



Good morning all,

There are so many things that I say about being your chair for the passed 4 years. The one thing that I have learned, is that, WE are worldwide, we need our program to service OA as a whole not individuals. I believe that if we were to unite with one goal, recovering from compulsive overeating (including anorexia and bulimia) that our program would grow so big that AA would look small. What I see today as our biggest issues are that, instead of unifying, we are more divided than ever.

I love going to different meetings, seeing how others are getting their recovery, but I don't believe that there is only one way to get abstinent, only one way to work the oa program. With as many people are in OA, there are that many ways to work the program. What I see happening is that, we are not unifying, but separating because some believe that there is only one way to recovery. The most important thing is that we unite, work together as one. When we do that, we win.

Thank you for letting me serve as your Chair and hope that some of you will consider running for the region 5 board. I never really had a concept on how and why the traditions work the way that they do or the concepts unifying us.

Thank you for helping me.

Hugs to all, Eileen



## **IMPORTANT, IMPORTANT, IMPORTANT!!!!**

### **Dear Intergroup Chairs and Intergroup Website Managers:**

The Board of Trustees and the OA World Service Office is asking all Intergroups and Regions to immediately remove any image on websites or social media (including Facebook) platforms that is not appropriately used according to copyright laws.

Please ensure your Intergroup has appropriate permission granted to use images, videos or music (including flyers). If your service body does not have appropriate permission, remove the images immediately. When in doubt, remove the image or video until appropriate copyright permission is received by the digital image owner, or the image is appropriately cited.

The Board of Trustees has had a legal matter brought to them due to an innocent misuse of copyrighted material by a service body, and that matter has been resolved.

Thank you in advance for your compliance.

Sincerely,

Eileen C

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