

**LOS ANGELES INTERGROUP OF OVEREATERS ANONYMOUS**  
**DELEGATES MEETING AGENDA**  
**Saturday, February 21st, 2026**  
**10:30 AM**

Meeting ID: 986 8413 8128

Passcode: 586561

[Click to Join](#)

1. **Call to Order - “We” version of Serenity Prayer**
2. **Reading of the Twelve Traditions**
3. **Tradition of the Month - volunteer to read & share for 2 minutes**
  - a. Tradition 2: For our group purpose there is but 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
4. **Reading of Delegate Role - Volunteer**
5. **Role Call**
6. **Celebration of Birthdays**
7. **Review of minutes: 2 minutes**
8. **Officer Reports**
  - a. **Chair ( [chair@oalaig.org](mailto:chair@oalaig.org) ) - Matt S**
    - i. Thank you to everyone who submitted the Survey responses
  - b. **Treasurer ( [treasurer@oalaig.org](mailto:treasurer@oalaig.org) ) - Chaya/Karen**
    - i.
  - c. **Vice-Chair ( [vicechair@oalaig.org](mailto:vicechair@oalaig.org) ) - Dan O.**
    - i. Region 2 Report
  - d. **Secretary ( [secretary@oalaig.org](mailto:secretary@oalaig.org) ) - Ransom M.**
9. **Office Manager ( [office@oalaig.org](mailto:office@oalaig.org) ) - Janet Z.**
  - a. Office Update
10. **Committee Reports**
  - a. **Birthday Party Chair ( [bdp@oalaig.org](mailto:bdp@oalaig.org) ) - Vida I.S.**
    - i. Recordings
      1. They are still available for purchase. Please continue to help us get the word out!
      2. A [page](#) has been added with directions for finding recordings.
      3. We are now compiling survey results and will be providing the fellowship with an overview of the responses.
  - b. **Special Events ( [events@oalaig.org](mailto:events@oalaig.org) ) OPEN**
  - c. **Communications ( [communications@oalaig.org](mailto:communications@oalaig.org) ): Lewis K.**
    - i. [March 12th Stepper](#)
  - d. **Meeting Liaison ( [meetingliaison@oalaig.org](mailto:meetingliaison@oalaig.org) ) Hannah F.**
  - e. **Public Outreach & Inclusion ( [outreach@oalaig.org](mailto:outreach@oalaig.org) ) Nicole S.**
  - f. **Workshops ( [workshops@oalaig.org](mailto:workshops@oalaig.org) ) Caroline C.**
    - i. First workshop of the year - Saturday March 14
      1. Breaking the Cycle: Healing Trauma Through the Twelve Steps - Recovery That Reaches Beneath the Food
      2. West Hollywood Recovery Center: 2:30-4pm
      3. [More details and RSVP here](#)

- g. WSBC Representative**
  - i. Vacant**
- h. Region Two Representative**
  - i. Vacant**

**11. Unfinished Business**

**12. Announcements**

- a. OA Virtual Region Convention 2026:
  - i. Dates: February 20–22, 2026. Theme: "[Grounded in Recovery – New Business](#)"
  - ii. [There is a Solution!!](#)". Highlights: Over 60 sessions, 6 Keynote Speakers, and 30+ Newcomer Meetings. Newcomer Info: Free attendance for those with 90 days or less in OA.

**13. Adjournment**

**14. Close with “We” version of the Serenity Prayer**

**NEXT DELEGATES MEETING: 3/21/26**

**NEXT BOARD MEETING: 3/3/26**