



THE OA PREAMBLE

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Unity with Diversity statement:

Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable. – HONESTY
2. Came to believe that a Power greater than ourselves could restore us to sanity. – HOPE
3. Made a decision to turn our will and our lives over to the care of God as we understood Him. – FAITH
4. Made a searching and fearless moral inventory of ourselves. – COURAGE
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. – INTEGRITY
6. Were entirely ready to have God remove all these defects of character. - WILLINGNESS

7. Humbly asked Him to remove our shortcomings. – HUMILITY
8. Made a list of all persons we had harmed, and became willing to make amends to them all. – SELF-DISCIPLINE
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. – LOVE
10. Continued to take personal inventory and when we were wrong, promptly admitted it. – PERSEVERANCE
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. – SPIRITUAL AWARENESS
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. - SERVICE

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity. – UNITY
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. – TRUST
3. The only requirement for OA membership is a desire to stop eating compulsively. – IDENTITY
4. Each group should be autonomous except in matters affecting other groups or OA as a whole. – AUTONOMY
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. – PURPOSE
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. - SOLIDARITY

7. Every OA group ought to be fully self-supporting, declining outside contributions. – RESPONSIBILITY
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. – FELLOWSHIP
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. – STRUCTURE
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy. – NEUTRALITY
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. – ANONYMITY
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. - SPIRITUALITY

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. – UNITY
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole. – CONSCIENCE
3. The right of decision, based on trust, makes effective leadership possible. – TRUST
4. The right of participation ensures equality of opportunity for all in the decision-making process. – EQUALITY
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. – CONSIDERATION
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. - RESPONSIBILITY

7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. – BALANCE
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. – DELEGATION
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. – ABILITY
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. – CLARITY
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants. - HUMILITY

12. The spiritual foundation for OA service ensures that:

- a) No OA committee or service body shall ever become the seat of perilous wealth or power; - SELFLESSNESS
- b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; - REALISM
- c) No OA member shall ever be placed in a position of unqualified authority; - REPRESENTATION
- d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; - DIALOGUE
- e) No service action shall ever be personally punitive or an incitement to public controversy; and – COMPASSION
- f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. - RESPECT

What does Region 9 have to offer ?
Why join in with our activities?

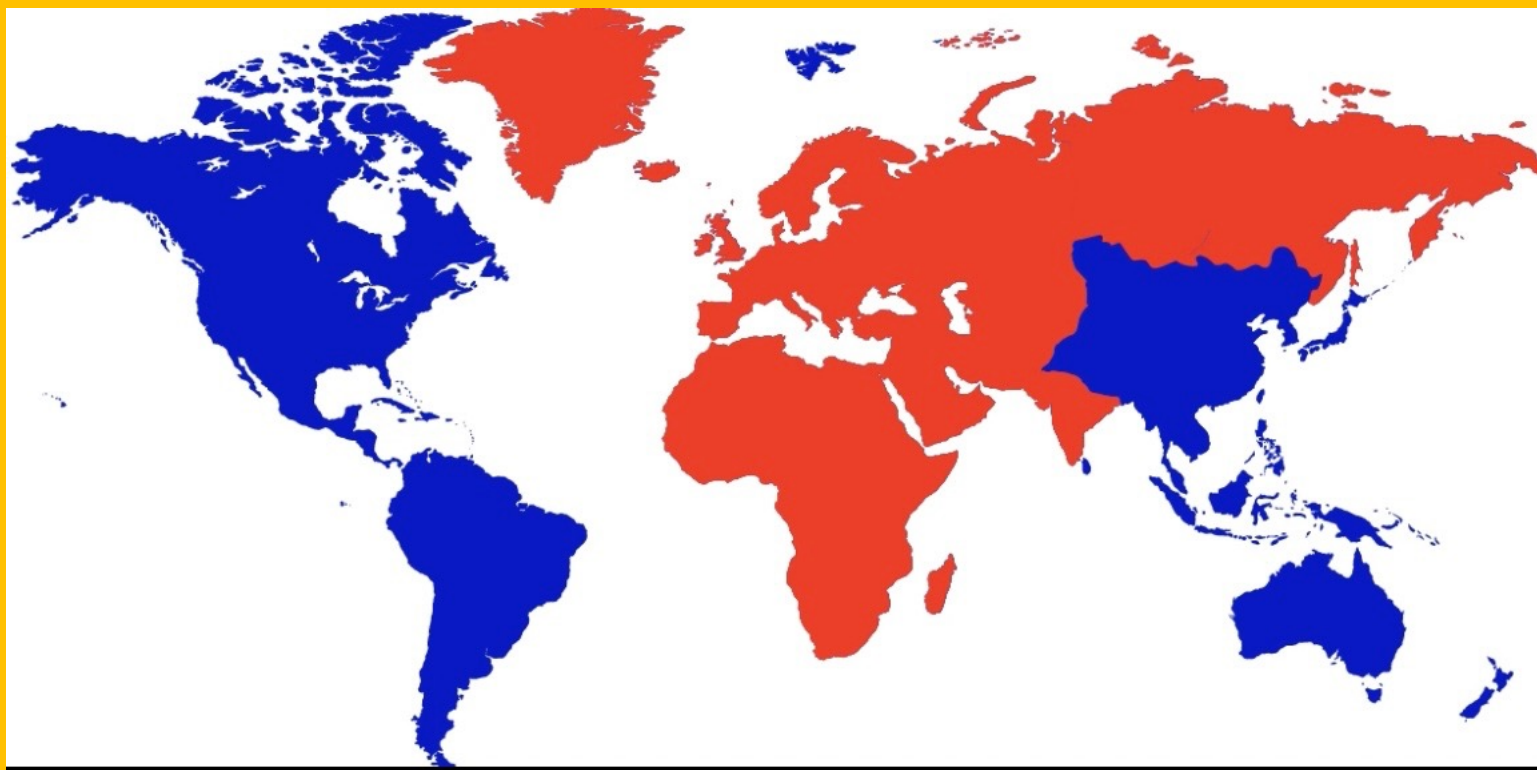
PRIMARY PURPOSE

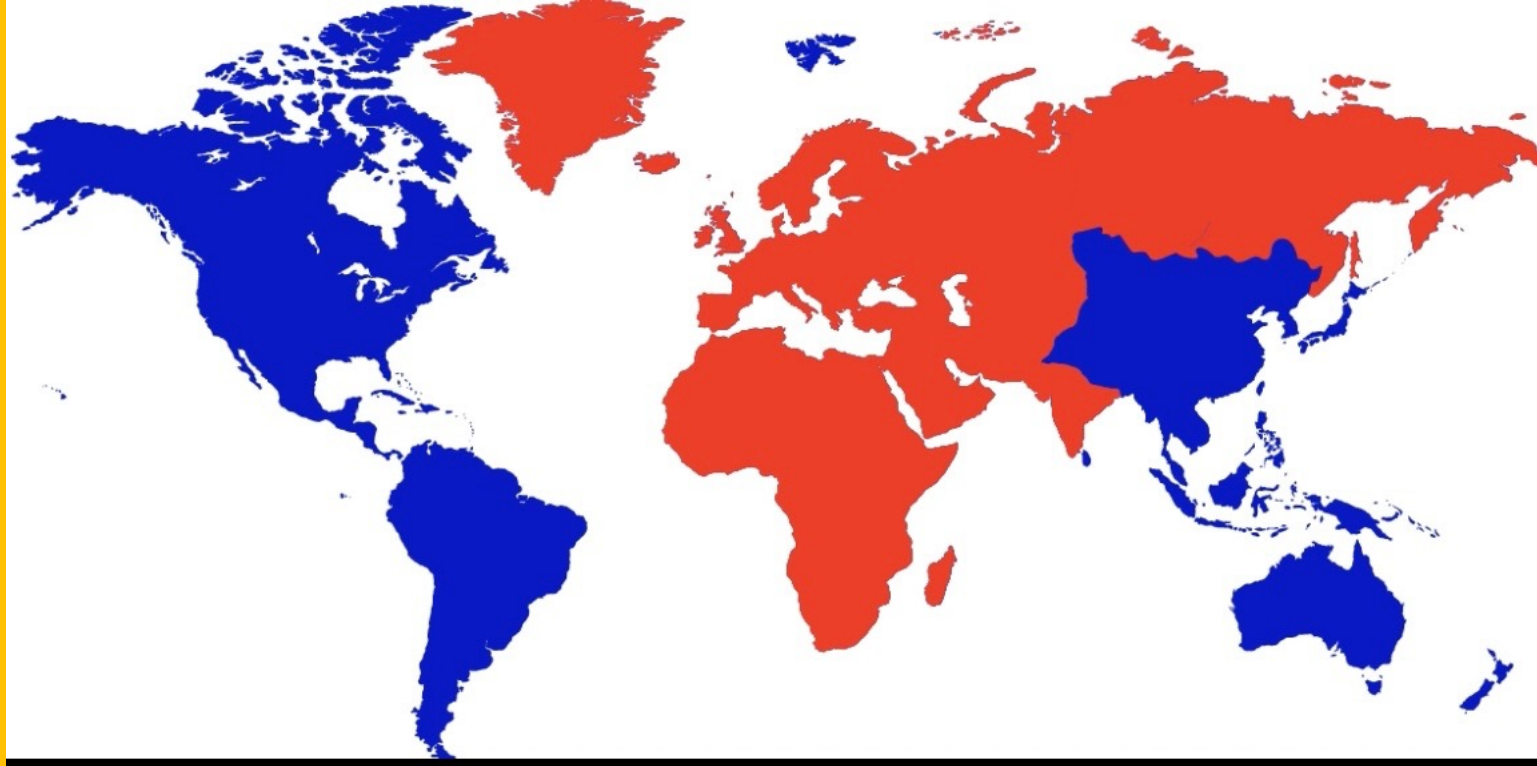
The primary purpose of Region 9 is the same as that of all OA service – to carry the OA message to the still suffering compulsive aters, wherever they live and whatever language they speak. In fulfilling our purpose, we should ever strive to achieve worldwide OA unity and common policies among all countries. With love and tolerance as our code, together we can do what we could never do alone.



Region 9 was created out of Rosanne's and other members' vision to carry the message of recovery around the world.

We are inspired and believe that we can inspire other members to do the same with an open heart and an open mind, acknowledging our differences, cultural and linguistic, and embracing them fully. We are so much stronger together.





Region 9 is composed of countries and territories in

Africa,

Europe,

the Middle East, and

Western Asia,

including all of Russia

What does Region 9 offer?

1. We in Region 9 provide support to OA Region 9 Service Bodies, including Groups, Intergroups, National Service Boards, Language Service Boards and Specific Focus Service Boards and maintain a link with other OA Regions
2. We maintain communication and answer urgent questions from individuals, Groups and Service Bodies
3. We share our knowledge, experience and suggestions with challenging situations involving the Twelve Traditions, the Twelve Concepts of Service to individuals, Groups and Service Bodies
4. We offer outreach to isolated or new Groups or Service Bodies
5. We provide guidelines, experience and support for translations
6. We provide support and guidelines for creating Service Bodies and if needed legal entities

What does Region 9 offer?

7. We provide funding assistance for Service Bodies for Translations, Public Information or Professional Outreach projects, for sending Representatives to the Region 9 Assembly as well as Delegates from Region 9 to the annual OA World Service Business Conference
8. We distribute information to the Region 9 membership through the Region 9 Announcements Newsletter
9. We maintain a website with helpful information and OA resources with translation ability www.oaregion9.org
10. We represent the unaffiliated groups at World Service Business Conference
11. We organize and support workshops to keep members informed about issues in Region 9 and share experiences, strength and hope
12. We hold an Assembly where Representatives share ways to strengthen Region 9s groups and service bodies.

ABOVE ALL, we have a vision for an intercultural connection between all our members and we are open to hear and learn new ways for a better and more efficient relationship between OA in all the countries, because TOGETHER IS THE ONLY WAY!





Region 9 Assembly



When:

Every year at the end of **October**



Why participate at R9 assembly?



Why participate at R9 assembly?

***A strong Region 9 helps
us carry
the message of recovery
to more members***



- To serve and help all our Region 9 Service Bodies carry the message of recovery of OA to all parts of our Region
- To share experience and knowledge with other members that will help not only your Service Body but Region 9 as a whole
- To help Region 9 become stronger
- To be part of the decisions for the greater good of our Region; your voice matters
- To meet fellows from so many different countries with strong recovery and a desire to help our Region to become strong; to be inspired and learn from each other
- Because it helps your personal recovery and because it is an awesome experience

Overeaters Anonymous REGION 9

2024 HYBRID ASSEMBLY

30 October-1 November 2024

15th CONVENTION OF GREECE

1-3 November 2024

Do you have a problem with
compulsive eating?

There is a solution for everyone!

Welcome to Overeaters Anonymous!

@Oasis Hotel Apartments
Glyfada, Athens

Region 9 Hybrid Assembly 2024

30 October 2024

to

1 November 2024

Convention 2024

1 November 2024

to

3 November 2024

info: <https://oaregion9.org/ass2024/>
<https://anonymoi-yperfagoi.org.gr>

Hybrid

You can attend face to face by traveling to Greece

You can attend virtually by Zoom

<https://oaregion9.org/ass2024/>

Questions for your share:

- . Introduce your service body - which country, what kind of service body (NSB, LSB, Intergroup or just a Group). How is the fellowship doing in your country?
- . Speak about your strengths, struggles and challenges. Can you share some examples of successful service projects or initiatives that have made a positive impact on OA members in your country?
- . What do you need from Region 9? What services do you expect from Region 9?
- . Have you translated literature in your language? Do you have the main books of OA (12 steps and 12 traditions and workbook, For Today etc.)?

<https://oaregion9.org/ass2024/>

REGION 9 GBP £ BANK ACCOUNT

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