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## FALL REGION 2 OCT 24-26, 2014

The Region 2 assembly was held at the Town and Country Resort in San Diego on Oct. 24-26, 2014. The Spring assembly is only one whole day. This fall assembly was 2 whole days. The resort is awesome and the Region 2 convention in June will be held at the same location. June 26-28, 2015. The theme is 'I Put my hand in yours'.

Friday night speaker was formerly 686 lbs. At 596 he found OA. He read the big book in 3 days. He is currently 455 and doing much great, is a good speaker and does tech service for the region. He said, "abstinence and food plan are as individual as a fingerprint, it's spiritual".

Second speaker Pam – the orange book was the first book her meeting used. Anyone remember it, 'Compulsive Overeater' by Bill B? Not conference approved.

### Region 2 Board of Directors

Nancy's board report. Nancy is Continuing Chat with the chair. Virtual Services Phone meeting – 424-203-8405 Pin 925619#. second Sunday of the month. Next one: Dec. 14, 2014 8-9 pm.

Vice chair Linda types up questions and answers from the ask it basket. I have a copy of the questions from the fall assembly if anyone would like to see it. You can also contact her to do an STC workshop.

Maureen Huega is the events coordinator. She makes assemblies happen. Each board member is a liaison to one of the Region 2 committees. Convention in San Diego I put my hand in yours  
oar2.org June 26-28, 2015 Town and Country Resort Hotel Online Reservations: <http://goo.gl/6insSW>.  
Barbara Ru 760-727-7135. 1barbarajean917@gmail.com is the chair of the convention.

Meg our trustee – She experienced 'sponsor speed dating line', (Ask me about it). The new edition of the OA brown book is out with a new version of 'Our Invitation to you'. They took out the word 'calories'.

### Committees

The Region 2 Diversity Committee passed out a packet and suggestions on presenting OA to Mental Health Professionals. They developed a new letter to send to Mental Health Professionals so that when the professionals are working with clients, they will have the '15 questions' pamphlet. The letter says 'many professionals find reviewing the 15 questions with their clients is beneficial'. The committee recommends sending this packet to inpatient and outpatient mental health facilities, private practices, county mental health, etc. Maybe our intergroup could do a mailing party with a stack of these. Deborah has the packet.

My committee - 12th step within – We'd like to change our name b/c no one understands what we do. Suggestions – 'members in relapse', 'helping members struggling with abstinence'. We publish quarterly ideas via email to intergroups for them to publish on their websites re: ideas to help folks who are struggling with relapse. We had a successful booth at the convention in San Francisco last summer headed by Jaye. On a personal note, on the 12th of each month, our intergroup UDDI (Jan and I) send out a monthly reminder to those on our email list asking them to call others who they haven't seen in a while. 12/12/14 is Twelfth Step within day for the year.

### Motions passed

Young People Committee was changed to Young Persons Committee

Their scope changed to read 'The committee also helps organize or sponsor young persons events such as retreats, conventions, etc.'

The budget was adopted. Region 2 has \$37,912.77.

Including \$500 to the delegate support fund, \$3500 to World Service general fund, \$500 for professional exhibits, and \$500 to region chair committee travel.

Some of this is very tedious. They changed the name of the assembly 'booklet' to assembly 'packet'!

A motion was passed to allow the committees to do their work by phone.

Regional board applications are available on the R2 website.

Interactive Workshop on Virtual meetings

Gerri – General services trustee would like to give you a virtual hug. She did a power point on telephone, online, email loops and podcasts. For more information on these go to OA.org. Consider having a service position in the intergroup called 'designated downloader' for someone to go on oa.org regularly and gather info that is new. i.e. what is an email loop? Info on OA's 5 year plan. 26% of money given to World Service comes from donations. Most of the income is from literature. She said 'God does not call the equipped, he equips the called'. Gerri's email rvoagst@aol.com.

New business

If a board member is outgoing, region 2 will pay their registration to the upcoming convention immediately following cessation of service. Does not include hotel, meals or travel.

The intergroup funding assistance program is different for Hawaii and Mexico because they have farther to travel so the costs are higher.

Issue with one intergroups funding reps and the rep not attending. Now the IG will get a confirmation slip saying person actually attended.

Tabled till spring – what types of emails to send to region reps. Proposal was to send many reminder emails about deadlines for handing in applications, etc.

Proposal passed to fund 4500.00 to update Region 2 website. Desertoa.org will be linked to region 2 website if we want. So if we say its ok, someone could go to region 2 website, find a link to desertoa.org and see the UDDI website. Pretty cool. Speak up if our intergroup doesn't want that.

Elections

Nancy region chair ran unopposed and won

Betty Jean, publications coordinator ran unopposed and won

Jerry (who, you'll remember him did part of our STC workshop) retired as region treasurer. No replacement yet. He rec'd a standing ovation.

Thanks for the opportunity to serve the region. The best part was working with Cathy, her help, getting to know her, laughter and joy. Together we get better, plus, together the work of the region gets done and we carry the message to those in and out of the rooms still suffering with the debilitating disease of compulsive eating and compulsive food behaviors.

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**Report from Region 2 Fall Assembly, San Diego, CA**

**October 24-26, 2014**

**Cathy L, Rep for UDDI**

This is my final report as R2 Rep for our Intergroup, and I would like to express my gratitude for having had the opportunity to serve. It has strengthened and enriched my recovery in so many ways. I retire with sadness and hope to be in this position again, as our By-Laws permit. It has been a joy...!!!

Our Friday evening speaker was Gregor, a relative newcomer with a beautiful, powerful story of recovery and extreme weight loss. It was inspiring.

Saturday morning business meeting was opened, and the first Ask-It Basket questions were addressed. One was a request for a list of male sponsors. Anyone may email our outgoing Treasurer Jerry at [oaodat@gmail.com](mailto:oaodat@gmail.com) for this list. A frequent question of turning away people from hearing the Convention speaker was also addressed. It is simply a good business practice to expect members to pay for, and hopefully attend, the dinner, if they wish to hear the dinner meeting speaker. An additional, and critical question, was answered by Meg: **AA World Service has requested that we read all AA literature as written. We only changed the words “Alcohol/Alcoholic” to “Food/Compulsive Overeater” in our Steps and Traditions. In meetings, we only use OA approved literature which includes AA books and booklets published in 2010 or earlier.** (Policy 2010a Statement on Approved Literature clarifies this on oa.org.) All questions/answers may be found on oaR2.org in a few weeks.

The “Icebreaker” followed: Our R2 ViceChair, Linda, explained that each Board member had a roll of Toilet Paper. Each sheet was to represent an item of “poo” (crap) we might wish to give away. We had to retrieve some sheets and roam the room asking OA’s to “Let us give it away.” It certainly lowered the anxiety in the room, and added lightheartedness. (A few people were not happy with the process.)

### Board Reports

Chair Nancy discussed the progress of Virtual Services, slow but steady growth. The theme for the WSBC Spring 2015 is “The Miracle of Abstinence.”

Her “Chat with the Chair” on monthly Sunday evenings has been highly successful. Information is on oaR2.org website. I’ve called in several times.

She is very knowledgeable and has great experience to share. Nancy also shared the “12 Best Practices” from the TSW Committee with all Region Chairs at the

BOT/Region Chairs joint session to continue the Strategic Operating Plan goals for SOP tasks within their committees.

Vice Chair Linda reported about several STC workshops and the R2 Speaker list she has updated. This is available from her at [vicechair@oaR2.org](mailto:vicechair@oaR2.org).

Secretary Alex also reviewed STC’s he did with Meg; he was also able to purchase new computer/technology equipment for our Region.

Treasurer Jerry reported about a significant decline in R2 7<sup>th</sup> Tradition funds. It is suspected that the growth of Virtual Meetings is contributing to the decline in funds. People may choose those meetings as a “cheaper” way to meet. We need to seek methods of encouraging donations from them.

Publications Coordinator Betty Jean reported about the upgrades to the R2 websites, chairing the Boutique at the 2014 R2 Convention, and producing (with help) the R2 Newsletter. I have given these to Jan for each of our IG members.

R2 Trustee Meg gave 6 STC Workshops and attended the Mexican National Congress in Ensenada, where she suffered a severe injury. She is doing well, but recovery will continue for a long while. She explained that the updated version of “Our Invitation to You” has been approved by the BOT and is on the OA.org website in suggested meeting format. There is a workshop up for approval this month called: Difference Between Abstinence and Plan of Eating with Leader’s Guide, Handouts, and Power Point. (It is exciting to

note that UDDI is already addressing this discussion at our upcoming Retread...!!!) Meg's term ends in 2016, and applications to run must be received by August 2015.

Events Coordinator Maureen reported about our upcoming R2 Convention to be held at the Town and Country Resort on Hotel Circle in San Diego, from June 26<sup>th</sup>-28<sup>th</sup>, 2015. The Convention theme is "I put my hand in yours." NEXT ASSEMBLY is March 20-22, 2015 at above hotel location.

I continued my service on the Young Persons Committee, and our goals are:

1. to research a text line for YPs to reach OA, R2, and each other;
2. to increase our understanding of use of Virtual Services to improve our YP outreach;
3. to continue posting OA approved posters on college activities boards
4. to meet via Conference Calls monthly

We had an informative and exciting workshop on OA's rapidly growing Virtual Meetings presented by General Service Trustee Gerri, (who was our Sat. Mtg Speaker several months ago.) While this is a fantastic way to reach large numbers of members, we are taking a huge financial hit. She strongly reminded us that **the 7<sup>th</sup> Tradition is not an optional Tradition...!**

#### Motions

We passed all motions that aligned our By-Laws wording with that of WSBC By-Laws and to approve 2015 Proposed Budget. One motion was sent back to committee for clarification and will be re-visited in March.

If further information is requested, I will speak individually to anyone, and my Assembly booklet has the complete Board Reports for an interested party.

With LOVE, GRATITUDE, APPRECIATION...

Respectfully submitted, Cathy L

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#### **World Service Business Conference, Albuquerque NM April 28-May 3, 2014 Report from Cathy L, Delegate from UDDI**

The World Service Business Conference includes several pre-conference opportunities for informative workshops designed to orient delegates, especially Green Dots, to the formats, procedures, and amazing support services available throughout the week. The Early Bird Workshops were "Our Primary Purpose: Abstinence First, Working All Twelve Steps, and Carrying the Message." They were speaker/share meetings and reminded me that I was truly in an OA conference.

First order of business Wednesday was the Forum, including an absolutely hilarious skit and a "Millionaire" game called, "Who Wants to Stay Abstinent?" The skit was performed by the Region Chairs. The criminal was sentenced to "LIFE....in Overeater's Anonymous." The judge was Supreme Court Justice "Head 'a Lettuce" from the State of Denial. Our R2 Chair, Nancy, portrayed Officer Bisquick. Wednesday, we had initial Committee meetings. I am serving on the Bylaws Committee, and we set an agenda for a small amount of work for 2014-15. My committee has two other members, and we will be studying the definitions of groups. The afternoon session began with the introduction of new Delegates, called Green Dots, and our mentors, and a continuance of the morning's Committee

meetings. Wednesday evening was set aside for each Region to gather at its own restaurant for a combined social and business dinner.

The Conference included Five Business Meetings, Morning and Afternoon Thursday, Friday, and Saturday morning. We received a binder with the historical changes to our OA Policies Manual, detailed schedules, hotel maps, and proposed motions. There was an introduction to the conference, with an explanatory review of procedures. Everything was presented in clear and entertaining format. Because I chose Bylaws, I was on an additional sub-committee which met early morning and late evening to review motions before they were brought to the general delegation. Many motions were adopted on a Consent Agenda, because they were non-controversial or routine. Although it requires a two-thirds vote to pass the Consent Agenda, any member may request that an item be removed and brought to the floor of the Convention for debate.

The Conference was opened formally on Thursday morning by WSO Chair, Joe L with the Serenity Prayer the OA Pledge, “Always to extend the hand and heart of OA; for this I am responsible.”

The following are a few crucial motions we debated.

- To grant the WSBC seal of approval for a new pamphlet, The Promises of the OA 12 & 12. Motion defeated. I responded to a questionnaire about what I suggested it needed in order to receive approval.
- To direct the BOT to conduct a survey of our fellowship about changing the name of OA. (No alternate names were suggested.) Motion defeated..
- To grant the WSBC seal of approval to the manuscript, Overeaters Anonymous, Third Edition. Motion adopted
- OA groups commonly called loops (groups that do not meet in real time,) may be listed on the oa.org website as a courtesy, with specific criteria. Motion adopted.
- To amend the OA, Inc Bylaws referring to Steps 3, 7, and 11, and Tradition 2, to strike “him” or “himself,” and insert “God.” Motion defeated. This was a highly debated item with many opportunities for amendment.

Many of these motions will be reappearing in our future conferences, as they are re-worked and re-negotiated.

Thursday evening, the Conference was honored to celebrate our founder, Rozanne’s, life and story. Her oldest daughter, Debbie, her brother Chuck, and Sister-in-law Sydney were with us to participate. This was an important highlight of the entire week. We had a series of video clips and sharing from members, many of whom had known Rozanne for decades.

It is difficult for me to express what it meant to be permitted to serve in this capacity. Every voice was honored—even the rough, unpolished, inexperienced ones were held in equal esteem. I was moved to tears more than once, by the respect, the courage, the power of the group conscience in the presence of a Higher Power, and the wisdom exhibited by our Fellowship. I hope to be allowed to give this service again next year, if our UDDI Intergroup permits.

Respectfully, and with gratitude,  
Cathy L, WSBC Delegate  
May 10, 2014