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Contact the Chair via email: [chair@oaregion7.org](mailto:chair@oaregion7.org)

Feb 19, 2023

Dear Friends,

The Spring Assembly was quite the learning experience for me. I realize we did not pass the motion on the quorum qualifications, but the fact that we were able to debate the motion shows there are some voices that need to be heard. I am very excited to have the motion reviewed and hopefully brought back to the Fall Assembly.

I want to apologize to the committee chairs for the 3 minutes you had to discuss your committee work. This was regretful as there were a lot of good discussions and work by our committee members. As I stated above, we will do a better job to ensure we afford your committees the time to present their work to the Assembly going forward. Please review the Committee reports in this Post Assembly packet as there is a lot of work going on and I look forward to the next six months to see how the committees execute their action plans.

I would like to congratulate again, Tiffiny and Lee Ann on their successful election and look forward to so much more success on the Region 7 Board! I also want to congratulate and thank the NoVA Inter-group for their Panel Discussion on Diversity/Inclusion/Welcoming Workshop that started late, but it was so great that most of the Assembly stayed on to hear your stories which was very encouraging! It is a topic we need more discussion on. I hope to work with your team later in the year for another chance to put the message out in other forums. Thank you for your service!

The board will be working to revamp the Ask-It Basket program as well as the Workshop challenges. I think we need to refresh the programs and make it more attractive. I hope to have more information in the coming months.

I want to ensure we begin to promote the R7 Convention "Sail into Recovery: Together We Get Better". The convention will be at the Princess Royale Oceanfront Resort, in Ocean City Maryland. It will be on Nov 3-5, 2023. Convention registration is live. Please sign up today and support our Convention Committee! →> [Convention Registration](#)

As for the Fall Assembly, we have several key items happening this coming fall. We will be voting for the Vice Chair position (Tiffiny was elected to finish the Vice Chair term until 2023) and we are going to be voting for a new Corresponding Secretary. Linda has served for two terms and we are very grateful for her service! Also, if you want to propose a motion or add to the consent agenda, you have 60 days before Assembly to submit your motions.

Board Applications will be due sixty days before the Fall Assembly. If you are interested in learning about these positions and their responsibilities, please reach out to myself, Tiffiny and Linda to help give you some insight.

Here are the requirements as outlined by our R7 Bylaws:

*A. Qualifications for all Region 7 Officers are: 1. Shall meet the qualifications for a WSBC Delegate as per Subpart B of the Bylaws of Overeaters Anonymous, Inc. 2. Shall have no less than one (1) additional year of current abstinence. 3. Shall have either: a. attended at least three (3) Region 7 assemblies within the four (4) years prior to election, or b. been an Intergroup Chair, Vice-Chair, Secretary, or Treasurer within the three (3) years prior to election and have attended at least two (2) Region 7 assemblies in the six (6) years prior to election. 4. Shall declare themselves as practicing the Twelve Steps, the Twelve Traditions and the Twelve Concepts of Overeaters Anonymous to the best of their ability. 5. Shall expect to be able to attend the majority of the Assemblies for the length of term to which elected. 6. Shall possess basic computer skills including but not limited to word processing and email.*

I would like to thank all of you for your service as representatives, board members and visitors. Please go back to your intergroups and spread the word about service! We need your help to encourage our local meetings of service as well as our intergroups.

In closing, I would like to thank Karen B for her service of over 40 years. Your knowledge, wisdom, experience, strength and hope had been a beacon of light to many and I hope your continued involvement in the region will help others! Thank you for your service!

#### **REGION 7 EMAIL LOOP**

Do you subscribe to the Region 7 email Loop? It has Region 7 and OA events, announcements, and opportunities for service. To join, go to: <http://oaregion7.org/forms/request-google-group-access/>

#### **THANK YOU FOR YOUR SERVICE**

We have so much to accomplish this year! I hope to be in touch with you in some form or fashion. We will have the monthly R7 Chair Roundtable Discussions, we have Committee and Intergroup workshops, and we have our Fall Assembly and 2023 Convention!

Thank you for allowing me to serve Region 7,

Rob L  
Region 7 Chair

REGION 7 - INTERGROUP ROSTER FOR SPRING 2023					
STATE / Intergroup	ID NUMBER	# OF GROUPS	# OF AUTHORIZED REGION REPS	PRESENT SATURDAY 2/18/22	
<b>DELAWARE</b>					
Diamond State	008-09158	11	2	2	
<b>MARYLAND</b>					
Annapolis Area	020-09339	11	2	2	
Baltimore Area	020-09088	15	2	2	
Northern Blue Ridge	020-09509	4	1	1	
<b>NEW JERSEY</b>					
Central Jersey	030-09031	46	5	3	
North Jersey	030-09057	45	5	3	
South Jersey	030-09069	29	3	3	
<b>PENNSYLVANIA</b>					
Brandywine	038-09254	17	2	0	
Greater Pittsburgh	038-09045	39	4	0	
Lackawanna Area	038-09465	6	1	1	
Penn-Jersey	038-09170	5	1	0	
Philadelphia	038-09044	28	3	2	
South Central Penn	038-09197	20	3	1	
<b>VIRGINIA</b>					
Central Virginia	046-09207	13	2	0	
Shenadoah Valley	046-09489	3	1	1	
NOVA	046-09358	42	5	3	
SW Va. Agape	046-09253	8	1	0	
Tidewater	046-09136	7	1	0	
<b>DISTRICT OF COLUMBIA</b>					
Washington DC Area	051-09015	27	3	0	
<b>TOTAL MTGS/REPS ALLOWED</b>		376	47	24	0
<b>COMMITTEE CHAIRS</b>					
(who are not already reps)			1	1	
<b>TOTAL REPS/CHAIRS</b>			48		
<b>REGION BOARD/TRUSTEE</b>			6	6	
<b>TOTAL VOTING MEMBERS</b>				24	0
			Majority =	16	
			2/3 Vote =	21	

**TABLE FOR DETERMINING MAJORITY AND TWO-THIRDS VOTES**

BY  
Shane D. Dunbar (MEd), PRP, PAP  
Professional Registered Parliamentarian, Professional Accredited Parliamentarian  
<http://www.northwest.net/parli-pro/>

NUMBER OF VOTES CAST	MAJORITY VOTE	TWO-THIRDS VOTE	NUMBER OF VOTES CAST	MAJORITY VOTE	TWO-THIRDS VOTE
1	1	1	51	26	34
2	2	2	52	27	35
3	2	2	53	27	36
4	3	3	54	28	36
5	3	4	55	28	37
6	4	4	56	29	38
7	4	5	57	29	38
8	5	6	58	30	39
9	5	6	59	30	40
10	6	7	60	31	40
11	6	8	61	31	41
12	7	8	62	32	42
13	7	9	63	32	42
14	8	10	64	33	43
15	8	10	65	33	44
16	9	11	66	34	44
17	9	12	67	34	45
18	10	12	68	35	46
19	10	13	69	35	46
20	11	14	70	36	47
21	11	14	71	36	48
22	12	15	72	37	48
23	12	16	73	37	49
24	13	16	74	38	50
25	13	17	75	38	50
26	14	18	76	39	51
27	14	18	77	39	52
28	15	19	78	40	52
29	15	20	79	40	53
30	16	20	80	41	54
31	16	21	81	41	54
32	17	22	82	42	55
33	17	22	83	42	56
34	18	23	84	43	56
35	18	24	85	43	57
36	19	24	86	44	58
37	19	25	87	44	58
38	20	26	88	45	59
39	20	26	89	45	60
40	21	27	90	46	60
41	21	28	91	46	61
42	22	28	92	47	62
43	22	29	93	47	62
44	23	30	94	48	63
45	23	30	95	48	64
46	24	31	96	49	64
47	24	32	97	49	65
48	25	32	98	50	66
49	25	33	99	50	66
50	26	34	100	51	67



Committee: Budget and Finance

Date: February 18th 2023

Current Officers		Officers for next Assembly	
Chair	Christoph L.	Chair	Christoph L.
Vice Chair	Mike M	Vice Chair	Mike M
Secretary	Alan H	Secretary	Alan H
Board Liaison	Annmarie		

**Please include the Committee Member Sign-in Sheet with this report.**

Present

Christoph L, Mike M, Glenn K, Alice T, Annmarie T, Alan H

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

- Quorum motion (bylaw change)
  - o The region 7 bylaws requires a fixed number of 25 authorized representatives from at least three states and the District of Columbia in order to have a quorum. This is not in accordance with the 12<sup>th</sup> edition of Roberts Rules of Order, Newly Revised. According to Roberts, in order for a group to conduct business it is recommended that a quorum be a majority of the voting members. A majority is  $\frac{1}{2}$  of the total number of eligible voting members, plus one.
- Having a fixed number of 25 will have three consequences. If the number of eligible voting members is greater than 51, then a minority of members is deciding the future of the region. As the number of eligible voting members falls at 50 or below, then as shown by the last assembly and what happened at the registration for this spring's proposed in person assembly this fixed number becomes increasingly difficult to obtain.
- WSO donation. The fund balance is currently \$14, 908. A motion was made by Mike M and seconded by Glenn K to donate \$15,000 to WSO. Motion carried 6-o-o.

New Business:

- Budget
  - o Reviewed and discussed the current years budget was approved
- Speaker qualifications for inclusion on Region 7 speaker list
  - o Twelfth Step Within Committee will be submitting a motion for the next assembly to set the qualifications for inclusion on Region 7 speaker list

## **REGION 7 COMMITTEE SUMMARY REPORT (continued)**

- Financial implications of Website provider changeover
  - o The Board is developing an ad-hoc committee to update the website.
  
- QuickBooks audit review report
  - o See attached

Motions for the next available Business Meeting:

- TBD

Goals : To include Assignments Deadlines & Action Plan

- to work on including hybrid meetings as an option in the policy manual
- discussion on how to get the word out that there is money available for assisting intergroups

Committee Communication:

(Dates for planned committee meetings and/or conference calls between assemblies)

Next Meetings

April 19<sup>th</sup>, 7:00pm to work on including hybrid meetings as an option in the policy manual and how to get the word out that there is money available for assisting intergroups

June 7<sup>th</sup>, 7:00pm to work on next years proposed budget



## COMMITTEE SUMMARY REPORT

Committee: Convention

Date: Feb. 18, 2023

Current Officers		Officers for next Assembly	
Chair	Maria G.	Chair	Maria G.
Vice Chair	Amy L.	Vice Chair	Amy L.
Secretary		Secretary	
Board Liaison	Tiffany G.		

**Please include the Committee Member Sign-in Sheet with this report.**

Maria, Amy, Janet, Leslie, Vanessa, Robin, Marilyn, Tiffany

Issues Discussed and Decisions Made: (summarize or list in sequence):

New Business:

Welcome and introductions

Review of survey results

People were generally satisfied overall with things that we have control over

Discussion on feedback regarding concentrating on OA literature

Add shortcut info at registration to reduce walking.

**Convention Dates-Nov.3-5<sup>th</sup>**

Keynote at 8pm on Friday

We have a contract with the hotel for 2 years and this is our second year.

Rates are the same but there is an \* that rates may change due to inflation. Maria will address that with them to lock in the prices.

**Theme**-in the past it has been a beach theme, but it doesn't have to be. Last year was "Swimming the Seas of Recovery".

Recovery a Shore Thing

Sailing into Recovery

Coasting into Recovery

Building a Sandcastles of Recovery

Recovery Shore is Fun

Recovering what you are Wading for

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

Sea Sand and Recovery  
Hand in Hand through the Sand of Recovery  
Trudging the Road of Happy Destin  
Beyond Our Wildest Dreams  
Waves of Recovery  
SOS: Saving Ourselves through Recovery  
Stronger Together  
Together we can do what we could never do alone  
Swimming the Seas of Happy Destiny  
Get in the boat and Row  
Work It Your Worth It  
Doing What We Cannot Do Alone  
Get in the Boat: Together we get better  
Recovery: Together we get better  
**Sail into Recovery: Together We Get Better-our new theme!**

Ask It Basket or Add It to the Survey to get suggestions for next year's theme.

Send out a Save the Date flier. Dates, Theme, Hotel Information, how to volunteer-send email to one person rather than through Sign Up Genius. Tiffany can get those emails. Tiffany will find out what the vice chair email is so we can use that one.

Logo-maybe use a sailboat rather than an ocean liner (they have been used before).

Maria will connect with Allison to create a Save the Date Flyer.

37 people are signed up right now for the Convention.

2022 Revenue was budgeted at \$16,000 and generated \$15,849.07 in revenue.

\$3,300 profit after expenses.

Speaker Getter – Janet (thank you!)

Discussion on how to better guide workshop leaders/speakers. Possibly ask for an outline from leaders ahead of time.

Workshops vs. meeting formats

Mindful of diversity in topics.

Tracks: General theme for each track eg. Emotional abstinence and letting speakers choose how they would like to address that topic.

Add tracks and recruit volunteers on the Save the Date flier.

**Tracks:** Steps, Physical, Emotional, Spiritual

Diversity track/topics can be moved into Physical, Emotional, Spiritual tracks.

Create a checklist just for us to make sure we have diverse topics.

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

### **Topic ideas:**

Healing shame

Two-way prayer

Body Image-Use the Body Image Book (possible writing workshop)

Men in OA

Aging in OA

Long timers

Comorbidity / Disability in OA

100 pounders

Relapse (writing exercise)

BIPOC

These are guidelines and fluid. We can add or change or delete if volunteers have other ideas. These are just suggestions. Speakers can also choose their own topics.

Discussed different meeting formats for smaller meetings.

**Keynote Speaker** for Friday night and Saturday evening.

Leslie has an idea of someone that attends a meeting she attends who has a positive message

Marilyn recommends Bob L. He has spoken for us before.

Maria recommends Bob from NoVA.

Site to listen to speakers that Robin can connect with <http://cjioa.info/>

Diversity is an important component when looking for speakers.

We would prefer to find speakers within our Region.

We will use Basecamp again and we can add speaker ideas as they come to us and if we find recordings of suggested speakers, we can post links there.

### **Hospitality Room**

What do we have left over from last year?

Craft idea-Positivity jars -mason jars or something like that with affirmations that can be pre-printed.

Leslie will work on this.

Raffle-discussion of whether the convention committee should participate in the raffle.

Announce how much the raffle raised during the convention.

### **Prices**

Prices have not increased for the convention in a number of years.



## REGION 7 COMMITTEE SUMMARY REPORT (continued)

Should we increase prices if we don't know if the food prices are going up?

Incentive to sign up early is to lock in the same price as last year.

Currently 36 people are registered at \$45 and 1 person who registered in Jan. is at \$55.

We already decided early bird is \$55 until Oct. 1<sup>st</sup>, \$65 after Oct. 1<sup>st</sup> and \$75 on site.

If we keep these prices, we can focus on scholarships for those that request a need (either partial or full).

Taxes may change for the room rate, but the rate should remain the same as what is in the contract.

If possible, can we keep the food rate the same?

Maria will talk to the hotel this week.

If we want to go somewhere else in 2024, we want to look into that soon.

Refund policy-written request for registration fee less a \$10 processing fee will be honored if received more than 30 days prior to convention. We need to be clear that this is for the convention fee only, not the hotel cost.

### **Scholarships**

In the past, scholarships were only for convention registration only. If we include hotel, we need to have a budget.

The working budget for the convention is \$4,000.

Maria will look at how the breakdown looks for this year to give us a better idea of how much we can allocate to scholarships.

Save the Date flier recap

Theme, date, hotel info, cost, info if interested in giving service.

Can we add options to SignUp.com like ride shares.

Vanessa is going to look into apps or bulletin boards that can help connect people who want to ride share or hotel share.

We can create an email for Janet as speaker getter so emails go directly to her. Janet would prefer emails be forwarded to her and Maria prefers to log in and view emails that way.

Amy can set that up for us. Questions go to Maria as Chair and those interested in service goes to Janet.

Maria will contact Audio Bob to give him the dates of the convention.

Do we want to look for other locations for 2024? Maria will see if we can lock in the rates for one more year at the current hotel and then look for a new place in 2025/26?

Motions for the next available Business Meeting:

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

- N/A

Goals : To include Assignments Deadlines & Action Plan

- Maria will connect with Allison to create a Save the Date Flyer.
- Maria will talk to the hotel this week regarding prices for this year (hotel/food) and availability for next year.
- Leslie will look into a potential keynote speaker
- Leslie will work on craft idea for hospitality room.
- Maria will look at how the budget breakdown looks for this year to give us a better idea of how much we can allocate to scholarships.
- Maria will contact Audio Bob to give him the dates of the convention.

Committee Communication: Email, next meeting TBD

(Dates for planned committee meetings and/or conference calls between assemblies)



## COMMITTEE SUMMARY REPORT

Committee: Intergroup Renewal

Date: 2/18/2023

Current Officers		Officers for next Assembly	
Chair	Danielle, CJIOA	Chair	Danielle, CJIOA
Vice Chair	Mark, Annapolis IG	Vice Chair	Mark, Annapolis IG
Secretary	Brenna (Kathy SJIG, acting)	Secretary	To be determined
Board Liaison	Karen B		

**Please include the Committee Member Sign-in Sheet with this report.**

**Members:** Danielle-CJIOA, Mark-Annapolis IG, Kathy-SJIG, Margaret-NOVA, Hortense-NOVA, Adira-DSIC, Karen-Bd Liaison

**Visitors:** Bob-SJIG&WSO Board, Michael-SJIG

Issues Discussed and Decisions Made: (summarize or list in sequence):

### Unfinished Business:

- **STORIES FOR SERVICE Document**
  - o Reviewed and committee voted to send to Region 7 Board 2/28 mtg for Approval
  - o Discussion included options for audio recordings (Danielle will talk with Robin B re: distributing in a diversity of formats) and inclusion in Lifeline Blog, [www.lifeline.oa.org](http://www.lifeline.oa.org) (ask submitters for permission)
- **SPIRITUAL GIFTS OF GIVING 7<sup>th</sup> Tradition Program Flyer** for 3/23, 7:30pm on Zoom
  - o Flyer reviewed and committee voted to send to Region 7 Board 2/28 mtg for Approval
  - Volunteers: Kathy-Script, Danielle-Zoom, Karen-Leader
- **DIVERSITY INVENTORY FOR INTERGROUPS Presentation** at Assembly on 2/18 at 4pm
  - o Margaret and Hortense coordinated Assembly program, panel discussion

### New Business:

- **FUTURE WORKSHOP TOPICS:**
- **Effective Digital Intergroup Meetings**  
(Timeline: June, Kathy volunteered to coordinate)  
Using Zoom tools such as breakout rooms, polling, etc  
How to include phone participants fully in meeting  
Using Google Documents to share information  
Follow-up: Poll R7 IGs on how they are meetings and using tools now (volunteer?)  
Follow-up: Karen will reach out to Virtual IG regarding existing presentations and speakers
- **How IGs Can Plan and Present Virtual Programs**  
(Timeline: September, Mark and Bob suggested)
- **INFORMING IGs ON RESOURCES ABOUT 12 CONCEPTS**  
Karen previewed short PowerPoints of each Concept which could be used at IG meetings
- **Continuing work on Diversity & Intergroups**  
Margaret will liaise with R7 12<sup>th</sup> Step Within & Outreach Committee Chairs

Motions for the next available Business Meeting: None

## **REGION 7 COMMITTEE SUMMARY REPORT (continued)**

Goals : To include Assignments Deadlines & Action Plan (See: New Business details)

Committee Communication:

(Dates for planned committee meetings and/or conference calls between assemblies)

Next Meeting: Wednesday, March 15, 7-8 AM on Zoom

Agenda:

**DIVERSITY INVENTORY FOR INTERGROUPS Presentation** at Assembly on 2/18 at 4pm  
Margaret and Hortense coordinated Assembly program, panel discussion  
Margaret will liaise with R7 12<sup>th</sup> Step Within & Outreach Committee Chairs

Any follow-up or next steps?

**SPIRITUAL GIFTS OF GIVING 7<sup>th</sup> Tradition Program Flyer** for 3/23, 7:30pm on Zoom  
Volunteers: Kathy-Script, Danielle-Zoom, Karen-Leader

Any final details to be worked out?

### **FUTURE WORKSHOP TOPICS:**

#### **Effective Digital Intergroup Meetings**

(Timeline: June, Kathy volunteered to coordinate)

Using Zoom tools such as breakout rooms, polling, etc

How to include phone participants fully in meeting

Using Google Documents to share information

Follow-up: Poll R7 IGs on how they are meetings and using tools now (volunteer?)

Follow-up: Karen will reach out to Virtual IG regarding existing presentations and speakers

Set date & time for program

#### **How IGs Can Plan and Present Virtual Programs**

(Timeline: September, Mark and Bob suggested)

Set date & time for program and coordinator

#### **INFORMING IGs ON RESOURCES ABOUT 12 CONCEPTS**

Karen previewed short PowerPoints of each Concept which could be used at IG meetings

Discuss implementation for 2023-24



## COMMITTEE SUMMARY REPORT

Committee: Outreach

Date: 2/18/2023

Current Officers		Officers for next Assembly	
Chair	Joann M	Chair	Joann M
Vice Chair	Mark H	Vice Chair	Mark H
Secretary		Secretary	
Board Liaison	LeeAnn S		

**Please include the Committee Member Sign-in Sheet with this report.**

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

- None

New Business:

- Develop Instructions for creating a QR Code to be used on OA Posters. Each Intergroup in Region 7 will be responsible for distributing posters to libraries, gyms, churches, etc. North Jersey already has instructions and Mark will share these so we can work on them as a R7 Outreach Project.
- Lee Ann will ask Karen B or Bob L if we need to get permission to use a QR Code with OA World Service Information on a poster.
- Next meeting will be Monday, April 3 at 7:30 p.m.

Motions for the next available Business Meeting:

- None

Goals: To include Assignments Deadlines & Action Plan

- To develop instructions for creating a QR Code to be used on OA Posters which will be on the Resource Area of the Region 7 Website.

Committee Communication: Every 2 months starting on April 3, 2023 at 7:30 p.m. on Zoom.



Committee: Twelfth Step Within

Date: 2/18/2023

Current Officers		Officers for next Assembly	
Chair	Elaine W	Chair	Elaine W
Vice Chair		Vice Chair	
Secretary	Angela C	Secretary	Angela C
Board Liaison	Linda L		Linda L

**Please include the Committee Member Sign-in Sheet with this report.**

Region 7 Twelfth Step Within Committee Meeting Minutes  
February 18, 2023

- I. Opening with Serenity Prayer.
- II. Introductions
- III. Review Committee Statement of Purpose and Unity with Diversity Policy.
- IV. Old Business
  - a. A motion was made and seconded to NOT sponsor a workshop this year but to provide resources to Inter-groups (IGs) to sponsor workshops. Passed unanimously.
  - b. All committee members will go back to our intergroups and look at our workshop formats, particularly for the topics of relapse prevention and loss and grief. We will email the format to Elaine. Angela has one for Loss and Grief. Terri has one for working the principles.
  - c. Elaine will email Glenn and Christophe regarding the policy on qualifications for Region 7 speakers.
  - d. Motion was made to delete the "grandfather clause" from the qualification policy for Region 7 Speakers. Motion passed unanimously. Motion then to accept amended qualification policy as written and approved unanimously.
  - e. Angela will update speakers list section in green. Susan will update speakers list section in purple.
- V. New Business:

## **REGION 7 COMMITTEE SUMMARY REPORT (continued)**

- a. Elaine will ask Amy to show everyone where the workshop section is on the R7 region website, so we can show our intergroups the workshops formats that are already available to use.
- b. Angela will provide the list completed by World Service TSW committee on Bringing Face to Face Meetings back again. This list still needs to be voted on at the upcoming World Service Business Meeting.
- c. Elaine will request to be on the TSW committee on World Service this year.
- d. We will all bring back to our IGs the idea of meeting face to face once a month for coffee or social hour.
- e. Terri will bring the idea to the board about a workshop to get IGs input for going back to Face-to-Face meetings.
- f. Elaine will contact Brandywine IG to follow up on a former committee member's status.

### **VI. Closing with Responsibility Pledge and Roseanne's Prayer**

Next TSW Committee meeting will be Wednesday March 15<sup>th</sup> at 7pm.

# OA Region 7 2023 Spring Assembly [Virtual]

February 17-18, 2023

## Business Meeting - Minutes

Saturday, February 18, 2:00-4:00pm

**Welcome.** Serenity Prayer was said in unison at 2:00pm followed by a moment of silence for those still suffering from compulsive eating. Introductory overview provided by Region 7 Chair, Rob. Trustee, Board of Directors, and Parliamentary introductions followed.

**Roll Call** was taken. Present were:

6 Board Members

1 Trustee

24 Voting Reps., for a total of 31. 16 votes as a majority. 21 as a  $\frac{2}{3}$  vote. Chair declares that Quorum is reached for this Business Meeting. Voting = 31 Yes for approval of the Business Meeting Agenda. Agenda adopted.

**Standing Rules** (based upon Robert's Rules v12) were read by Tiffany (Vice Chair). There was a change proposed to Rule 12, stipulating that the Chair can consider motions for the Consent Agenda **where the motion is routine or non-controversial**. Another change to Rule 13b., proposed for clarity that for each amendment **made on the floor**, there may be 2 Pro and 2 Con speakers. Vote requires a  $\frac{2}{3}$  majority to amend. Votes: 25 Yes, 1 No to amend the Standing Rules as above. Vote to adopt the Standing Rules as amended: 27 Yes, 1 No vote.

**Adoption of Agenda** Voted to adopt the agenda.

## Region 7 Reports

Recording Secretary (Lee Ann S): Fall Assembly minutes were posted and made available for your review, before asking you to ratify them today. A request was made for any updates, corrections or changes to be made to the Fall Assembly minutes; no changes have been proposed. No objections were made to voting to approve the Fall Assembly Minutes. 28 Votes Yes, none opposed. 2022 Fall Assembly Minutes approved.

Corresponding Secretary (Linda L): explained that activities since last Assembly included monthly BoD (Board of Directors) meetings, working on Pre- and Post-Assembly packets, and answering questions from members. She also did a pitch for service at the Region 7 Board level, explaining the role in straightforward terms and asking for people to consider stepping up as she rotates out of service after Fall 2023 Assembly. Please consider either running or asking to be appointed for the position.



Treasurer (Annmarie): explained the documents circulated this morning [Working Budget 2023 and 2023 1st Qtr Balance Sheet]. There are no budget decisions to be made at Spring Assembly.

Vice Chair (Tiffany): no report at this time, as she is newly appointed.

Chair (Rob): discussed the monthly all-region meetings he is setting up, and additionally to visit meetings around the regions.

Trustee (Karen B): This is Karen's last Assembly as Trustee Liaison to Region 7. In the past 6 years, despite experiencing serious personal losses, this service and the relationships she has within Region and within the WSO (OA World Service Office) have been a tether to recovery. Karen recommends anyone who feels called to service to consider the rewards, as they are more than the effort. Service in OA is how she found her recovery. She expects to see everyone at some point down the road, and thanks everyone for their support and encouragement during her tenure as Trustee Liaison.

A reminder to please keep posted on the World Service Business Conference website. The new Workbook will be out as soon as all of the shipment has arrived in the warehouse.

Rob reviewed that the WSBC will be held April 25-29, 2023 in Albuquerque NM. And the Region 7 Convention will be held in Ocean City, MD on November 3 - 5, 2023 in Ocean City, MD.

**Parliamentary Moment** Parliamentarian Loretta T. reviewed A Tale of Two Choices. What types of information factor into a decision? How much time is needed to make the decision? This brings up Scope of Notice. What action is being proposed? How much time is reasonable to allow in advance? These considerations factor into the decision process and into the Scope of Notice that is appropriate.

**Vote on the Consent Agenda** - Consent Agenda was reviewed by Karen B., Trustee Liaison. The Consent Agenda contains a slew of changes to recognize the change approved at 2022 World Service Business Conference (WSBC), to align Region 7 Policy documents with the new title of "Trustee Liaison": there are no more "General Service Trustees" or "Region Trustees". This series of administrative changes brings Region 7 documentation into alignment with the new terminology adopted at 2022 WSBC. The Chair asked if there were any changes to the Consent Agenda, and there were no changes. An affirmative vote will adopt the Consent Agenda in its entirety.

The Consent Agenda was adopted by a vote of 30 in favor and none opposed.

Motion A: Was submitted by the Bylaws and Finance Committee. Alan from the Bylaws and Finance Committee explained that the definition of Quorum would consist of a majority of members (50% +1) to include 3 states and the District of Columbia. There may be 3 Pros and 3 Cons on this Motion (2 Pros and 2 Cons for any amendment.) Current definition of quorum for Region 7 Assembly is not in accordance with Newly Revised Robert's Rules of Order. There were 3 Pros and 3 Cons. There was an amendment to the motion proposed which was defeated by 21 No vs. 8 Yes votes. The motion then ran out of time to be enacted and will be moved forward for further consideration at a future Assembly.

Elections:

Lee Ann S. was elected as Recording Secretary by a majority vote.

Tiffany G. was elected as Vice Chair by a majority vote.

New business - no new business

## Committee Reports

**ByLaws & Finance:** ByLaws Committee Member Alan reported the election results for Committee officers. The Committee recommends a \$15,000 donation to OA World Service.

**Convention Committee:** Convention Board rep. Maria commented that the Committee has set the Convention November 3-5th in Ocean City, MD. The theme has been set as **Sail into Recovery; Together We Get Better**: a flyer will be available soon, pending confirmation from the hotel on rates and food prices. Will ask about continuing Convention there at 2024; but then looking for a new venue for 2025 and 2026.

**Intergroup Renewal:** Stories for Service piece of literature going to BoD later this month. March 23 will be a workshop from IG Renewal. Diversity for Intergroups has been a big topic of discussion this year. Future workshop topics: Using Effective Digital Techniques for Intergroups. Also a WSO short slideshow on the 12 Concepts. Expecting to do continuing work on diversity.

**Outreach:** Joann provided an update. 3 new members joined the Committee and we reviewed information about Region 7 resources available to new Committee members. The Committee will work on how to develop and use QR codes to direct members to access information and resources on the internet. Next meeting will be on April 3rd.

**12 Step Within:** Decided that the Committee would not put on any Workshops this year, but instead are looking for Intergroups to share workshop formats to share and post on Region 7 for all Intergroups to use. Speaker list updates will continue to clean up

a few loose ends. People brought up the desire to reinvigorate face-to-face meetings again, which will be a topic at WSBC.

Reminder: All Committee Secretaries (Chairs) are requested to provide any changes to their Committee reports, by updating and resubmitting their original submission to Linda L, R7 Corresponding Secretary.

**Administrative Motion - WSO Contribution** - a donation in the amount of \$15,000 will be sent to WSO from Region 7.

**Ask-it Basket** - no new questions were asked

**Farewell to those reps rotating out and First timers' graduation** - the reps rotating out of Region 7 service, and those new Reps who joined R7 Assembly for the first time, were resoundingly thanked for their service.

## Announcements

WSBC: World Service Business Conference 2023 is April 24-29, 2023  
R7 2022 Convention Nov. 3-5, Ocean City MD

Please complete the R7 Spring Assembly Survey by April 15, 2023.  
Details for Fall Assembly 2023 are being worked on by the R7 Board and will be communicated as soon as available.

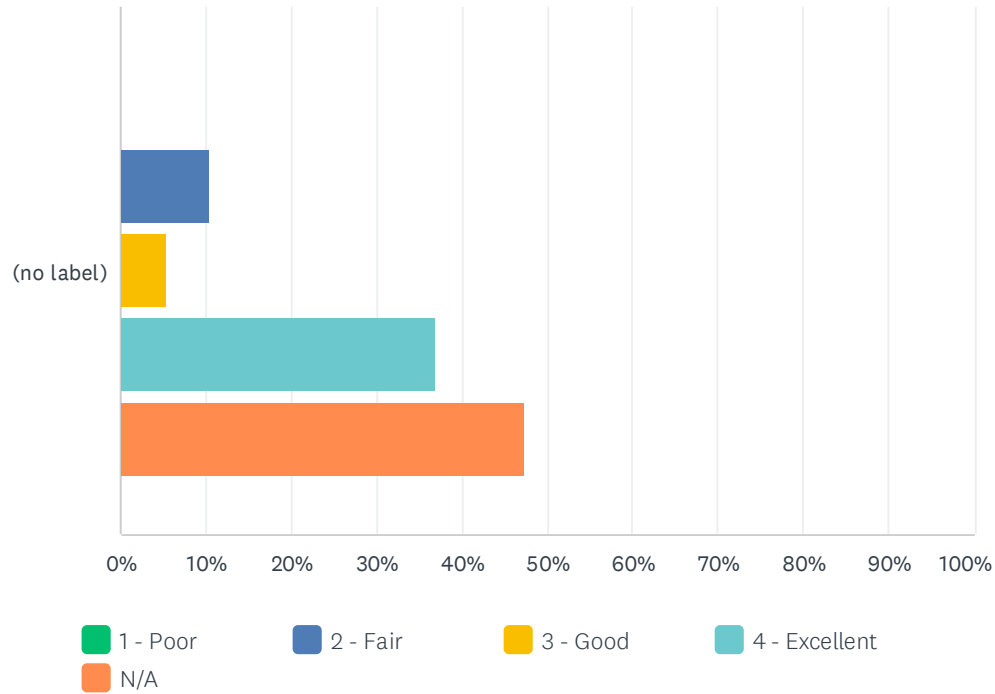
Karen B, our Trustee Liaison, reaches her term limit in 2023. If you are interested in serving as a Trustee Liaison, application must be received in accordance with the eligibility requirements on oa.org. Please reach out to Karen B if you have questions about the service, time commitment, etc.

Chair Rob thanked everyone for their service!

Closing: OA Promise was spoken in unison at 4:45pm.

## Q1 Please rate the effectiveness of the Green Dot portion of the Jump Start meeting:(If applicable - held Friday 7:00 pm)

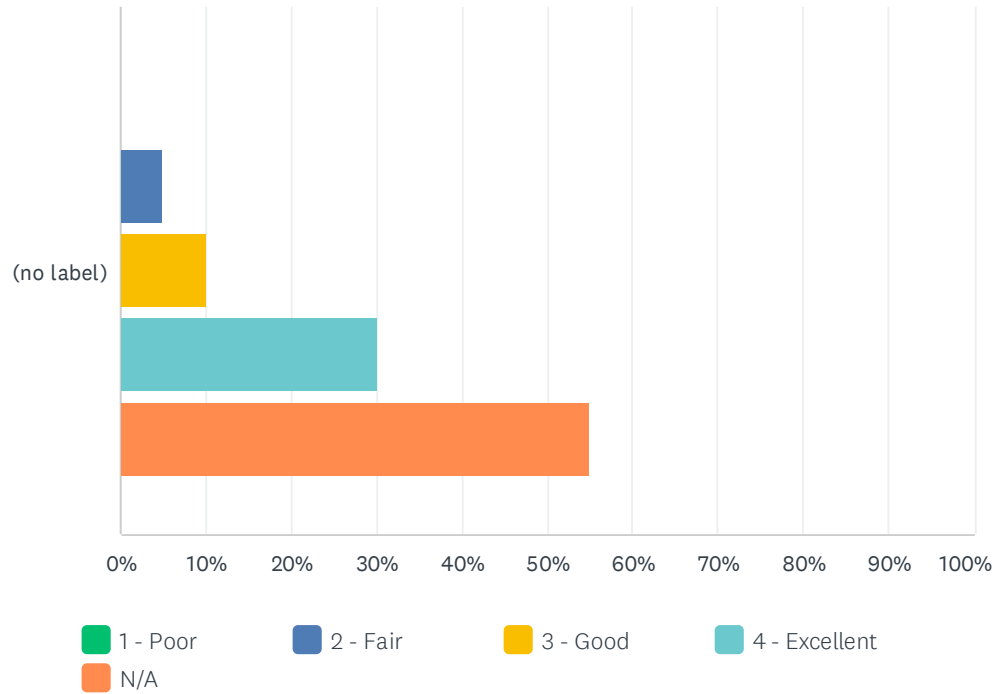
Answered: 19 Skipped: 4



	1 - POOR	2 - FAIR	3 - GOOD	4 - EXCELLENT	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	10.53%	5.26%	36.84%	47.37%	19	3.50
	0	2	1	7	9		

## Q2 Please rate the effectiveness of the Committee Chair portion of the Jump Start meeting:(If applicable - held Friday 7:00 pm)

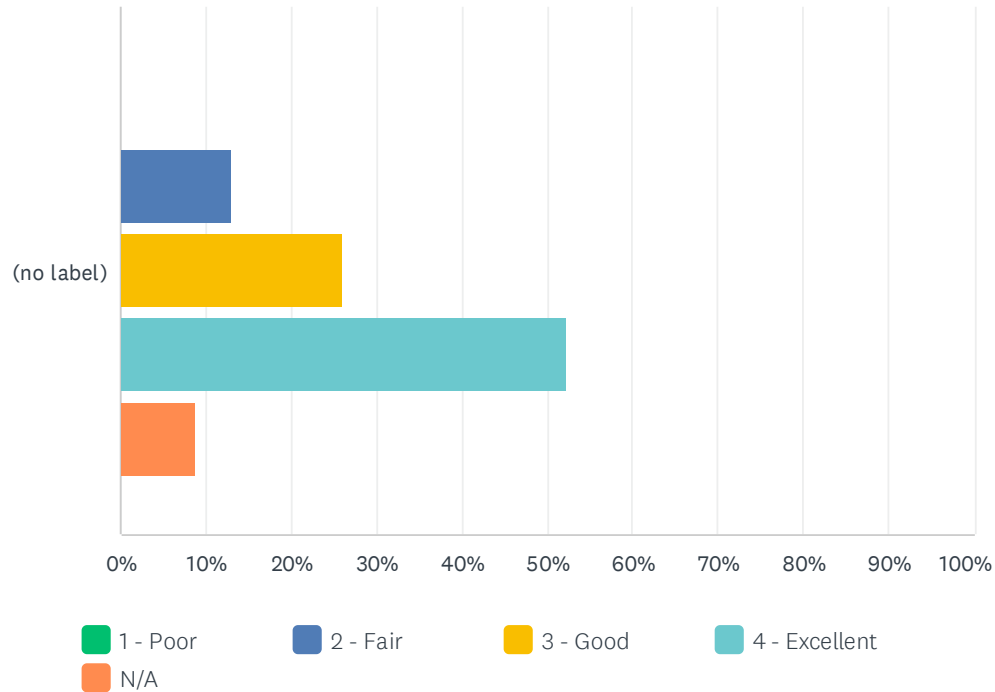
Answered: 20 Skipped: 3



	1 - POOR	2 - FAIR	3 - GOOD	4 - EXCELLENT	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	5.00%	10.00%	30.00%	55.00%		
	0	1	2	6	11	20	3.56

## Q3 Please rate the effectiveness of the main Jump Start meeting:(Held Saturday 9:00 am)

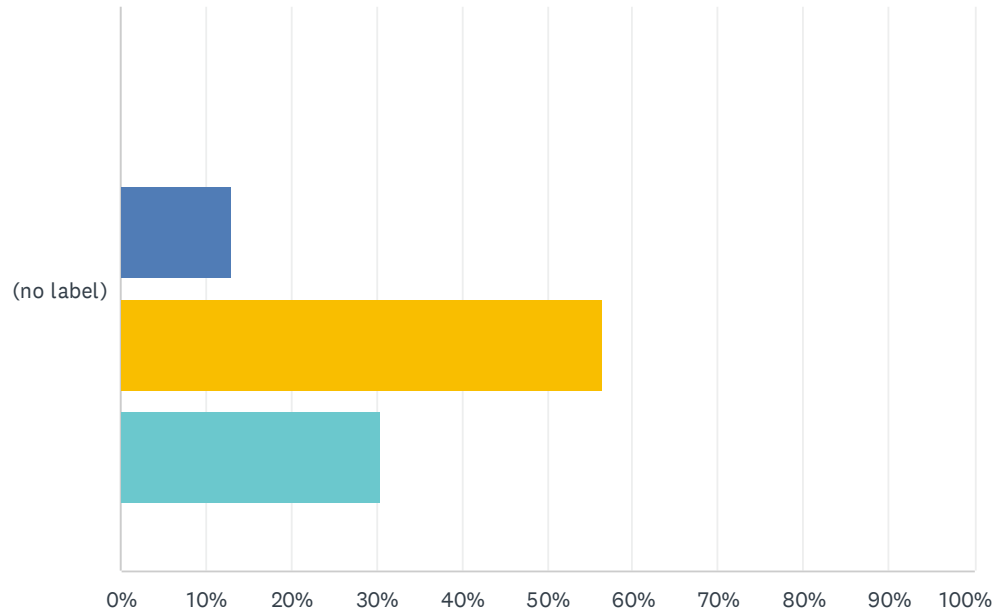
Answered: 23 Skipped: 0



	1 - POOR	2 - FAIR	3 - GOOD	4 - EXCELLENT	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	13.04%	26.09%	52.17%	8.70%		
	0	3	6	12	2	23	3.43

## Q4 Please rate the overall effectiveness of the Business Meeting:(Held Saturday 2:00 pm-4:00 pm)

Answered: 23 Skipped: 0



1 - Poor

2 - Fair

3 - Good

4 - Excellent

	1 - POOR	2 - FAIR	3 - GOOD	4 - EXCELLENT	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	13.04%	56.52%	30.43%		
	0	3	13	7	23	3.17

## Q5 How could the business meeting have been improved?

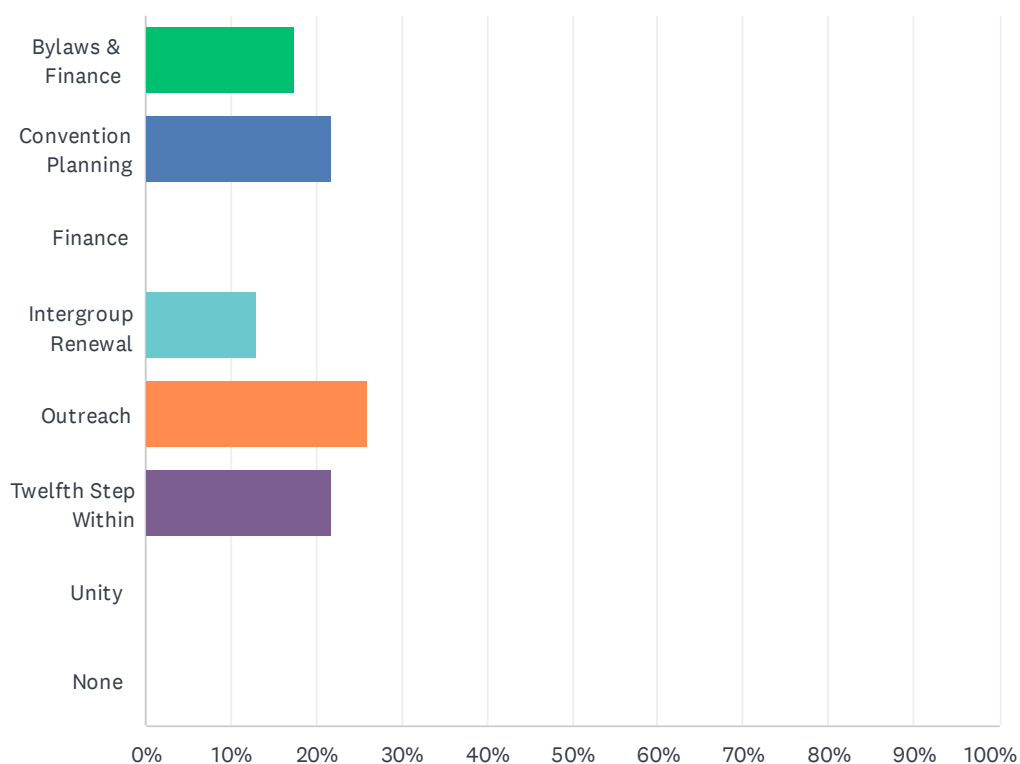
Answered: 14   Skipped: 9

#	RESPONSES	DATE
1	Maybe not so much of a long break inbetween so the day could have ended in time	3/8/2023 10:51 AM
2	More clarity around timekeeping for the business section	2/28/2023 8:58 PM
3	Re-look at the whole day and keep to the time. The agenda took time and perhaps not much could have been done to make the business meeting more efficient. Committees finished well before the 2-hour time given. There was a lot of free time before the business meeting and it took longer than planned. I was in contact with the panelists who were scheduled to make a presentation at 4:00 pm, before closing of the Assembly, on the Diversity/Inclusion events in the NoVA Intergroup. Unfortunately, the assembly was formally closed at the end of the business meeting. All were invited to stay for the panel. Originally, the panel was art of the agenda before the closing. The panelists met to put the discussion together and it seemed like an afterthought. It looked like it might not even take place. I was relieved that many stayed and it was well received. I am grateful that Rob was able to encourage all to stay and he was willing to have us extend the time. I am grateful that Rob offered us a slot at the assembly and I am grateful we were still included when the assembly had to be changed from in-person to virtual. It was not an easy time preparing and I know much work went into it, especially when the change to virtual had to be made. With a background in adult training, I always look to the importance of evaluating what went on and am grateful for this opportunity.	2/27/2023 1:19 PM
4	I know that it's hard to predict how long a business meeting will go. Could it be scheduled for another 30 minutes? And if a program be given, allow them a firm start time? (It's always a crap shoot, though!)	2/25/2023 12:32 PM
5	Voting seemed to take a long time, especially as a visitor who was in the waiting room.	2/25/2023 10:29 AM
6	N/A	2/25/2023 10:05 AM
7	More thought to be given to amendments before the presentation to the Assembly?	2/18/2023 5:42 PM
8	improve agenda listing sections of Biz Meeting e.g. roster to determine quorum, standing rules, etc	2/18/2023 4:45 PM
9	Under the circumstances, it was quite successful. And special recognition and thanks to Amy who worked tirelessly throughout the day to keep things moving smoothly behind the scenes.	2/18/2023 4:39 PM
10	It seemed that we depended on Amy to do way too much both as a participant and tech. I know that time was short but there were a couple of others that could have done things such a sharing screen	2/18/2023 4:37 PM
11	A little less strict on Roberts rules of order. Sometimes that impedes progress. It there to prevent mayhem, not to prevent simple things from getting done	2/18/2023 4:36 PM
12	If people could volunteer for open positions, it would be helpful	2/18/2023 4:36 PM
13	No fault of the Chair, but reps need to follow directions about raising hands. Need more tech support	2/18/2023 4:35 PM
14	I believe it went well. It is hard to have a mentor as a green dot when it is virtual.	2/18/2023 4:34 PM



## Q6 Which committee meeting did you attend?

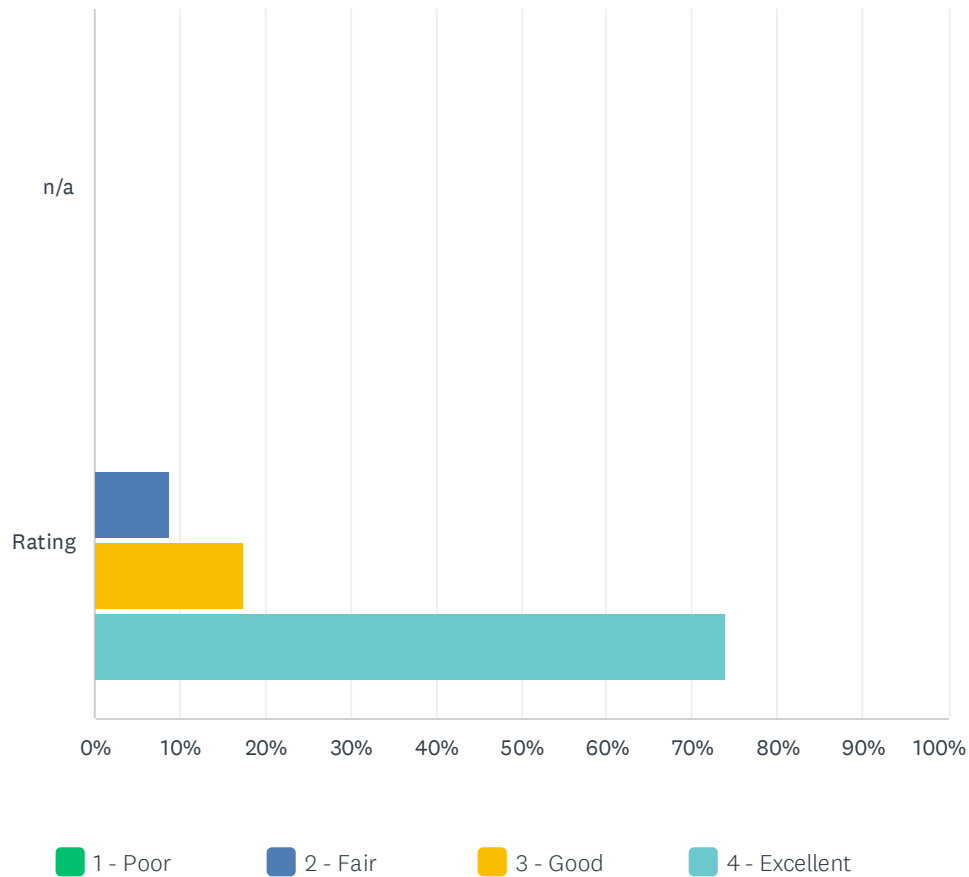
Answered: 23 Skipped: 0



ANSWER CHOICES	RESPONSES	
Bylaws & Finance	17.39%	4
Convention Planning	21.74%	5
Finance	0.00%	0
Intergroup Renewal	13.04%	3
Outreach	26.09%	6
Twelfth Step Within	21.74%	5
Unity	0.00%	0
None	0.00%	0
TOTAL		23

## Q7 Please rate the overall effectiveness of the committee you attended:

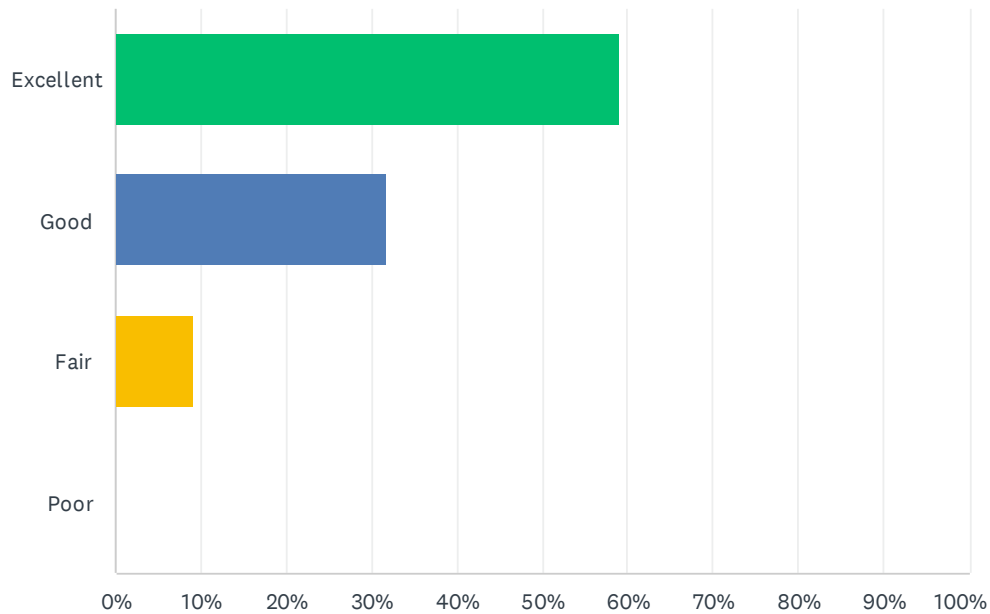
Answered: 23 Skipped: 0



	1 - POOR	2 - FAIR	3 - GOOD	4 - EXCELLENT	TOTAL	WEIGHTED AVERAGE
n/a	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0	0.00
Rating	0.00% 0	8.70% 2	17.39% 4	73.91% 17	23	3.65

## Q8 Overall, how would you rate the event?

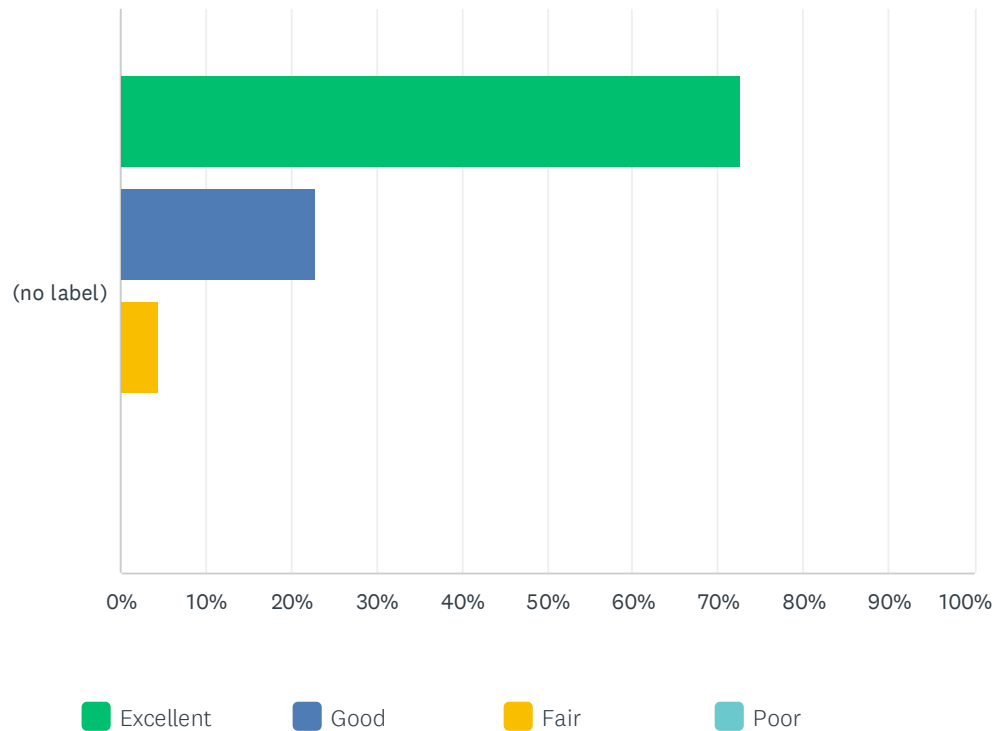
Answered: 22 Skipped: 1



ANSWER CHOICES	RESPONSES	
Excellent	59.09%	13
Good	31.82%	7
Fair	9.09%	2
Poor	0.00%	0
TOTAL		22

## Q9 How would you rate the effectiveness of the Board members?

Answered: 22 Skipped: 1



	EXCELLENT	GOOD	FAIR	POOR	TOTAL	WEIGHTED AVERAGE
(no label)	72.73%	22.73%	4.55%	0.00%		
	16	5	1	0	22	1.32

#	ANY COMMENTS?	DATE
1	Rob L did a fantastic job for his first time as chair!!!	3/8/2023 10:52 AM
2	I do not know the board members. I do know they were deeply involved in the planning of the assembly and it had to be no small task to change to virtual. They have my gratitude because I could not have attended in person.	2/27/2023 1:27 PM
3	Great job all!	2/25/2023 12:34 PM
4	Everyone was articulate and experienced. They kept it simple.	2/25/2023 12:11 PM
5	Everyone seems very competent and committed to service. Thanks to all for your willingness.	2/18/2023 4:41 PM
6	Good work Rob!	2/18/2023 4:36 PM

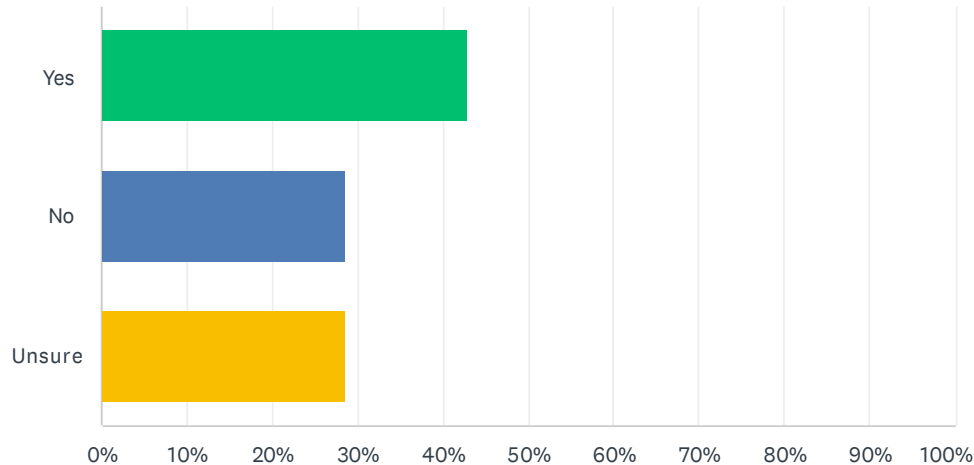
**Q10 Please provide specific, constructive feedback about the Assembly:**  
 We welcome and encourage any comments that will help us improve future assemblies. Thank you for taking the time to answer this question thoughtfully. Please be aware that all responses will be included in the post-assembly packet. If there is an issue you would like addressed privately, please contact a board member.

Answered: 13   Skipped: 10

#	RESPONSES	DATE
1	Though I do like being in person I feel we can get as much work done virtually as we do in person!	3/8/2023 10:52 AM
2	I did not like that this assembly was virtual. As a green dart, I would've benefited more from in person.	2/28/2023 12:03 PM
3	Please look at the agenda and time given to each part. We had a lot of free time and were squeezed in the afternoon. Maybe committee time could be shortened? I trust those who put the next assembly together -- please virtual!! -- will evaluate and improve. The rest of my comments are included in my evaluation of the business meeting. The only thing that I found to be difficult to deal with was the constant and prolonged jumping in on the discussions by the trustee liaison. All were supposed to keep mics off yet this mic was on and there was a continual interjection of personal information and responses to what reps were saying. I found it intrusive and not in the spirit of all are equal. This occurred in committee and in other places. Often no hand raising, just talk. Perhaps this is the privilege of the Trustee. I'm new to R7 and perhaps in the wrong here. If so, apologies.	2/27/2023 1:27 PM
4	I think we should plan on assemblies being virtual going forward, and, whenever possible, the Convention be face-to-face.	2/25/2023 12:34 PM
5	I thought it was well organized and moved along. Leaders of group were friendly and the discussion rooms helpful.	2/25/2023 12:11 PM
6	I am grateful for the Board and their willingness to give service. I look forward to hearing more about the Fall Assembly and whether it will be in person. I know other Regions also combine their Convention and their Assembly in one weekend and am wondering if the Board is considering that?	2/25/2023 10:31 AM
7	N/A	2/25/2023 10:06 AM
8	As I have already voiced, Assemblies/Conventions should not be on holiday weekends.	2/18/2023 5:44 PM
9	any tech rep provided excellent efficiency; hope recording secretary got dates/names of forthcoming books, workshops, meetings etc	2/18/2023 4:49 PM
10	We need a hybrid assembly	2/18/2023 4:39 PM
11	Zoom Assemblies are a more efficient use of everyone's time	2/18/2023 4:37 PM
12	I like having the Assembly on Zoom. It makes it easier for more people to attend.	2/18/2023 4:37 PM
13	nothing I can think of	2/18/2023 4:37 PM

## Q11 Are you in favor of condensing the Assembly to one full day when it is held face-to-face?

Answered: 21 Skipped: 2



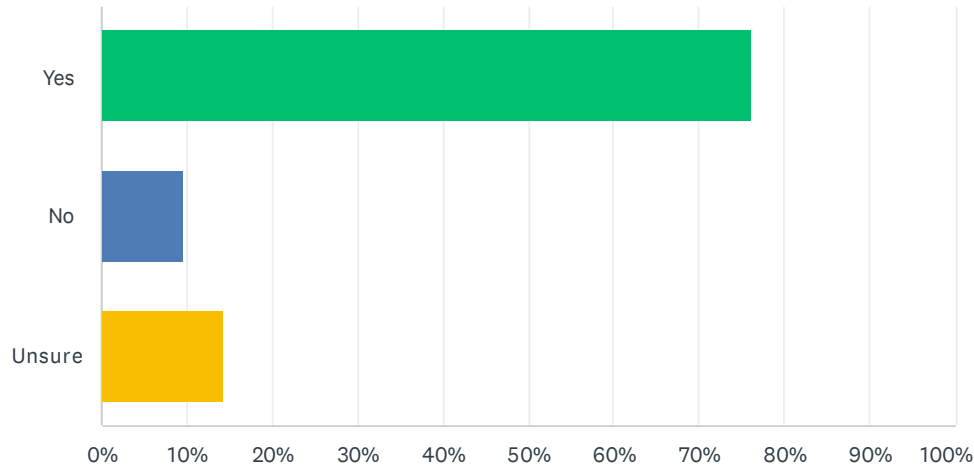
ANSWER CHOICES	RESPONSES	
Yes	42.86%	9
No	28.57%	6
Unsure	28.57%	6
TOTAL		21

#	COMMENTS	DATE
1	Please, be virtual or hybrid for those who want in person. There are many who will be cut out if you continue all in-person, making in person only for those who are able financially, physically and free of other responsibilities. Some have family commitments and can't get away; some do not drive; some are disabled, elderly. To be inclusive of all who want to attend, some change needs to be made	2/27/2023 1:33 PM
2	Personally, if I'm going to haul myself somewhere, I want time available with people. I think we should plan on assemblies being virtual going forward, and, whenever possible, the Convention only be face-to-face.	2/25/2023 12:40 PM
3	Arriving the night before with business held in one day and with the option of leaving the next morning.	2/25/2023 12:38 PM
4	Providing we can cover everything. A meeting before or after is a nice point of connection.	2/25/2023 12:14 PM
5	One day, if possible. When more voting is needed I don't think 1day is enough time.	2/25/2023 11:06 AM
6	Depends on the location. I think it would be unfair to expect a rep to travel from GPIG 6 hours for a one day Assembly. However, if all business can be conducted in one day, and if everyone is in agreement and we are able to get a quorum, I would be fine with one day.	2/25/2023 10:44 AM
7	I like the Friday night meet and greet and time to get settled in the room.	2/18/2023 5:55 PM
8	given travel, it would be inconvenient to arrive, contribute, depart in one day	2/18/2023 4:54 PM
9	It depends on the distance I'd have to travel. I wouldn't attend if I had to drive home at night after a day of Assembly work.	2/18/2023 4:49 PM

10	depends on location and travel time	2/18/2023 4:38 PM
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## Q12 Are you in favor of condensing the Assembly to one full day when it is held virtually?

Answered: 21 Skipped: 2



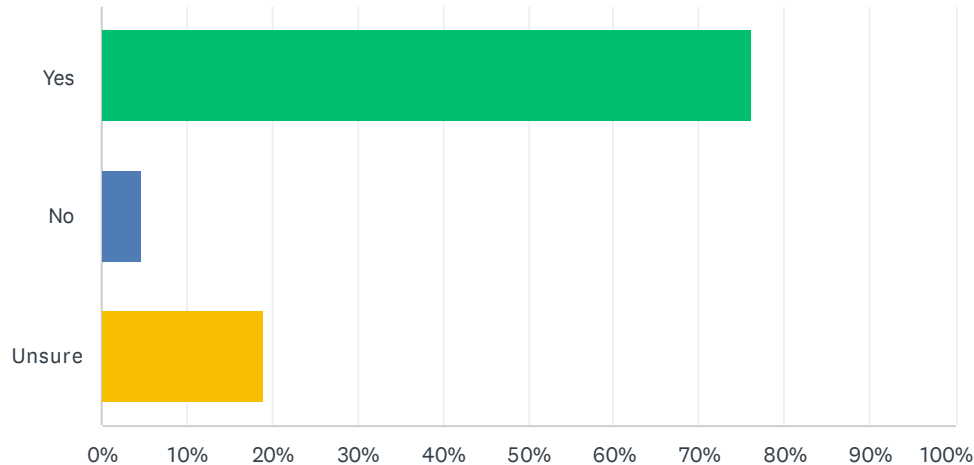
ANSWER CHOICES	RESPONSES	
Yes	76.19%	16
No	9.52%	2
Unsure	14.29%	3
TOTAL		21

#	COMMENTS	DATE
1	This can work if the agenda is reasonable and we stick to the time.	2/27/2023 1:33 PM
2	For the same reasons as above.	2/25/2023 12:14 PM
3	Yes, would prefer one longer day versus 2 shorter ones.	2/25/2023 10:44 AM
4	That would depend on what I, as a committee chair, would like to address before the Assembly?	2/18/2023 5:55 PM
5	The Friday evening session was limited to a subset of Assembly members, so really "the business" was done in one day. As a green-dotter, knowing some of the faces before the business was reassuring	2/18/2023 4:54 PM
6	I think the Friday night option of either a green dot meeting or a committee chairs meeting was irrelevant to attendees who didn't fit either category. No need for those who didn't fit either category to attend on Friday night.	2/18/2023 4:49 PM



## Q13 Are you in favor of rotating the Assembly location within the region when it is held face-to-face?

Answered: 21 Skipped: 2

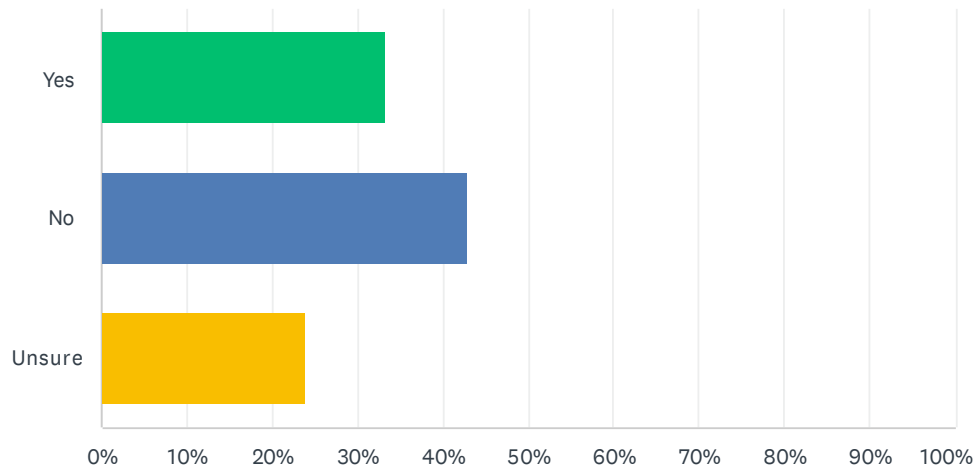


ANSWER CHOICES	RESPONSES	
Yes	76.19%	16
No	4.76%	1
Unsure	19.05%	4
TOTAL		21

#	COMMENTS	DATE
1	We are a large region. It would be fair to do this. I don't think face-to-face is fair though and would vote against it unless it was hybrid so that all who are qualified and want to attend could attend.	2/27/2023 1:33 PM
2	Yes, especially if this is the reason why some IGs are not attending.	2/25/2023 10:44 AM
3	It could cut down on long drives for those who live further from the usual (Maryland) locations	2/18/2023 4:49 PM
4	like the idea, but the cost for IGs may be prohibitive	2/18/2023 4:38 PM

## Q14 Are you in favor of holding the Assembly just one time per year?

Answered: 21 Skipped: 2

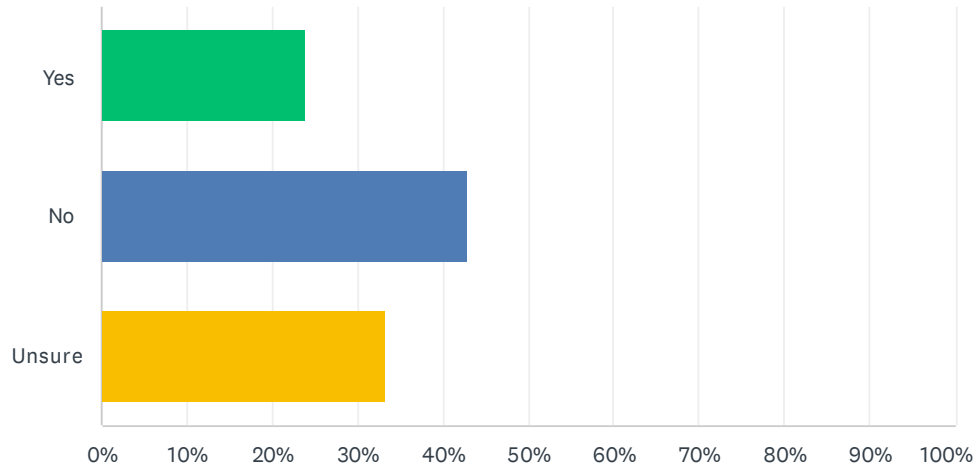


ANSWER CHOICES	RESPONSES	
Yes	33.33%	7
No	42.86%	9
Unsure	23.81%	5
TOTAL		21

#	COMMENTS	DATE
1	WSBC is annual. Why not R7?	2/27/2023 1:33 PM
2	Yes, if the necessary business can be accomplished. Virtually, I'd be in favor of re-adding Sunday back into the mix. Things seemed a bit rushed. Or dropping the OA meeting on Friday night and starting meaningful business after the green dot meeting.	2/25/2023 12:40 PM
3	Providing we are able to cover all the material necessary and it can be unhurried.	2/25/2023 12:14 PM
4	As long as all business can be conducted with just one Assembly a year.	2/25/2023 10:44 AM
5	Probably could get all that is needed to be done, once a year. Hopefully, you will pick Fall and not Spring!	2/18/2023 5:55 PM
6	too much to do, and finance at least needs time lapse for prep	2/18/2023 4:54 PM
7	There are often instances when items need to be attended to more frequently than once a year. If there are no such situations, the Assembly (if virtual) could be cancelled.	2/18/2023 4:49 PM
8	We need to meet as a group more often	2/18/2023 4:38 PM
9	I think two times a year is good.	2/18/2023 4:38 PM

## Q15 Are you in favor of holding the Assembly at the same time and place as the R7 Convention?

Answered: 21 Skipped: 2

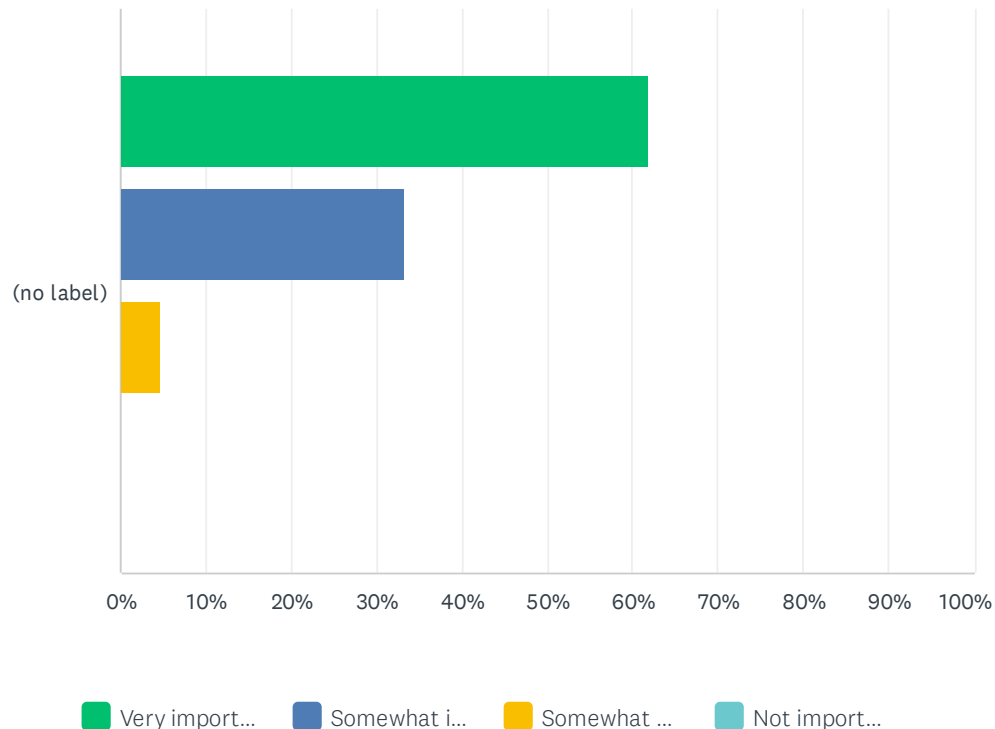


ANSWER CHOICES	RESPONSES	
Yes	23.81%	5
No	42.86%	9
Unsure	33.33%	7
TOTAL		21

#	COMMENTS	DATE
1	Keep it separate.	2/27/2023 1:33 PM
2	I think these are two different types of meetings with two different goals.	2/25/2023 12:40 PM
3	Yes, it would save cost to the Region and might increase attendance at the Assembly. The only concern is how to limit the amount of the Convention that would be missed by those reps attending the Assembly, maybe by holding the Assembly all day on Friday and then the Convention starting Friday night as usual. This would require reps to take a day for the Assembly and possibly Thursday as well to accommodate travel from say Pittsburgh.	2/25/2023 10:44 AM
4	Never been to a convention, so I can't comment.	2/18/2023 5:55 PM
5	limits both	2/18/2023 4:54 PM
6	It depends on how much business needs to be done, I wouldn't want to miss any of the convention in order to do business.	2/18/2023 4:49 PM
7	may take away some of the enjoyment of reps at convention if they are in business meetings	2/18/2023 4:38 PM

## Q16 How important is fellowship to you at Assembly?

Answered: 21 Skipped: 2



	VERY IMPORTANT	SOMEWHAT IMPORTANT	SOMEWHAT NOT IMPORTANT	NOT IMPORTANT	TOTAL	WEIGHTED AVERAGE
(no label)	61.90% 13	33.33% 7	4.76% 1	0.00% 0	21	1.43

#	ANY COMMENTS?	DATE
1	Fellowship in person would have helped a green dot like me perhaps enjoy the assembly.	2/28/2023 12:04 PM
2	I'm there for the work and I also enjoy the fellowship. It was virtual and I got all the fellowship I wanted or needed.	2/27/2023 1:33 PM
3	The most meaningful interaction at Assemblies for me have been with my sister/fellow committee members. But then, I've only attended virtual Assemblies.	2/25/2023 12:40 PM
4	I love to witness the strength of long term abstinence through service at events such as an Assembly. When the Assembly is virtual, I lose the ability to have as much one-on-one fellowship that you experience with an in-person Assembly or Convention.	2/25/2023 10:44 AM
5	The assembly is mainly to conduct business.	2/18/2023 5:55 PM
6	i'm an introvert...	2/18/2023 4:54 PM

## Q17 What other ideas do you have for changing the Assembly?

Answered: 8 Skipped: 15

#	RESPONSES	DATE
1	Just tighten up the agenda and stick to it. We can do this! Kudos to Rob for his service.	2/27/2023 1:33 PM
2	Carefully re-think the goals of each meeting segment and considering re-arranging the agenda.	2/25/2023 12:40 PM
3	Finding out from the IGs who did not attend, if they didn't attend due to lack of service to fill the positions, or another reason. When an Assembly is held virtually, I would hope that all IGs would attend at least with one rep.	2/25/2023 10:44 AM
4	I feel that Business Assemblies should be virtual and should not be on holiday weekends!	2/18/2023 5:55 PM
5	none yet	2/18/2023 4:54 PM
6	Just the hybrid aspect of the face-to-face assembly	2/18/2023 4:40 PM
7	Keep it virtual	2/18/2023 4:40 PM
8	Please leave as Zoom	2/18/2023 4:38 PM



## How can my group/Intergroup send contributions to Region7?

- ◆ You must have a PayPal account.
- ◆ You can send funds using credit card, debit card or checking account.
- ◆ Send contribution to [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org)
- ◆ Be sure to include Group # in notes
- ◆ Select "Sending to a friend"; there are no fees!
- ◆ Selecting "paying for an item or service" incurs a fee of 2.2% + \$0.30.



### venmo

- \* Must have a Venmo account
- \* No fees for linked bank account, debit cards or Venmo balance.
- \* Send contribution to [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org)

### zelle®

- No account required—your bank sends it for you!
- Pay via your own banking app/website
- Send contribution to [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org)
- No fees via Zelle



### Cash App

- ⇒ Must have a Cash App account
- ⇒ Send contributions to [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org) or \$OARegion7
- ⇒ Pay using bank account, credit cards, debit cards and balance

**We do not accept  
Google Pay**

### Checks and Money Orders

We prefer contributions via one of the electronic payment methods, but we do still accept checks. Please only send a money order if no other method of payment is feasible.

To verify the current address for mailing contributions, check with your Intergroup or send an email to [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org)