts, except in the case of carrying out day-to-day business of the region, will be paid in a timely manner and then presented to the R2 Assembly for approval.

12. 2. Contributions for "Donations" shall be reviewed at the last Assembly of each year to determine the amount of funding, if any, that should be allocated. Amounts are to be based on each item's current need and the availability of R2 funds. All donations shall be made by checks payable to the World Service Office, designating the purpose of the donation on the check *if a special need has been requested by the WSO.*

Description of Special Needs:

Donation to Delegate Support Fund

Donation to World Service Office (General Fund)

Donation to Professional Exhibits Fund

13. Contributions to World Service shall be included in budget proposals. The contribution will be based on the overage for the previous year (minimum of 10% of overage), or the sum of $8,631, whichever is greater. "Overage" shall be defined as the difference between cash on hand at the end of the fall assembly and a 9-month prudent reserve as described in item 15 (below).

14. Mileage for committee business will not be reimbursed.

15. Prudent reserve policy:

a) It shall be the policy of Region 2 to maintain a prudent reserve to cover a minimum of six (6) months, and a maximum of one (1) year's, operating expenses, plus outstanding liabilities and one-time capital expenditures.

b) The monthly operating expense amount shall be based on the average costs for three prior years as chosen by the Budget Committee and approved by the Fall Assembly.

16. The Region 2 budget for the coming year will be presented by the Treasurer for adoption at each fall assembly.

17. R2 will allocate a budget line item of no more than $1,000.00 to help service bodies exhibit at health fairs and professional conferences that might otherwise be too costly. Groups in need of financial assistance to this end must fill out a funding

application. Final dispensation of the funding will be the responsibility of the R2 Board.

C. R2 ENTRY INTO LEGAL CONTRACTS

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 the R2 Treasurer's debit card or by organizational check for authorized expenses.

D. FUNDING ASSISTANCE PROGRAMS

There are four (4) categories of funding assistance provided for in the R2 Policy and Procedures manual which are also reflected in the annual budget:

Funding assistance for intergroups other than Mexico and Hawaii. Compare funds 1 and 2 to determine which is most beneficial when applying for assistance.		
Fund 1	Intergroup Funding Assistance Program (IFAP)	Designed to assist intergroups whose RRs travel distances that would make it unlikely they would be able to travel to and from assemblies in the same day. Board approval is <u>not</u> required for this funding assistance.

Fund 2	Intergroup Assembly Scholarship Fund	Designed to assist intergroups whose RRs travel less than 150 miles to the assembly. Board approval is required for this funding assistance.
Funding assistance for intergroup WSBC delegates (for intergroups other than Mexico)		
Fund 3	WSBC Delegate Assistance Fund	Designed to assist intergroups to have representation at the annual business conference in New Mexico.
Funding assistance for Mexico and Hawaii only		
Fund 4	Funding assistance for Mexico and Hawaiian intergroups	Designed to assist these intergroups to attend the fall assembly who would not otherwise be able to have representation at assemblies. It also provides assistance for Mexico intergroups to attend the annual business conference in New Mexico.

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) 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.

c) 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, the treasurer will inform the assembly of the 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.

d) Unused IFAP funds allocated for an assembly for 2nd level RRs may be used to supplement funding for 1st level RRs when needed.

e) Any applications received at the assembly will be required to obtain a 'confirmation' slip. The R2 Treasurer will provide the RR with a 'confirmation' slip after the last business session of the assembly. Failure to obtain this form will disqualify the intergroup from receiving IFAP funds.

f) 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.

g) 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.

h) 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.

i) Additional funding will be determined at the R2 Assembly prior to the assembly for which the funding will be requested.

j) 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 the Intergroups in the amount of their "predetermined" 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.

k) In the event that an intergroup eligible for IFAP funding does not have a checking account, the reimbursement check will be made out to the individual RR. Documentation of this fact, lack of an intergroup checking account, needs to be received along with the IFAP application and signed by the intergroup chair.

2. WSBC DELEGATE ASSISTANCE FUND

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

Intergroups should apply to Region 2 before applying to the World Service Office for financial assistance.

a) WSBC Funds shall be available to assist Intergroups with financial hardships. Assistance each year will be based on the availability of funds, after considering the region's policy for maintaining a prudent reserve, as specified in this policy manual. Preference is given to those intergroups that have participated in the last two (2) R2 assemblies and have not sent a delegate to WSBC the prior year.

b) Funding shall be as follows: A maximum of $1,000 per intergroup to be used for food, travel, registration, hotel, etc. Funding for this policy shall not exceed $3,000.00 per year.

c) R2 Board shall coordinate participation, including:

i. Distribute application forms. Applications to be submitted by September 1st, preceding the conference. The deadline will be extended to January 1st if funds are available.

ii. Make final determination for funding.

d) Participants are expected to fulfill the following requirements:

i. Attend all business meetings

ii. Arrive at WSBC Monday or Tuesday

iii. Serve on a committee

iv. Attend Workshops

v. Attend all voting on Thursday, Friday and Saturday

vi. Share a room if possible.

vii. Submit a written report to R2 Board upon return.

e) Check for assistance will be made out to the Intergroup after the end of the Conference and will be mailed within 30 days, following receipt of:

i. A detailed R2 reimbursement form, signed by the intergroup chair, with detailed receipts attached. This form may be sent through regular mail or electronically via email with scanned receipt copies and the intergroup chair's signature. Expenses without an associated receipt will not be reimbursed.

ii. Reimbursement may not exceed the amount approved by the R2 Board, nor shall it exceed actual expenses after they have been reduced by World Service funding assistance.

f) Extenuating circumstances: Should extenuating circumstances occur, such as illness or death in the family, which prevent the delegate's fulfillment of his/her duties, the R2 Board may vote, on a case to case basis, to allow payment of assistance funds.

3. FUNDING ASSISTANCE FOR HAWAII AND MEXICO INTERGROUPS:

Due to prohibitive travel costs, RRs from the intergroups of Hawaii and Mexico will be accorded special funding assistance to attend the fall assembly. Mexico Intergroups may also be accorded funding assistance to attend the World Service Business Conference. Funding shall be provided under the following conditions:

a) The maximum funding available for this purpose shall be determined in the annual budget for the following year, predicated on the region's ability to provide such funding.

b) The implementation and final allocation of funds shall be determined by the R2 Board.

c) No additional funding shall be available from IFAP or other funding assistance programs, except as indicated within this policy.

d) Providing funding is available, budget amounts shall be distributed as follows:

i. Hawaii: Intergroups shall alternate in being offered funding assistance to attend the fall assembly. If they are unable to accept the assistance, funding will be offered to the next eligible intergroup

ii. Mexico:

a. A maximum of two (2) intergroups will be offered funding assistance each year.

b. Funding assistance shall be available as follows:

i. Intergroupal Mexico shall receive funding for one (1) delegate to attend the WSBC and for (1) RR to attend the fall assembly each year, when provided for in the budget. If Intergroupal Mexico cannot send a delegate and/or a RR, those funds shall be made available to the next eligible intergroup within Mexico.

ii. Other Mexico Intergroups shall alternate in being offered funding for one (1) delegate and for one RR to attend the fall assembly each year, when provided for in the budget. If they are unable to accept the assistance, funding will be offered to the next eligible intergroup within Mexico.

iii. Participants are expected to fulfill the requirements specified in the WSBC Delegate Funding Assistance policy.

iv. The R2 Board shall be permitted to pay expenses in case of extenuating circumstances, as specified in Item 6 of the

WSBC Delegate Funding Assistance policy.

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

4. INTERGROUP ASSEMBLY SCHOLARSHIP FUND

a) The Intergroup Outreach Committee will, with the assistance of the R2 Board Liaison:

i. Determine initial Intergroup eligibility for funds, based on information provided by the R2 Board.

ii. Coordinate participation, including:

a. Contacting intergroups eligible to participate.

b. Distributing application forms, when requested.

c. Reminding intergroups they must submit completed application forms to the R2 board a minimum of 45 days prior to the assembly, for final determination. If funds are available, the deadline will be extended.

b) Intergroup Assembly Scholarship Funds shall be available to assist up to three (3) Intergroups with financial hardships. Preference is given to those intergroups that have not participated in the last two (2) assemblies.

c) Funding shall be as follows:

i. Individuals will be given a stipend for transportation and meal allowances upon closing of the Assembly.

ii. Hotel accommodations are predicated on room sharing, whenever possible, and will be paid directly by R2.

iii. One Day Assemblies: Payment for one night at the hotel, $30.00 for transportation, and $30.00 for meals.

iv. Two Day Assemblies: Payment for two nights at the hotel, $30.00 for transportation, and $50.00 for meals.

d) Participants are expected to attend all business meetings.

e) Assembly pre registration fee is the responsibility of the intergroup.

f) Intergroups receiving this scholarship are not eligible for IFAP funding.

g) Distribution of available scholarship funds will be determined by the R2 Board.

E. REPORTING

1. All Committee Chairs must report in writing or in person to each R2 Assembly or be removed from that position.

2. Committee meeting minutes shall be delivered to the Secretary no later than 30 days following assembly.

3. Oral committee reports shall be presented at a designated time at each R2 Assembly.

F. APPOINTMENTS

1. The R2 Chair shall appoint an RR as the R2 delegate to the Reference Committee at the annual World Service Business Conference.

2. The R2 Chair shall appoint an R2 Committee Chairs subject to the R2 Board confirmation.

3. RR's must be present at the R2 Assembly and willing to serve in order to be eligible for appointment.

G. R2 NEWSLETTER

The R2 Board shall determine the format, frequency and method of distribution of the R2 newsletter. The R2 Publications Coordinator shall be responsible for its preparation and distribution.

H. R2 BOARD

1. Election

a) Candidates will be allowed five (5) minutes to address the assembly. This will be followed by a question and answer session. Questionnaires will line up at the "Questions" microphone. One question will be permitted per person. The session will end when everyone has asked a question, or five (5) minutes has expired.

b) The Chair will appoint an Election Committee of up to three (3) members from the trustee, Alternates and Visitors, who will collect and count votes, and report the results to the Chair.

c) The Chair shall review the voting rules:

i. Elections shall be by secret ballot in person or in a virtual setting.

ii. Voting representatives must wear an identifying badge.

iii. The room shall be closed during balloting. No one shall enter or leave. Visitors and Alternates shall be seated at the rear of the room. Doors will be secured by a visitor or volunteer.

iv. There will be no talking during voting.

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 candidates name 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.

vi. Results shall be announced, along with the vote counts, to the assembly. If no one receives a majority, a further ballot will be taken, dropping candidates with less than 20% of the total votes counted. If no one receives less than 20%, the candidate with the fewest votes will be dropped. This process shall continue until someone is elected, or a majority has voted for *"None of the above."*

vii. A motion to destroy ballot papers will be entertained.

viii. Candidates shall be present at the assembly at which the election will be held in order to be considered.

ix. If meeting circumstances require, the above specifics may be modified to accommodate conditions that will allow the balloting to proceed uninterrupted, as would be explained by the Chair.

x. In the event of an online election, a qualified person should be appointed by the Chair as part of the Election Committee to conduct online voting.

xi.

2. Vacant Board Position

a) The Chair shall appoint an interim officer to fill a vacant Board position in accordance with Article IX, Section E of the R2 Bylaws. The appointments shall be subject to R2 Board confirmation.

b) If the Chair is the vacant position, the Vice Chair shall assume the position of Chair in an orderly manner. The new Chair shall then appoint a placement Vice Chair in accordance with Item a).

3. The Region 2 Board shall not submit any motions for consideration at World Service Business Conference without submitting the same for consideration and approval by the RR's at a regular R2 Assembly.

I. R2 POLICIES & PROCEDURES MANUAL

1. The R2 Board shall draft operating policy and procedures as directed by the R2 Assembly.

2. The R2 Policy and Procedures Manual will be updated after each assembly. The Manual will be available to download on the R2 website.

3. Loaner copies of this Manual shall be made available at all times throughout R2 Assemblies.

J. R2 CONVENTION AUDIO LIBRARY

1. The R2 Convention Audio Library's purpose shall be to carry the message of recovery throughout R2 by posting the R2 Convention audio library on the R2 Website, in mp3 format, making it available for downloading at no cost.

2. The Audio Library of any R2 Convention will not be posted until the 3rd year following that Convention. Members can purchase audio tapes and discs from the authorized recording company until that time.

3. A maximum of ten (10) Conventions from the library will initially be posted to the R2 website. Additional years may be posted if website space and budget limitations permit, as directed by the R2 Board.

K. R2 SPEAKER/LEADER LIST

1. The R2 Speaker/leader List shall be maintained by the R2 Board.

2. A minimum two years of current abstinence is required for a speaker to be placed on the list, each person being the sole judge of his or her own abstinence.

3. Speakers must have taken the Fourth and Fifth Steps of the Twelve Steps.

4. A column designating "Recovery From Relapse" shall be included.

L. R2 COMMUNICATION LISTS

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

2. The list of R2 Intergroups will be made available to the Region 2 Board, Region 2 Committee Chairs and Region 2 Intergroups for their use in Region 2 business.

3. The list of R2 Unaffiliated Groups will be made available to the Region 2 Board and/or their designees for their use in the context of their position and/or for any mailings or communications deemed necessary.

M. R2 ASSEMBLY WORKSHOP GUIDELINES

Purpose:

1. To educate R2 representatives on service, traditions, concepts of OA service, parliamentary procedure, and other elements of working together in Region 2 of Overeaters Anonymous.

2. To encourage informed discussion and sharing of ideas and experience.

N. R2 COMMITTEE PRESENTATION GUIDELINES

Purpose: To educate and inform the R2 Representatives about the goals, function and implementation of each R2 Committee.

O. R2 LITERATURE REPLACEMENT FUND

The purpose of this Fund is to make available to Intergroups, upon application to R2, a donation of up to $100 for replacement of OA literature lost in emergency situations.

P. SELLING OF INTERGROUP FUNDRAISING ITEMS AT R2 EVENTS

In the interest of supporting Intergroup fundraising activities, R2 will provide a special table at all R2 events for sale of Intergroup fundraising items. All items are expected to adhere to the 12 Traditions.

Q. R2 POLICY REGARDING LOAN OF R2 PROPERTY

Intergroups and service bodies within Region 2 may apply to the R2 Board for loan of Region 2 property by submitting a signed letter guaranteeing replacement of the item(s) and assumption of all costs related to the loaned item(s). The letter must state the time frame of the loan and when the item(s) will be returned to R2.

The R2 Board will review any requests for loans received at the Board meeting following receipt of the request; after Board consideration, the requesting service body will be informed of the Board's decision. The R2 Board reserves the right to grant or deny any request.

R. SERVICE AND TRADITIONS WORKSHOPS

The R2 Board may appoint members from the Fellowship to facilitate R2 workshops in addition to members of the R2 Board.

S. SUPPORT FOR NEW MEETINGS

In the interest of supporting and fostering new meeting growth, if requested, R2 will provide a New Group Starter Kit from World Service to those OA meetings that are just forming. A request for such a kit can be made through the R2 Treasurer at *treasurer@oar2.org* or the R2 website, *www.oar2.org*. A budget line item totaling no more than $100/calendar year will be established for this purpose.

Section IX. AMENDMENTS

Any policy or procedure may be amended or modified by a majority vote of the R2 Assembly.

Glossary and Abbreviations
Glosario y abreviaturas

Glossary and Abbreviations

Alternate Representative	May attend all the sessions along with the Regional Representative. (RR) Replaces the RR if they cannot attend business session(s).
Amendment to the Bylaws	A statement submitted to the Assembly to change a part of the Bylaws, requires 2/3 of the vote to pass.
Amendment to the Policy and Procedure Manual	A statement submitted to the Assembly to change a part of the P&P, requires majority vote to pass.

Board Liaison	A member of the Board of Region 2 who is assigned to work with a specific committee.
BOM	Board Operating Manual
BOT	Board of Trustees of Overeaters Anonymous, Inc.
Budget Override	Any expenditure exceeding budgeted amounts by more than ten (10) percent.
Business Session	Those meeting times during Assembly when roll is taken, items discussed and voted.
Bylaws	The governing document of a service board.
Conference	Annual business meeting of OA.
Convention	Event for recovery, and fellowship
Expense Report	Request for reimbursement for pre-approved purchases.
Funding Assistance	Funds available to assist IG's sending RR(s) to R2 Assemblies.
General Board Support Services	Professionals hired to perform various services for R2.
Green Dot	New Region 2 Representative attending their first Assembly.
GST	General Service Trustee of OA.
Intergroup	The service body that provides services to the local area groups.
IASF	Intergroup Assembly Scholarship Fund set up to aid up to three Intergroups to attend Assembly.
IFAP	Intergroup Funding Assistance Program to provide assistance to financially challenged Intergroups to send reps to Assembly.
P&P	Region 2 Policy and Procedure Manual
Packet	Pre-assembly notebook and additional information sent to the RRs of record.
Parliamentarian	CA registered expert on Robert's Rules of Order.

Quorum	Consists of Representatives from at least thirty percent (30%) of all Intergroups.
R2	Region 2 of Overeaters Anonymous (includes California, Hawaii, Mexico and Northern ~~of~~ Nevada).
R2A	Region 2 Assembly
R2B	Region 2 Board
R2C	Region 2 Convention
R2 Board	The offices of Chair, Vice Chair, Secretary, Treasurer, Publications Coordinator and Events Coordinator.
R2 Committee	A working part of the R2 business Assembly.
R2 Committee Chair	The person in charge of facilitating all committee meetings and reporting to the Assembly, maintaining notes of what was accomplished, keeping the Board Liaison informed and submitting a written report for the Assembly packet.
R2 Newsletter	R2 Periodical publication The R2 Publications Coordinator is responsible for preparing and distribution of this publication. The Board determines the format, frequency and method of distribution.
Region Chairs Committee	Worldwide committee consisting of the 10 region chairs.
Regional Assembly	Business meeting of Regions to which Intergroups send representatives.
Regional Representative	Person chosen by an Intergroup to represent their interests at Region Assemblies.
Regional Trustee	Ten of the seventeen members of the BOT.
Regions	One of ten global geographic areas of OA.
Robert's Rules of Order	The adopted parliamentary authority that guides the format and procedures of the assembly.

Roll Call	Attendance taken prior to the start of each business session to determine the number of voting members present.
S,T&C	Service, Tradition, and Concepts Workshops.
Service Structure	Basic OA Service Structure Individual OA Member Groups/Meetings Intergroups Regions WS
TSW	Twelve Step Within - reaching out to members within the fellowship who may be in relapse.
Unaffiliated Group	OA Group registered with World Service but not listed by World Service as part of an Intergroup.
VS	Virtual Services - Meetings that are held by phone or online in real time.
WSBC	World Service Business Conference is the title of the annual business meeting of OA.
WSO	World Service Office
WSBC Delegate Assistance Fund	Funds provided by R2 for those Intergroups who need assistance to send representation to the WSBC. Mexico has their own funding for the WSBC.

RECOMMENDED READING

OA Group Handbook — Published by World Service Office and available through literature order form — includes helpful information such as:

What About Insurance Requirements for Groups?

What Are Some Good Qualifications for Service Volunteers?

How Do Good Groups Get Better?

How Did OA Start and When?

When Is “Breaking My Anonymity” Not an Anonymity Break?

_*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* — Published by OA World Service, available through literature order form.

REGION 2
OF OVEREATERS ANONYMOUS

Intergroup Directory

MEXICO INTERGROUPS

Comite De Companeros De Apoyo OA Mex AC (CCAOA MEX)

[09667] Mexico (List all affiliated meetings)

+52 5551430442 / +52 4561027466 | www.ccaoamexico.com

Mexico City

[09329] Mexico City and Other States (List all affiliated meetings)

Odessa101. Col. Portales NT C.P.03300 CDMX

Intergrupalmexicor2@gmail.com | 011-52-55-264-4010 | www.oaoficinanacionalmx.org

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U.S. INTERGROUPS

California Central Coast

[09222] Northern Santa Barbara county and all of San Luis Obispo county

PO Box 636, Morro Bay CA, 93443 US

centralcoastintergroup@gmail.com | 805-596-5033 | https://centralcoastoa.org/

Channel Islands

[09068] Santa Barbara and Ventura Counties

PO Box 1321, Summerland CA, 93067 US

oaciig.web@gmail.com | 805-947-0792 | https://oaciig.wordpress.com/

East Bay Unity

[09100] Alameda and Contra Costa Counties| Serving the east side of the San Francisco Bay

PO Box 11561, Oakland CA, 94611 US

info@eastbayoa.org | 510-923-9491 | http://www.eastbayoa.org/

Foothill

[09003] Northeast Los Angeles County

PO Box 1108, Pasadena CA, 91102 US

oafoothillintergroup@gmail.com | 626-497-9873 | https://oafoothill.org/

Inland Empire

[09492] Riverside and San Bernardino Counties

PO Box 56021, Riverside CA, 92517 US

| 951-715-2080 | https://www.go2oa.org/

Kern County

[09326] Kern County

P.O. Box 21852, Bakersfield, CA 93390

oakernchairperson@gmail.com | 661-588-4811 | https://oabakersfield.org/

Los Angeles

[09004] General LA Area, including Venice, Culver City, Santa Monica and West LA

20058 Ventura Blvd., #193, Woodland Hills, CA 91364 US

office@oalaig.org | 818-794-0880 | https://www.oalaig.org/

Mid-Peninsula

[09294] South of San Francisco to Palo Alto and North of San Jose

PO Box 1412, San Mateo CA, 94401 US

webmastermidpen@gmail.com | 650-375-0724 | https://www.oamidpeninsula.org/

North Bay

[09083] Marin, Sonoma, and Napa Counties

PO Box 4292, San Rafael CA, 94913 US

northbayoa.ig@gmail.com | www.northbayoa.org/

North Coast

[09434] Humboldt County and Outlying Areas

1147 Eeloa Ave, Rio Dell CA, 95562 US

oanorthcoast@gmail.com | 707-502-2512 | https://www.oanorthcoast.org/

OA Hawai'i

[09111] Hawaii

PO Box 1608, Wailuku HI, 96793 US

info@oahawaii.org | 808-737-3469 | http://oahawaii.org/

Orange County

[09005] Orange County

PO Box 23057, Santa Ana, CA 92711

ocioffice@oaoci.org | 714-953-0900 | http://www.oaoci.org/

Sacramento Valley

[09012] Sacramento Valley and Sierra Foothills

PO Box 25-5085, Sacramento CA, 95865 US

oachair@sacvalleyoa.org| 916-786-0330 | https://www.sacvalleyoa.org/

San Diego County

[09007] San Diego and Imperial Counties

PO Box 22213

San Diego, CA 92192

info@oasandiego.org | https://oasandiego.org/

San Fernando Valley

[09008] San Fernando Valley, Simi Valley, Santa Clarita Valley and Thousand Oaks

6200 Canoga Avenue Suite 101, Woodland Hills, CA 91367

818-888-4776 | http://oasfvalley.org/

San Francisco

[09071] San Francisco County

PO Box 2543, San Francisco CA, 94126 US

chair@oasf.org | 415-779-6273 | https://www.oasf.org/

San Gabriel Valley Inland Empire

[09009] Covina, Glendora, Azusa, Diamond Bar, Pomona, Rancho Cucamonga and Claremont

1157 East Arrow Hwy #4, Glendora CA, 91740 US

| 626-335-3355 | https://www.oasgvie.org/

San Joaquin Valley

[09013] Fresno and Surrounding Areas

PO Box 8302, Fresno CA, 93727 US

info@oasanjoaquin.org | 559-323-5636 | https://oasanjoaquin.org/

Santa Cruz and Monterey Counties

[09267] Santa Cruz and Monterey Counties

PO Box 698, Santa Cruz CA, 95061 US

IGinfo@santacruzmontereyoa.org | https://santacruzmontereyoa.org/

Silicon Valley

[09020] Santa Clara County

PO Box 5603, San Jose CA, 95150 US

oasvwebmaster@oasv.org | 408-940-6278 | http://www.oasv.org/

South Bay

[09010] Gardena, Torrance, Redondo Beach, Palos Verdes, Long Beach, Lakewood, Lomita, San Pedro and Downey

PO Box 918, Harbor City CA, 90710 US

chair.oasbig@gmail.com| 562-493-9030 | https://www.oasouthbay.org/

Unity with Diversity Desert

[09494] Rancho Mirage, Palm Springs, Joshua Tree, Indio, Palm Desert

PO Box 659, Palm Springs CA, 92263 US

https://desertoa.org/

Valley Sierra OA/HOW

[09599] Calaveras, San Joaquin, Stanislaus and Tuolumne Counties

P.O.Box 398, Coulterville CA, 95311 US

valleysierraoahow@gmail.com | 209-533-4780 | https://www.valleyoahow.org/

Region 2 Events Eventos de la Región 2

OA *SERENITY* RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 24-26 2026

JOIN US AT THE BEACH!

"Living in the Real World in Ongoing Recovery"

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation/yoga (optional)
- Leisure afternoon break

Limited scholarships available starting in January

SINGLE AND DOUBLE OCEAN VIEW ROOMS ARE LIMITED!

REGISTRATION: STARTS 4/28/25

$490 Single room
$390 (early bird) for a shared room
$255 commuter (includes meals)
CLICK HERE to save your spot!

- Eventbrite fees are not included

This retreat is sponsored by the Silicon Valley Intergroup and open to OA members only

CONTACT US oaserenityretreat@gmail.com

Silicon Valley Serenity Retreat

The 41st Semi Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat

Fri, Sat & Sun, May 15-17, 2026

Sponsored by OALA Intergroup

@oalaig.org

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue, Oceanside, CA 92057-6402
Tel: 760-757-3659

For a complete description, visit their website at:
www.sanluisrey.org

For further information, please contact:
Dave B. at (619) 787-2937 or email davebirge66@gmail.com
Gene K. at 760-859-7400 or email Genekogan1@gmail.com

What is the cost?

- $295 per man - double occupancy
- $345 per man - single occupancy

Commuters (not staying overnight) Meal Prices:

- $60 per day (includes the three meals for that day)
- $170 for the weekend (includes all 6 meals for the weekend)

What do I get?

- A weekend of fellowship with other men in recovery in the tranquility of beautiful and spacious grounds.
- Retreat leaders who have worked all 12 Steps and want to help your recovery.
- Two (2) nights lodging and six meals

When does it start?
Dinner starts at 6:00 pm Friday, May 15.
Opening ceremonies begin at 7:30pm Friday, May 17.

Why should I go?
Dozens of men have gotten abstinence at this retreat. Many others come every year to reenergize their program. This is the 41st year of the retreat. Recovery happens here!

The 41st So-Cal OA Men's Retreat
Fri, Sat & Sun, *May 15-17, 2026*

FREE ON ZOOM!

1. Visit website to register online: https://www.eventbrite.com/
2. Click on “Looking for event”
3. Type in “OA men” to find our event to register yourself.

PLEASE INVITE OTHER MEN
KEEP COMING BACK!

Dave B. at (619) 787-2937 or email davebirge66@gmail.com
Gene K. at 760-859-7400 or email Genekogan1@gmail.com

So Cal Men's Retreat

World Service News and Events

Noticias y eventos del Servicio Mundial

World Service Business Conference

Theme:

The OA Solution is for Life

Dates:

April 20–25, 2026

In-Person Attendance Only

See HERE for more details

Inside OA Podcasts

Visit Lifeline!