

OA Spring Assembly 2015 Deborah S and Jan S

As always, the Assembly began Friday night with a speaker and light entertainment from the local intergroup. After early meetings Saturday morning, the work of the Assembly swung into action with 26 of the 35 intergroups of Region 2 represented. Eight motions were presented and passed, none affecting policy or budget. They updated or clarified language in the bylaws or redistributed monies already allocated for the purpose. Members of the R2 Board and our Trustee made reports with the following information that will be helpful to UDDI members:

- Virtual 12 Step Workshops held the 2nd Sunday of the month from 12-1 our time.
 - Phone number 424-203-8405
 - Pin code 925619#
 - After programs they become podcasts available at oa.org
 - Very popular so far
- A new OA app for locating meetings is being developed to be released in 2016. If you have ideas for this app, please email your top 3 suggestions to Meg at trustee@oar2.org
- The R2 Convention will be in San Diego June 24-26, 2015 (application hand outs)
 - Theme: "I Put My Hand in Yours" in honor of Rozanne, our founder
 - Room rate is \$106/night until June 6, 2015
 - Will sell Tee shirts in Spanish, have meetings in Spanish
- The 2016 R2 Convention will be in the Long Beach area June 26-28, 2016
- Anyone who has at least 2 years of abstinence and has completed the 4th and 5th steps can be on the R2 speaker list. There is a simple form to complete at oar2.org/about-r2/speaker-list
- The "Find a meeting" feature of oa.org is currently not working. A continuing lack of funds at World Service caused postponement of upgrading the website and it crashed. This lack of funds is caused in part by the popularity of virtual meetings and the fact that they depend on members to make contributions on their own. One time contributions and recurring contributions can be made at oa.org by clicking "Contribute," and scrolling down to the form
- Our Trustee, Meg, will complete her term in May, 2016, and applications for this position must be submitted no later than August 24, 2015. Qualifications are listed at oa.org:
 - Seven years in the Fellowship
 - Five years of service beyond the meeting level
 - Attendance as a delegate to at least two World Service Business Conferences
 - Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - five years of current continuous abstinence
 - current maintenance of a healthy body weight for at least two years
 - emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
- There are publications for our members to give to their health care professionals to inform them about OA. Can you imagine the impact on our organization if each current member gave this to their own doctor? If you are interested in doing this, email your intergroup at desertoa.org
- Currently when our intergroup has a workshop, we can advertise on the R2 website calendar. But it would be more helpful to us if other intergroups were sent the flyer. As a result of Jan's submitting this request, the publications coordinator will now send approved flyers to all intergroup chairs.
- There was a helpful Concepts Workshop late Saturday. One fabulous take away:
 - The Steps are guidelines for individual
 - The Traditions are guidelines for meeting
 - The Concepts are guidelines for service bodies

- The Steps prevent Suicide
- The Traditions prevent Homicide
- The Concepts prevent Genocide

All representatives serve on committees and Deborah chose the PI Committee: I am the secretary of the PI Committee. Our goals for 2015 include editing a Best Practices List and distributing it to all the intergroups in R2 and to improve appeal to younger prospects. Another goal is to send intergroups email blasts about upcoming conventions, health fairs, conferences, and other events. A completed project is a Women's Health Fair in which 5 intergroups combined their resources to foot the \$800 cost in Greater LA County. There is a current proposal for a Senior Health Fair in Anaheim. At oci.org, you can get information about the Orange County Fair held the middle of July to mid-August. Volunteers can sign up for 2 to 4 hour shifts to talk to the public at the OA booth. In the 20+ years of OA booths at the fair, these volunteer spots have gone from nearly impossible to fill to being filled months prior to opening day.

Jan chose to continue Cathy's work on the Young Persons Committee: This is a small group, but the 5 members are all young go-getters (I single-handedly skewed the median age). Young Persons are defined as 18 to 35. Under 18 needs parent permission to attend, so our committee decided to focus on college students. In order to get the message out to them, we want to add a QR code to the posters that can be downloaded from oa.org. This way, college kids can click the image with their smart phones and be taken straight to our website. The process costs nothing and is simple enough that two members of our committee created a prototype that we showed to the group. Our group will create a simple manual for doing this, and I will be happy to work with Victoria to set up a landing page specifically for the younger set in our area.

Deborah: I am so grateful to UDDI for allowing me to represent them and the months of contributions that financially supported the trip. I was apprehensive about going but having Jan as my private hand-selected mentor eased any concerns. The biggest take-aways I had were that members of OA are supported ultimately by WSO and throughout the entire assembly, the board deferred to individual members. I also came away with a better understanding of how much effort goes into the smallest details: language and policy that didn't feel like red tape but felt more like careful consideration to benefit individual oa members.

Jan: Because this was my third Assembly, I knew what to expect and was again impressed by the quality of work this bright, hard-working, loving, accepting, and abstaining group of people was able to accomplish. The work of the Assembly will be continued between now and the next Assembly through emails and conference calls of our committees. This experience was exhausting and invigorating at the same time, and it definitely boosted my commitment to my program and The Program. I want to thank UDDI for financing the trip and I will do my best to be worthy of the investment.

Respectfully submitted,
Deborah S & Jan S