



### SAVE THE DATE

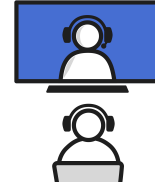


**November 15 – 16**

## VIRTUAL REGION ASSEMBLY 2

# 2025

### NEW TO ASSEMBLY?

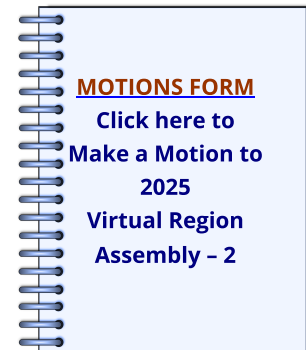


[Click to watch the video "All About Assembly"](#)

## All Things Assembly!

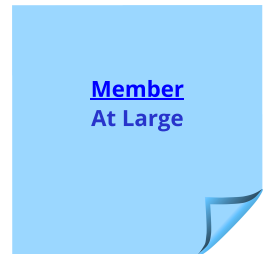
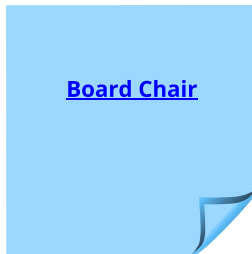
All Motions to Assembly are due by **September 16, 2025**

### REGISTRATION IS OPEN

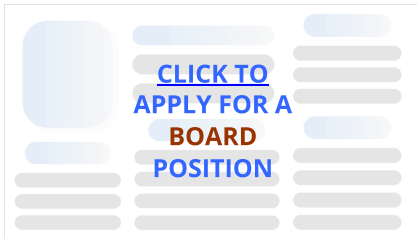


### Would you like to apply for a Board or Trustee Position?

Click any Image to read the job description



All applications are due by **September 16, 2025**



CLICK ON ANY BOOK TO OPEN IT



### Important Assembly Dates

#### Meet the Maker 1

All VR Service Bodies, Region Committees & Board Officers  
 Sunday 12th October  
 10am ET | 4pm ET

#### Meet the Maker 2

Region Committee Chairs, Board Officers & Representatives only  
 Sunday 9th November  
 10am ET | 4pm ET

#### Green Dot Welcome & Review

Sunday 9th November  
 9am ET | 3pm ET

#### Registration Closes

Tuesday 11th November

#### Business Assembly

Saturday 15th November  
 10am - 4:30pm ET

#### Board & Committee Meeting

Sunday 16th November  
 8:30am - 4:30pm ET

### Virtual Region Needs You!

#### Join Our Committee

Our Sunday Board and Committee meetings are open to any OA member who wants to attend.

For **Description**, **Times**, and **Zoom Links**, please click below.

#### Coming Soon

### Past Assembly Minutes

[Assembly-Minutes for July 2025 2025-06-01-Unapproved & redacted](#)

[Assembly Minutes for Nov 2024 -2024-11-16 Assembly Minutes unapproved & redacted](#)

[Assembly Minutes for Nov 2024-11-16\\_unapproved & password protected](#)

**12 STEPS OF OA**



CLICK IMAGE TO READ THE 12 STEPS

**12 TRADITIONS OF OA**



CLICK IMAGE TO READ THE 12 TRADITIONS

**12 CONCEPTS OF OA SERVICE**



CLICK IMAGE TO READ THE 12 CONCEPTS

## ARE YOU NEW TO ASSEMBLY

[Click to watch the video "All About Assembly"](#)



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Thanks to your 7th Tradition contributions,  
we can spread the message of recovery. [Contribute Online](#)

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Responsibility Pledge

“Always to extend the hand and heart of OA  
to all who share my compulsion;  
for this I am responsible.”

@ 2025 Virtual Region of Overeaters  
Anonymous