

REGION 9 ASSEMBLY 2013  
7<sup>th</sup> TRADITION WORKSHOP  
BREAK OUT GROUPS – ANSWERS

**Region 9 Assembly, Israel 2013 – Workshop 7<sup>th</sup> Tradition**

**“The Year of Abstinence Awareness”**

To be aware of our abstinence can mean many things but many of us think of the various steps we took in OA, the steps and actions that led us from our last compulsive bite to this very day in abstinence and serenity. Many of us will probably agree that our abstinence is bigger than “leaving food addiction behind”; we have been given many gifts, among them the gift of *financial health*. Thus, when we are aware of our abstinence, we are also aware of our financial recovery. Discuss in pairs:

1. What did the 7<sup>th</sup> tradition, “I am self-supporting”, mean for your *financial recovery*?
2. Are you aware of your group-treasurer’s (IG-treasurer’s) responsibilities?
3. Does your group/IG have a prudent reserve?
4. Does your group know about the recommendations regarding contributions to WSO and R9?

**Group 1.**

1.
  - Being in charge of my life, not dependent of anyone else (my own boss) – the way I manage my food is the way I have to manage my money. If I love myself I'm more responsible with my money.
  - Going through my fears of not having enough.
  - Remembering not to expect others to do the things I can do on my own.
2.
  - Count the money and make sure that it was allocated correctly while keeping a reserve, take care of the money, being responsible for OA's money.
  - Reporting how the money is used, making sure we have enough in reserve.
  - Making sure that the contribution is gathered correctly.
3.
  - We have a reserve.

**Group 2.**

Financial Recovery/Abstinence:

- We learn in OA to balance our budget, planning in advance how to spend our money, saving for things that are really important and not spending compulsively, we learned responsibility, generosity. So much!

**Group 3.**

1.
  - ”I am self-supporting”
  - How to handle a group which exists “alone”, on its own, with much 7<sup>th</sup> Tradition in its treasury, not helping a new group to start.
2.
  - Can a new group appeal directly to R9 to have a “start-package”?
3.
  - There is much resentment in the new group about the behavior of this “old-self-supporting-not-sharing” OA group.

#### **Group 4.**

1.

Made me aware step by step of the financial impact of my disease in my life.

Becoming aware of the value of money (food first).

I'm becoming more honest about finances (food).

Financial part became a criterion in my purchases.

Finding a balance regarding food and finances is linked.

2.

How do we deal with financial situations because they cause: resentment, anger, etc...

Need to have a report with all the details available for transparency, clarity.

- makes participation increase.

An available financial reserve makes it possible to work the best way we can.

- saving for expenses on literature.

- saving for expenses on participation Region 9.

3.

Intergroups and groups are contributing to WSO, and R9, and open to talk about it. It's good to feel that your group or intergroup supports others financially. It is service.

#### **Group 5.**

1.

Taking responsibility. Doing better with money as with food. Achieving balance.

Applying the 7<sup>th</sup> tradition principle to my own life. Responsible financial behaviors go hand in hand with recovery.

2.

Yes yes!

3.

Yes yes! Treasurer position/s (both) are open.

4.

Know about them and contribute.