



## REGION:

- Assemblies
- Newsletters
- Speakers lists
- Travel funds
- Reference libraries
- Recovery events
- Community and media outreach
- Region Web sites
- Support to intergroups and unaffiliated groups

## WORLD SERVICE OFFICE:

- Production and distribution of OA-approved literature, tapes and specialty items
- Worldwide telephone referral service
- Service by Mail and pen pal program
- International meeting directories
- *Lifeline* magazine
- *A Step Ahead* newsletter
- Starter kits for new groups
- Intergroup and group directories and records
- World Service Business Conference
- World Service Convention
- Media and public relations
- Outreach to hospitals, institutions, prisons and the military
- Maintenance of OA Web site

## FELLOWSHIP

## How is OA Structured?

### Individual members

OA's membership consists of approximately 7,000 registered groups in over 50 countries. Our individual membership is worldwide and diverse. Anyone who has the desire to stop eating compulsively can be a member.

### Groups

A group can be made up of two or more people. Each group practices the Twelve Steps and Twelve Traditions of OA, but no member of a group is required to practice any actions in order to remain an OA member or to have a voice at a meeting.

### Intergroups and National/Language Service Boards

Two or more groups can form an intergroup (IG), which provides services to existing groups within its geographical area and spreads the OA message of recovery to those who still suffer. National/language service boards (N/LSBs) may be formed in countries outside the U.S. and Canada by one or more intergroups or by two or more countries speaking the same language.

### Regions

OA has 10 regions internationally that maintain direct communication with groups and intergroups and sponsor local conventions and assemblies. Regional assemblies also nominate trustee candidates who later may be elected at the World Service Business Conference (WSBC) to serve on OA's Board of Trustees (BOT).

### Board of Trustees

The WSBC, attended by delegates from around the world, meets annually each May to conduct the business of OA and to elect the 16-member Board of Trustees. The board's function is to act on behalf of the members of the OA Fellowship as a whole.

### World Service Office

The World Service Office, located in Rio Rancho, New Mexico, USA, provides support and services to newcomers, members, groups, intergroups, national/language service boards and regions; publishes and distributes literature and periodicals for OA members; stages the World Service Conventions and Business Conferences; and oversees public information and media activities.

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THROUGH  
OUR OWN  
CONTRIBUTIONS,  
OA IS SELF-  
SUPPORTING AT  
ALL LEVELS

The  
Seventh  
Tradition



## IT TAKES TWO

*An average contribution of \$2.00\* or more at OA meetings will help provide these vital recovery services:*

\* U.S. Dollars

### GROUP:

- A place to meet and share our recovery
- Supplies to run the meeting
- OA-approved literature and tapes
- Support to intergroup or national/language service board, region and the World Service Office (WSO) in their Twelfth-Step work

### INTERGROUP OR NATIONAL/LANGUAGE SERVICE BOARD:

- Support of a central office
- Local outreach to professional community, hospitals, schools and libraries
- Recovery events
- Newsletters and meeting lists
- Telephone service
- World Service Business Conference delegates and region representatives, who vote on behalf of your area on policies and services
- Translated literature
- Maintenance of Web site

INVEST IN OUR

# SUGGESTIONS ON HOW TO FINANCIALLY SUPPORT YOUR FELLOWSHIP

## WHAT CAN I DO?

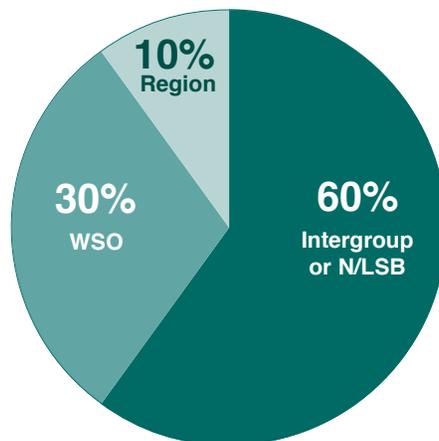
- Make a contribution of \$2\* or more in the group's Seventh Tradition basket when it is passed around.
- Celebrate an OA birthday by contributing \$1 for every year in the program.
- Send contributions of up to \$5,000\* per year to the WSO for a special designated fund and/or for OA as a whole.
- Leave a bequest in a will of up to \$100,000\* to WSO.
- Give a contribution in memory of a deceased OA member.
- Donate to other OA service levels according to the bylaws of the local service group.
- Donate to OA service bodies outside the U.S.; check your intergroup's, national/language service board's or region's bylaws.
- Use a contribution kit to facilitate regular monthly contributions (available from the WSO).

\* U.S. dollars.

## What is the Seventh Tradition?

In financial matters, Tradition Seven tells us that Overeaters Anonymous is self-supporting at all levels. This means that neither the group, the intergroup or national/language service board, the region nor the WSO accepts outside donations. This prevents OA from being influenced by outside enterprises. While there are no dues or fees, the responsibility for OA's support rests with all its members.

Each group should have a treasurer to collect and disperse the Seventh Tradition funds and give periodic financial reports to the group. The informed group conscience ultimately decides how to use the Seventh Tradition funds.



After regular group expenses and prudent reserve are met, it is suggested that 60 percent of the groups remaining funds be donated to the group's intergroup or national/language service board, 30 percent to the WSO and 10 percent to the group's region.

## Who Manages the World Service Office's Finances?

The OA Board of Trustees is directly responsible for the management of the WSO's receipts and expenditures. The Executive Committee of the board—the General Service Trustees—meets monthly with the Managing Director to oversee the operations of the WSO and to review monthly financial statements. Each November, the board reviews and approves an overall line item budget for the coming year. The WSO also employs an accountant and is regularly audited by an outside accounting firm. A full accounting of OA's finances is provided in the annual World Service Business Conference Final Report.

## WHAT CAN MY GROUP DO?

- Support the WSO, intergroup, national/language service board and region by sending a percentage of excess revenue following the 60/30/10 plan at right. It is strongly suggested that groups not hold funds in excess of their prudent reserve.\*\*
- Send special contributions to the WSO for a designated fund or in recognition of the group's anniversary.
- Give a contribution in memory of a deceased OA member.
- Be sure to include your group registration number on all transactions.

## WHAT CAN MY INTERGROUP OR NATIONAL/LANGUAGE SERVICE BOARD DO?

- After expenses and prudent reserve\*\* have been met, regularly send a percentage of remaining funds to the WSO and to region.
- Send contributions to the WSO for a special designated fund and/or for OA as a whole, as finances permit.

## WHAT CAN MY REGION DO?

- After expenses and prudent reserve\*\* have been met, regularly send a percentage of remaining funds to the WSO for OA as a whole or for a special designated fund.
- Send to WSO a portion of revenue resulting from assemblies, conventions and other special events.

## HOW DO I DONATE?

- Send a check or money order to any OA service body.
- Send a donation by credit card via the WSO Web site, which is not likely to incur fees. Check with your financial institution.
- When transferring funds internationally, large transaction fees may be incurred. To reduce these fees, it may be better to make a few large deposits rather than many small ones.

\*\* Refer to OA's "Fundraising and Prudent Reserve Guidelines for Groups and Intergroups" for more information.