

HOW TO RESERVE THE CJIOA MP3 PLAYER/RECORDER AND RULES FOR USING

Recordings for posting on the Central Jersey Intergroup of Overeaters Anonymous Website (www.oa-centraljersey.org) must uphold the Twelve Traditions of Overeaters Anonymous.

Submit your request for the MP3 player/recorder through the CJIOA Website or contact Nick e-mail: nick8b4oa@yahoo.com phone: 908-337-6582 or contact Kim e-mail: kimoa@comcast.net phone: 732-634-6695.

Upon confirmation that the player is available, send a check for \$35 to CJIOA, PO Box 284, Woodbridge, NJ 07095 as a deposit. The player/recorder will be mailed to you via Priority Mail (trackable and insured) four business days prior to your event. You are expected to mail the player back to the PO Box within two business days after your event via Priority Mail (trackable and insured). Your deposit check will be returned to you upon receipt of the MP3 player/recorder. **A completed and signed release form must accompany the recorder for each individual recorded** (guest speaker, leader, pitches, audience members who share, etc.).

: No speaker files will be posted to the Web site without completed and signed release forms :
: (available at www.oa-centraljersey.org). :

THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends on OA unity.
2. For our group purpose there is 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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into controversy.
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.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.