

## **Ideas on ways to increase the 7th Tradition**

- Specify what the 7th Tradition covers at the appropriate point in a meeting. For example when it is being collected suggestion 'The 7th Tradition pays for the expenses of the group such as rent & literature and also contributes for its share of the services provided by its service bodies, i.e. Intergroup, National / Language Service Boards, Regional & WSO'.
- Constantly try to inform your group members of the structure of OA service group conscience & why we have it. Show the map of the World with Region 9 marked.
- Pass 'the pot' the second time for specific things.
- Project what finances you as a group would like to collect & what you would like to do with it so that in a year the group has a goal/s.
- Consider fund raising as a group.

Mention the suggested amount continually in the group so that members are aware.

- Accept that 'it starts with me' – maybe my pattern of behaviour around money is like that of my pattern of behaviour around food.
- Ask the fellowship to consider the money they once spent on our food obsession Binges, Compulsive Exercising, Diets, Pills, Counselling, & other things as a possible solution to compulsive eating and compare this value to what they contribute to OA.
- Remember the slogan Give as if your life depends on it.

Why not get together & consider your own ways to add to the above.

All cultures are different and different things work well in some areas & not in others.

Methods of Payment to Region 9:

Please obtain details from the Region 9 Treasurer, [treasurer@oaregion9.org](mailto:treasurer@oaregion9.org)

Please let us know if you have more ideas; we can then put them on the website so that everyone can benefit from them! Send them to [webmaster@oaregion9.org](mailto:webmaster@oaregion9.org)