

Region 9 Assembly and Convention Unites



*“Always to extend the hand and heart of OA to all
who share my compulsion; for this,
I am responsible.”*



Newsletter Region 9 September

Susan, Region 9 chair

Region 9 Assembly & Convention 2014

This year we had R9's A&C in Greece. There was so much hospitality, pre-planning, and concern for all of us r9 representatives and visitors. It was amazing.

The assembly took place from Wednesday, September 17 till Friday, September 19. We had r9 representatives coming from England; Netherlands; Denmark; Italy; Greece; Ireland; Hungary; Belgium; Israel; South Africa; Sweden; France; Poland; Lebanon; Egypt; and Iceland. We had visitors from Greece; Poland; Switzerland; France; Cyprus; and England.

During the assembly, we had some of the usual tasks at hand – service position elections; motions; 2 budget approvals; workshops; readings; trivia; and tradition 7 items to sell. We also had to vote on whether or not to give 2 representatives a voice and a vote during the assembly – they both came from unaffiliated service bodies. We voted on who could be r9's delegate/s to WSBC 2015 with funding from r9. Also, we voted on endorsement of 2 R9 Trustee Nominees.

This year was my 3rd year as Region 9 Chair, and running the Assembly felt different for me this time around. There were changes, additions, subtractions – to the Agenda and the running of the assembly. This was a great lesson for me. And to be more flexible and accepting.

The convention was fantastic – many topics and many speakers. Saturday night was a fun night, and we surely did have fun. Also, to be able to hear the history of OA in Greece was really nice.

I want to thank all those who made Region 9 Assembly & Convention 2014 in Greece a terrific event. To thank those who have finished their service positions and those who have taken on a new service position within Region 9. A more detailed report will come out through email and posted on the R9 Website shortly.

Most of all, I want to thank all of you for the support I have received, as Region 9 Chair, and I am very grateful that I can do this service.

Esti, Region 9 Trustee

From our Trustee's desk

After some months of preparations, the time has come to go to Region 9 Assembly & Convention. This time in Athens, Greece. For me it was a short flight and a feeling of coming home. I have already visited the OA fellowship in Greece twice, have done a lot of service there and made a lot of friends.

Right upon arrival I met some Greek friends and other OA friends whom I haven't seen for a while and it is amazing to feel as if we have been together all the time. This is really a special feeling for me. They are my family.

We had a very busy Assembly with business and formalities but we also made time for workshops, reading about Abstinence and having fun. We didn't have time to deal with all the motions but we will have another chance to do it next year.

At this Assembly I have volunteered to act as the Parliamentarian. It is a responsibility I haven't experienced before but, thank God, I don't have to be perfect so I did my best, probably made mistakes but all went well. I am always amazed at the way we conduct our business and even if we feel strong about some issue we have to remember that everything is decided by a group conscience and that we have to vote according to what we think will be best for the good of OA as a whole and to put principles before personalities.

The Convention started on Friday night with the theme of "Living the OA message. Together we can" Each meeting we addressed a different aspect of the program. Abstinence,

Newsletter Region 9 September

working the 12 Steps, practicing the Traditions, carrying the message and dealing with diversity. All the sharings were translated to English or to Greek. I learned a lot from the experience of the people who shared about those topics. The Greek fellowship did a great job of service, hosting putting up the Convention and translating.

We had entertainment with fund raising and dancing till midnight. We learnt to dance Greek dancing which was very special. At the last session we heard about the history of OA in Greece from Judy who was the founder of OA there. It was amazing to hear about all the struggles and difficulties they faced and to see how OA is doing there now.

A big thank you to our hosts the Greek NSB and the members of the fellowship who did so much to make us feel welcomed and to fulfill our requests. A big thank you to our Chair Susan and all the other representatives who did a great Job. A special thank you to the greendots. It is not easy to find your way through the thick binder and to follow the motions but with the help of the mentors they did a good job.

This is my last Region 9 Assembly as Trustee I would like to thank you all for giving me the opportunity to do service. It is such a privilege. I really feel fortunate and blessed. I'll still do this service with the grace of my HP till May so feel free to contact me if you need anything.

Love in service,
Esti

Mette, Region 9 Secretary

Region 9 Assembly & Convention

It has been such a pleasure for me to attend Region 9 Assembly & Convention 2014, in Athens, Greece, as Region 9 Secretary. It has been so fulfilling and joyful, that I can hardly imagine. I was shown so much hospitality and helpfulness during both the Assembly, and the Convention, that I am deeply grateful to NSB of Greece, and all the volunteers, who did an amazing job in letting me feel welcome and appreciated.

I liked the hotel very much, and the meeting room was excellent. Also, it was terrific that we had microphones at the tables, and plugs for the computers; a lot was done to facilitate our work. I also found it very useful that the room had space, and tables, for us when we needed it for work and sessions, during the Assembly. The room was perfect for the Convention workshops as well.

As this was my second year as R9 Secretary, the service position was vacant, so I applied for another two year term, and was re-elected. This re-election shows me that people around the Region, do like what I try to do in this position, and trust that I am capable in doing the job.

It was so much easier to write the minutes this year than last year, and the anxiety and fear of doing it wrong, was gone. In fact, my recorder died several times through the three days of business, so I was helped by my Higher Power to have trust in everything being alright. Now I need to work on the minutes from here on. To me the Assembly did a terrific job, and it went smoothly and efficient.

The Convention had amazing subjects at each workshop, and fabulous speakers who shared so much recovery and hope. It is beautiful to go around the world and feel like family, languages doesn't matter, I have something in common with you as you share thoughts and experiences I have had myself.

On Friday night I went to see Athens by night, a trip OA Greece had organized. It was a really good opportunity to get to know people better, and to have a social gathering. As I remember, we were 22 people from the start. We went by public bus, and walked around in the center of Athens. Acropolis with all the spotlights on, was breathtaking! I'm really happy that I did go on this tour!

Thank NSB of Greece! I am speechless!

Thank you for allowing me to do service this way. Love in Fellowship, Mette

STEPS/TRADITIONS/CONCEPTS/GOODTOKNOW

Steps

Step 8 Made a list of all persons we had harmed and became willing to make amends to them all.

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Traditions

Tradition 8 Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Tradition 9 OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concepts of OA Service

Concept Eight The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Concept Nine Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.



1. Increasing Focus on Actions Required for Abstinence – Abstinence Power Point, Strong Abstinence Checklist, and Abstinence Literature Resource Guide can be found on the OA Website
2. OA Newcomer Orientation Video, OA R9 Glossary, Getting & Giving Help Workshop (Sponsorship), New Sponsorship Workshop 2014 - Now to be found on the R9 Website
3. Strong Meeting Checklist and Unity with Diversity Checklist - 2 more pieces of OA Literature to translate in your own language
4. Abstinence, Working All 12 Steps, and Individual's Responsibilities to Carry the Message - OA's focus for 2014 – 2016
5. Overeaters Anonymous, 3rd Edition to be available at WSO in October (approved at WSBC 2014)

1st Reading on All 12 Steps

(THE ANSWER TO WHICH PIECE OF LITERATURE THIS IS COMING FROM IS ON PAGE 11)

'Understanding how the steps work together in my recovery doesn't mean I pick and choose among them, substituting one I like for another that I don't like. Recognizing how they all work together helps me do what I need most for my recovery.'



HAPPY JOYOUS AND FREE: The Twelfth-Step-Within Committee Letter

The Statement on Abstinence and Recovery is as follows:

"Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program"

OA celebrates International Day Experiencing Abstinence (IDEA) on Saturday, November 15th, 2014.

You could...



- Organize a workshop on abstinence like:

Food School www.oa.org/pdfs/food%20school.pdf

A&C 2013 <http://www.oaregion9.org/wp-content/uploads/2009/11/APPENDIX-J-Abstinence-Workshop.pdf>



- Presenting a skit about abstinence:

<http://www.oaregion9.org/wp-content/uploads/2009/11/APPENDIX-I-Abstinence-Skit-Dialogue.pdf>



- Invite one or more speaker with a good abstinence experience to share his/her experience

Let's come together to enjoy this day of recovery!
Your Region 9 Twelfth-Step-Within Committee



WHAT'S NEW!

What's New in Region 9's Website

- [Getting & Giving Help Workshop](#)
- [Welcome to OA: video](#)
- [Sponsorship Workshop 2014 OA Basic Glossary](#)
- [What are Assembly & Convention? \(28/10-1/11/2015 in France\)](#)

What's New in the OA Website

- [NEW! Step One Public Information Poster](#)
- [NEW! Abstinence Literature Resource Guide](#)
- [Revised and updated: Suggested Meeting Format and Suggested Telephone Meeting Format](#)
- [Find and register email loops on www.oa.org](#)
- [Ask-It Basket](#)

David, NSB Israel

Confessions of a Green Dot – Athens 2014

After 11 years in OA, I finally arrived at my first Region 9 Annual Assembly – in Greece. From my first contact with the Greek organizing committee – Toula and Loudovika, I knew that I could expect a well organized and friendly, welcoming assembly. And I wasn't disappointed. It doesn't matter where I go in the world, OA is my family – OA is my home. When I walked into the hotel lobby on Wednesday, it was wonderful to be greeted by familiar faces – Esti, our Region Trustee, and some other familiar faces of other OA members who were in Israel in 2013 for the annual assembly there. Despite the exhaustion from the early morning flight, I quickly got myself organized and took a very brief tour of the centre of Athens, before getting ready for the start of the assembly.

I couldn't have asked for a better Mentor – thank you to both Susan and of course to Francene – your help was invaluable and helped me to understand what was going on. To be honest, I was expecting to be bored quite a bit, but thankfully the proceedings were interesting to me as were the issues discussed.

Throughout the many discussions and deliberations, one thing was very apparent: despite the obvious disagreement at times, the debate was civil and calm. Voices were not raised, people did not interject and there really was very little chatter going on, at least what I could tell. To have this level of discourse with such a level of maturity is a sign of the amazing recovery for each and everyone present in the room.

I am also amazed at the sheer amount of work that goes into preparing the conference – especially to Mette for preparing the binder which seems so exhausting, and to Isabella and the finance committee who prepared the budget and all the business motions. And finally to Susan, our tireless Chairperson, who remained calm the whole time – it was a great effort by all of you – thank you so much.

On a technical level, I was very happy with my room – the great hot water and power of the shower, the tasty meals and the great wifi throughout the hotel was fantastic. It was unfortunate that I had to leave so soon after the Assembly, and not stay for the conference, but I look forward to seeing many of you again in Albuquerque in April, or in Paris in October 2015. Thank you for your friendship and thank you for your support in recovery.
David,

Questions & Answers:

Q: What was born in October, 1965?

A: OA Lifeline, from 1962- Bulletin.

Newsletter Region 9 September

Catherine, Italy Region 9 Twelfth-Step-Within Committee Chair

CARRYING THE MESSAGE OF OA

For the last Region 9 Assembly & Convention hosted in Athens from September 17th to 21st, my Greek OA friends from the organization gave me the opportunity to share for the Saturday Afternoon Session: **Do I carry the message inside and outside oa every day? how?**

I was about to improvise about it, but as a dear friend had to serve me as an English-to-Greek interpreter, I decided to write it down. It helped her to do her service and... wow, it helped me to really reflect about it. I decided then to share it with all of you because it has been for me really helpful.

DO I CARRY THE MESSAGE INSIDE OA EVERY DAY? HOW?

My first spontaneous answer would be “Yes: by not eating compulsively and working the program (doing the steps and using the tools)”.

DO I WORK WITH A SPONSOR?

I bring the message when I share and ask help to my sponsor and OA friends. Doing so, I admit I have a problem, I show my weakness and my real needs in a responsible way instead of pretending to live in an autarkic, isolated, I-know-it-all , I can-do-it-by-myself way.

HOW DO I PARTICIPATE IN THE OA SERVICE STRUCTURE?

- From the first day, sharing at the meetings even if I feel I have nothing to say or that I think I won't do an Oscar-winning share.
- putting chairs around the table and literature on the table
- taking service position at the group level (secretary, literature person, contact list)
- smiling to people, welcoming newcomers
- sending messages and calling in between the meetings (this is the most difficult thing for me)
- encouraging my sponsees and friends to give service
- using my creativity and humour to lead meetings
- doing PI for my Intergroup (this year I have been in an highschool and had been a speaker in an health event with doctors)
- doing language interpretation for R9 friends coming to Italian National Service Board Conference
- going to R9 Assembly & Convention 2013 in Israel as visitor to understand better the service structure and translating for a friend all the assembly, playing a role in an abstinence skit
- taking the service position of TSW Committee Chair for R9 at the R9 Assembly and Convention 2013
- saying out loud that I do service in those positions, so that people can know they exist and want to do so, acknowledging that it is possible and gratifying

Writing down that list made me feel kind of dizzy... am I the protagonist of all that stuff? Am I not anymore that obese, with no self-esteem little girl?

DO I CARRY THE MESSAGE OUTSIDE OA EVERY DAY? HOW?

Oh... is there something outside OA?

Is that dangerous terrible place full of normal people? Or the place full of crazy people assuming they are normal?

Do I really have to get back there, where I never belonged, now that I found home in OA?

When I arrived in OA, I was going crazy about relationships, relation with my parents were not that good (I had put 7000 km between us in 2003), I was struggling with precarious job and was dating with a man who wanted to see me twice a month while I was waiting him to change his mind.

Oh... a detail... I was obese, I weighted 65kg but as I had weighted around 75 kg the year before I felt I was doing pretty well with weight by my own. For sure, food was not a problem for me. I was going to lose some kilos, reach healthy weight and life had been perfect then. We were in May 10th, 2011.

The year after, I remember a colleague of mine asking me how I had managed to lose 10 kilos. As she previously had a stomach surgery and had gain back all the weight with interests, I thought I was my responsibility to carry the message of OA. So during the school break, in the middle of yelling kids, I shared my story in front of 10 colleagues and told them I had an emotional problem. I was clearly trying to convince her to come to OA. She looked at me and coldly told me "yes, I always felt you were pretty weak". I was struck and she never asked me again.

At that time, another colleague had another really meaningful reflection: she asked how come I was no more the angry-face girl she had known. I answered God had done that.

I stopped talking to everybody I met about OA and was pretty struggle about how to carry the message. A month ago a friend of mine discovered someone she knows have a compulsion problem. This friend had known me for 11 years now and even if we don't talk often about OA, she knows it changed and still changes my life physically, mentally and spiritually. She shared with her sick friend about the Twelve-Step Program and today S. has been abstinent from her compulsion for 35 days. The magic thing about it is that I never saw that girl but the message of my recovery saved her. Sticking to my plan of eating and taking care of my program, so of myself, I carry the message of OA around me.

AM I THE MESSAGE I WOULD LIKE TO RECEIVE?

This question brings me back to my way of sponsoring. I have had some sponsees. One seems in recovery, the other are not abstinent, some disappeared, some are still in OA and have changed sponsor.

By sharing at the Greek Convention 2014 about this topic, I realized I never was able to recognize to myself all the footwork I had been doing in OA since May, 2011. Since I didn't acknowledge it, I was not able to guide with my sponsees on how to remain abstinent and to go along with recovery. I felt it was too obvious, or not enough. I come back home with the intention to change my way of sponsoring and sharing my experience in a much clearer way.

With Love in the Fellowship who saves my life,
Cathrine



Answer to 1st Reading on All 12 Steps

1. **Abstinence... It's All in the Steps...** page 41 / 2nd Edition – page 40



Perline, France

Letter from a mentor to a green dot

Dear Green dot,

What is Green dot and mentor relationship

As a "green dot" and "mentor" we are similar to sponsee and sponsor, for this Assembly, and for the time of the Assembly.

As a mentor, I have to help you, to support you, answer to your questions about the Assembly, and the following convention.

Before, during and after the Assembly.

The relation starts as soon as possible, as soon as we know who is the green dot and who is the mentor of each other.

Chair Welcome letter

Read the chair welcome Letter, section C, you will have questions and informations to carry from your country.

The binder

Absolutely everything you need for the Assembly is in the « binder ». The binder is the bible of the assembly :)

The whole binder reach generally more than 250 pages :(

The binder is constituted of files, each of them is a section, each section has a letter (sometimes a letter and a number), from A to Z, written in a square on the top right of each page.

You can download it from the website (<http://www.oaregion9.org/region-9-membersgroups/region-9-assembly/>).

You have all the separate sections, their letter name, the title, the number of pages of each section, and their last updates. You can download only what you need, especially when updated.

And you have the whole binder, too.

You have to organize it your best for being able to find what you want and you need easily before and during the assembly.

For example, you can hole all the pages and put all the sections in a binder, with separation for each section, it means each letter.

But you can, too, make groups of letters in specific “mini binders”. For example A to E : introduction ; F to N1 : chair and committee reports ; O to Q : motions, bylaw amendments and

Newsletter Region 9 September

service positions to be voted ; R to U : guidelines, V & W : actual bylaws, policies, procedure ; X & Y : general informations about R9 in the world ; Z : AGR9 last year.

All the solutions to organize and carry the binder are ok, the important is that it fits your way of consulting it.

You must read it, as soon as it is available, but, to save ink, you can print it as late as possible, because several files can be updated until the last moment.

First of all, the motions to be voted

You have to read everything, for sure, but first of all the motions, sections O and P, which are proposals of changes in the bylaws or procedures, and will be voted.

Maybe you will have to think about, or ask to other OA members of your country before voting.

In practical, during the Assembly

Practically, we are all representative around a large table, and depending of the agenda (section D), we have presentations, votes, discussions, plays, and we follow rules, especially to talk and to vote, clearly explained (section E).

The best is, clearly, that green dot and his-her mentor sit next to each other during the assembly. The communication between them needs to be written on papers, and not spoken out.

It is very dense, and in English. Breaks are short, we can have tea, coffee, fruits, and we talk: break doesn't mean doing nothing! Assembly is kind of high level sport :)

But never forget that it is our recovery before all, so take care of you.

Anyway, mentor is there to help and support you, ask for me, for anything, at any moment.

Committees

About committees, the best is to read each of their last year report, sections J, K, L, M and N.

You can reach one of the committee, for the next year, to the next Assembly.

Report to your country

I send you the last year report I have written for my country, which is only my report, but can give you an idea for yours.

And, after this Assembly, we can send each other our own report draft to give and get ideas one from the other.

If you have question, feel free to ask me, now, during or after the Assembly.

Hope you feel as well as possible, don't worry, we all were green dot one time, we all know what it is. And we all survived :)

Hugs.

Your mentor.

Perline

DATES TO REMEMBER:

- 1. November 1, 2014 - Delegate Support Fund Application due to WSO (for WSBC 2015)**
- 2. November 1, 2014 - New Translations Funds Deadline due to WSO**
- 3. November 15, 2014 – International Day Experiencing Abstinence (IDEA)**

Newsletter Region 9 September

Betty, Greece

It was the first time I participated in R9 Assembly as representative of my intergroup and I was quit nervous before I got there. But everyone was so kind and helpful that I soon felt like home. I was so proud to be a member of this Assembly and to represent my intergroup. It was very interesting to see the way decisions are made and to be able to be a part of it. It surprised me that everyone was equal, no matter how long one is in the program or in the Assembly. I had the right to express my opinion and to vote for any decisions. I found myself participating, asking questions and making remarks and I couldn't believe it was me – it certainly wasn't only me. My H.P. was there with me all the time.

It was so great to meet people from different countries and to work with them. Before and after the Assembly we had meetings where we could share and feel even more close to each other. Those people are precious to me. I keep contact and it feels great to know that we have something in common. OA bring us together. We are a family, no matter where we come from or which our story is.

Service helps me keep my abstinence and grow. We were all so busy and full those days that we didn't have time or need to overeat.

I am in OA 2,5 years and I take every opportunity to give service. It helps me feel that I belong to this fellowship. It is a way to express my gratitude for this fellowship which has saved my life. I am grateful to be able to give service and to grow within the fellowship and as a person.

Siobhán, Ireland

Attending Region 9 Assembly this year in Greece for me was an absolute privilege.

Leaving for Greece...life being life, I felt so tired and unsure I would have the energy for the days to come; It was entirely the opposite! The energy that was in the rooms for the few days was amazing!

I'm sitting writing this at the airport as my flight home is delayed but I just feel so much gratitude, Im grateful for all those I met, some of whom I already knew and lots of new faces. This year in region 9 Assembly as Bylaws Chair for the second year I felt relaxed and at ease, thanks to my HP but also to those who were around me.

There were many Bylaw and New Business motions this year and many that we did not have time to vote on; which may be brought forward again next year.

My term of Bylaws Chair was up this year and though I feel sad, Im grateful that I can still be of service and remain on the Bylaws committee and continue to work with the incoming Bylaws Chair and the rest of the committee.

I go home from Greece filled with renewed hope, love, courage, acceptance and gratitude for my life...especially since I have found OA.

Siobhán.

Questions & Answers:

Q: When did OA begin?

A: January 19, 1960

ASK IT BASKET

from



Region 9 Assembly September 2014 in Greece

Q. There are some members in our OA groups that begin taking various subscribed medication (anti stress pills) that helps them cut their emotional triggers that lead them to compulsive food or overeating. Do you consider those OA members in abstinence or that they are in recovery?

A. Medication is considered an outside issue in OA and we do not deal with it. These medications are usually prescribed by a Doctor and we do not have an opinion on these matters. We send newcomers to a Doctor or a dietician to establish a food plan so we should do the same with medications.

If a Sponsor has a personal problem with this issue he might ask the Sponsee to look for another Sponsor but it doesn't mean that the Sponsee is not abstinent or in recovery.

Q. If there is an OA group that has registered but the last years has not been getting the updates or any information because nobody takes on service, such as secretary or delegate, therefore has no connection with a service body:

a) Is it still considered registered if there is no member's personal details to contact?

b) A service body such as NSB - how does it deal with those groups? Do they keep them on the OA catalogues or are they are considered that they harm OA as a whole and the NSB is able to unregister them?

A. It is very sad that a group doesn't have members at their service positions. If the meeting is still functioning then it can stay registered and on the meeting list of WSO and the NSB. The NSB should send somebody to the meeting and try to explain the importance of service and having a personal contact number so new comers or visitors can check if the meeting is on. Not having service at a meeting usually weaken the meeting and is doomed to close down so we have to do whatever we can to help them with this matter.

The NSB cannot deregister a meeting . If there is a breach of Traditions then the NSB can ask the Region Chair and Trustee to deregister and if the Chair and Trustee think that there is no other choice to deal with it they can ask WSO to deregister a meeting.

Q. How can we best serve members of linguistic minorities within a country? example - Polish speakers in UK or elsewhere where lots of OA literature does already exist (but not in the UK), or example - Urdu speakers in UK where there is no OA literature in Urdu. These are just examples. There are many linguistic minorities all over r9, whether or not the county is English speaking. I ask both as a member of r9 assembly and as a member of NSB in UK

A. As all OA literature translations need licenses from WSO there is at WSO a list of all the translated literature in the world. Region 9 has also a list of all translated OA literature in Region 9 so a Polish speaking member who would like to get hold of OA literature in Polish can contact WSO or Region 9 ask about it and ask for a contact person where he can purchase it. It might be quite expensive to order literature and maybe complicated to send money for the purchase but it is possible.

Q. Who would like to think about a French Language Board to try to print and distribute the French OA literature in Europe

A. A French Language Board might be a good idea if there is a need for it for example to do OA Events in French or PI projects. As for the literature as the OA literature is translated in Canada, it is only a matter of costs and logistic consideration to decide if to order the literature from Canada or to print it in Europe. As France is the biggest country of French speakers in Europe they might check it there or contact other French speaking service Bodies in Europe to consider this matter



IN SERVICE

Region 9 Board

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Region 9 Website

<http://www.oaregion9.org/>

World Service Website

<http://www.oa.org/>