

## **The Region 2 Board is looking for a**

**Publications Coordinator**. Requirements are below. If you want to really up your level of recovery and are interested in service, this position could have your name on it!

- Be a member of Overeaters Anonymous for at least three (3) years.
- Be regularly attending OA meetings within Region 2.
- Have current abstinence from compulsive overeating of at least two years, each person being the sole judge of his or her abstinence, and taken Steps 4 and 5 of the Twelve Steps.
- Declare himself as practicing the Twelve Steps to the best of his ability and as committed to the Twelve Traditions of OA.
- Upon election, each R2 Board member shall make a commitment of adherence to the Twelve Steps and Twelve Traditions, and continual maintenance of abstinence throughout the entire term(s) of office.
- Have at least two (2) years of service above the meeting level.
- Be serving, or have served, as an RR or Alternate to at least two (2) two Assemblies, as a member of the R2 Board, or as a member of World Service Board of Trustees.

## **DID YOU KNOW?**

- OA Region 2 accepts online donations. Please note that if you donate online, the region loses part of that donation to service fees (roughly 3%).
- December 12<sup>th</sup> is Twelfth Step Within Day.

## **IMPORTANT REMINDER**

If you listen to podcasts or attend phone or online meetings or call-in workshops, please remember to honor the 7<sup>th</sup> tradition and contribute to WSO. It is great to have these online resources, but it often means the 7<sup>th</sup> tradition is forgotten. I never thought twice about paying any amount of money for my addiction; why wouldn't I treat my recovery even better?

## **EXTRA!! EXTRA!!**

The R2 Convention is June 9-11, 2017 at the Hilton in Costa Mesa. This is the major fundraiser for R2 and there is lots of recovery and fun. This year's theme is Rocketed Into the 4th Dimension. They are looking for a Hospitality chair, a volunteer coordinator and event security person(s). There is no abstinence requirement and no need to be local. They are also looking for volunteers.

Region 2 is accepting donations of clothing and prizes/high ticket items for the 2017 Convention. They are looking for a point person for each Intergroup to receive donations for our intergroup and either bring them to the convention or pass them off to someone else who is attending (last year I met with someone in Ventura to pass off our donations).

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There are SO MANY resources available to us—it's unbelievable! You don't have to know about all of them now, so just start somewhere. One good place to start is the R2 website: [www.oar2.org](http://www.oar2.org). You can find:

- A list of events happening in Region 2: <http://www.oar2.org/events/index>
- Podcasts from past R2 Conventions: <http://www.oar2.org/convention/audio-library>
- The R2 semi-annual newsletter: <http://www.oar2.org/about-r2/latest-news>

## **ABOUT OA'S STRUCTURE**

Overeater's Anonymous is structured as an upside down pyramid. In most organizations, the individual (at the bottom) serves the organization (at the top), but in OA, the organization (WSO at the bottom) serves the individual (at the top).

Going from the top down, then, in OA it is the individual, the group, the intergroup (if there is one), the region, and finally World Service. These service bodies exist to serve the individual and the groups and to spread the message of OA. In other words, you, as the individual are the driver of what the service bodies do. Please remember, that without your participation, either through service in these bodies or speaking up to your intergroup or region representative to let your voice be heard, OA is without your guidance.