

## Pre Region 9 Assembly & Convention Newsletter

Reminder for you to book your place now and reserve your room.

Holding an assembly and convention each year is part of our region events to help carry the message of recovery from compulsive eating and share the joy of abstinence.

Here's some of what you'll experience at the Assembly:

- **Workshops:** How to Abstain from Compulsive Eating one day at a time, Translations, 7<sup>th</sup> Tradition, Strategic Planning of how we carry the OA message.
- **OA meetings** topics: Sponsorship, OA Literature, Service.
- **Committee meetings** with our R9 committees, - Translations, Public Information, 12<sup>th</sup> Step Within, Electronic Communications, Bylaws, Finance.
- Hear our **liaison with some of the countries in R9 that cannot attend the Assembly.**



We are all peddlers on the OA recovery bicycle.

All this, plus plenty of opportunity to rejuvenate yourself and your program with lots of time with 'program' people who understand you! If you are representing your service body you will be taking part in the group conscience of the region.

You can also be a visitor to the Assembly – even though you would sit at the back during the assembly itself – you could still join the workshops, the committee meetings and of course attend the OA meetings morning and evening.

The Convention will consist of two days of packed meetings and workshops and lots of opportunity to share in between. Topics covered will include :-

- **The Promises,**
- **Sexuality Step 6 & 7,**
- **Taking care of me,**
- **Meditation &**
- **Action Plan (New Tool).**

As an aside - I attended the Assembly in 2003 as a visitor and then the convention and wrote afterwards in a report to my service body:- 'I thoroughly enjoyed my very first visit to the Region 9 Assembly & Convention and hope it will be the first of many. My overall message that I take away with me is that the programme does work, can work over a long period of time, and can't fail to work - IF I WORK IT. I hope I will remain forever grateful for the experience of the weekend.'

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OA Region 9



[www.oaregion9.org](http://www.oaregion9.org)

### Region 9 Board and Committee Chairs

*Trustee* - Esti from Israel  
*Chair* - Stella from the UK  
*Secretary* - Karolina from Sweden  
*Treasurer* - Isabella from Sweden  
*Banker* - Alison from the UK  
*Electronic Communications Chair* - Sabine from the UK  
*12<sup>th</sup> Step Within Committee Chair* - Susan from Israel  
*Bylaws Committee Chair* - Joanna from the UK  
*Translation Committee Chair* - Loes from the Netherlands  
*Public Information Committee Chair* - Isabel from Austria

[Region 9 Assembly  
23 – 25 Nov 2011  
followed by a  
Convention  
25 – 27 Nov 2011  
Belgium](#)

[Visit the R9 website for  
the latest booking form  
and mark in your diary.](#)

**WSBC Delegate Support  
Fund** - applications to  
WSO by 1<sup>st</sup> November.

If your service body wants to attend WSBC in 2012 - you need to apply now. Go to [www.oa.org](http://www.oa.org) under Documents - Service Body Support and download the form Delegate Support Fund Application.