

How we carried the OA Message in our R9 Assembly & Convention

<u>R9 Assembly</u>				<u>R9 Convention</u>
<u>Year & Committees</u>	<u>Workshops during Assembly</u>	<u>OA Meetings Topics in morning & evenings</u>	<u>Misc. Topics Covered</u>	
2011 (Belgium) (29 th R9 Assembly) Translations 12 Step Within Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Translations Strategic Plan 7th Tradition How to Abstain from Compulsive Overeating one day at a Time 	<ul style="list-style-type: none"> Sponsorship Service Literature 	<ul style="list-style-type: none"> Abstinence Lifeline Translation Contact with R9 Countries not present Newcomer Meetings Guidelines Meeting List Accuracy R9 Board Meetings held mid-year via Skype 	<u>'I Put My hand in Yours'</u> <u>(Sessions in Dutch, English & French)</u> <ul style="list-style-type: none"> The Promises For Today Newcomers A Plan of Action I Love me Humor in OA Sexuality – Step 6 & 7
2010 (Iceland) (28 th R9 Assembly) Translations 12 Step Within Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Translations Strategic Plan 7th Tradition Game – Wheel of Misfortune with WSO & R9 Finances teams Sponsorship 	<ul style="list-style-type: none"> Abstinence Steps Big Book 	<ul style="list-style-type: none"> Abstinence R9 Website Contact with R9 Countries not present Personal Service Action Plan Tent Cards R9 Newsletter Ass Materials on website 	<u>'Strong Meetings and Tools of Recovery'</u> <u>(Sessions in Icelandic & English)</u>
2009 (Italy) (27 th R9 Assembly) Translations 12 Step Within Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Translations Strategic Plan (review of OA Biker & Four Aspects of the Plan) Traditions (from S & T manual) 	<ul style="list-style-type: none"> Abstinence Steps Sponsorship Strong meetings Checklist 	<ul style="list-style-type: none"> Meeting List Accuracy Newcomer meetings guidelines 	<u>'Trust & Responsibility Our Growth'</u> <u>(Sessions in Italian & English)</u> <ul style="list-style-type: none"> Service Structure of OA
2008 (The Netherlands) (26 th R9 Assembly) Translations Elec Communications PI Bylaws Finance 12 Step Within established this year.	<ul style="list-style-type: none"> Translations Strategic Plan Region Inventory Strong meetings – Strong Recovery inc. Traditions 	<ul style="list-style-type: none"> The Disease of Compulsive Overeating – Physical, Emotional 7 Spiritual How to Abstain from Compulsive Overeating One day at a Time How it Works – 12 Steps Eight Tools 	<ul style="list-style-type: none"> Translation Brainstorming by BOT & RCC feedback – beginning of world awakening of literature translation & OA in languages other than English 'Give as if Your Life Depends on it' Translation of 7th Trad Pamphlet Attendance @ WSBC & R9 encouragement R9 Week established (1st Week Sep) PI in form of 12 Step Within PI – exchange ideas between countries 	<u>'We Absolutely Insist on Enjoying Life'</u> <u>(Sessions in Dutch & English)</u> <ul style="list-style-type: none"> Tradition 1 Carry the message – Step 12 God is doing for us what we cannot do for ourselves – Step 1, 2 & 3 Meditation Face the Fear (Step 4 & 5) Tradition 2 S & T Workshop Keep it Simple (Trad 5) 4th Step Workshop Beginning & End of isolation (Step 8 & 9) Live & Let live (Trad 10) Closing ceremony 'For me enjoying life means.....')
2007 (Israel) (25 th R9 Assembly) Translations Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Strategic Plan – Strong Meetings & Committed Service Bodies Contact of Country not present Autonomy – Tradition Four 		<ul style="list-style-type: none"> OA 'Group Information Book' – with various OA Guidelines and workshops translated into Hebrew. (This is not 'local literature' – it is extracts from OA approved literature which is gathered together and 'bound' in one book in Hebrew and effectively takes away the guess work from having to decide which literature is really necessary in order for the 'unorganised' organization of OA to function in which English is not the primary language. (NB Royalties are paid to OA Inc.) Public Information film in Hebrew Attendance of OA meeting in Jerusalem by 3 of the reps (different countries) – after the Assembly & Convention ended – thus bringing the A & C to the fellowship and the OA group to the R9 reps from different parts of the Region. 	<u>'Welcome to Recovery – here and now'</u> <u>(Sessions in Hebrew & English)</u> <ul style="list-style-type: none"> Today I celebrate my special & different gifts Surrendering my will & my life to a HP Choosing Abstinence & Recovery daily Good morning recovery Acceptance is the solution to all my problems Half measures availed us nothing I am a walking miracle today Keeping my abstinence through good times and bad Dealing with pain through the 12 Steps of recovery Nothing tastes as good as abstinence feels Gratitude should go forward not backward True comfort is to be found in the balance & sanity of abstinence
2006 (Spain) (24 th R9 Assembly) Translations Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Translations Strategic Plan Meetings Lists S & T Highlights of WSBC 		<ul style="list-style-type: none"> R9 Website R9 Week discussed 	<u>'Dignity of Choice'</u> <u>(Sessions in Spanish & English)</u> <ul style="list-style-type: none"> Sponsorship How to get to the Compulsive Overeater In which ways is doing service useful to me? How to welcome the newcomer It takes two – 7th Trad
2005 (Sweden) (23 rd R9 Assembly) Translations Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> S & T Highlights of WSBC Serv Structure / 7th Tradition 			
2004 (England) (22 nd R9 Assembly) Translations Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> Why am I here Today? S & T Highlights of WSBC 			<u>'Into Action – Step 4, 5, 6, 7'</u>
2003 (Belgium) (21 st R9 Assembly) Translations Elec Communications PI Bylaws Finance	<ul style="list-style-type: none"> S & T Highlights of WSBC Service structure Unity & Group Autonomy Getting People to give Service Web Site presentation 		<ul style="list-style-type: none"> Visit of Region Chairs from all over the world – workshops / talks etc. on all aspects of recovery & service. 	<u>'Travelling the OA Road of Recovery'</u> <ul style="list-style-type: none"> Abstinence is a Life long Commitment The important thing is – Just Do it Traditions – Bill W Tools of the Program Road to Recovery – Working with Others Four primary Attitudes that lead to our Character defects – selfishness, dishonesty, resentment & fear.