

7th Tradition: Supporting OA


The Seventh Tradition tells us that OA is self-supporting at all levels. Outside contributions are not accepted. To meet OA's basic needs, a 60/30/10 Plan is recommended. 60% INTERGROUP// 30% WORLD SERVICE OFFICE// 10% to REGION 4 After your regular group expenses are met (donation in lieu of rent, literature, a prudent reserve, etc.) it is suggested that the remaining amount be distributed according to the 60/30/10 Plan.

You may use these forms when making your regular monthly/quarterly donations. They may be used for a "one-time", a birthday/anniversary, or personal donation.

 **OVEREATERS ANONYMOUS®** **60%** to INTERGROUP

Checks payable to: Greater Ozarks Intergroup OA (GO-OA Ig)
Mail to: Greater Ozarks Intergroup OA (GO-OA Ig) PO Box 8675 Springfield, MO 65801
Group Name & #: Meeting Location: Meeting Day/time: Sent By:
Address: City, State, Zip: Amount: \$ Check No:

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 **OVEREATERS ANONYMOUS®** **30%** to World Service Office

Checks payable to: WSO: 6075 Zenith Ct. NE, P.O. Box 44727 Rio Rancho, NM 87174-4727
Group Name & #: Meeting Location: Meeting Day/time: Greater Ozarks OA intergroup
Sent By: Address: City, State, Zip: Amount: \$ Check No:

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 **OVEREATERS ANONYMOUS®** **10%** to Region 4

Checks payable to: Region 4 OA: Region 4, 2355 Fairview Ave. N, PMB 338, Roseville, MN 55113
Group Name & #: Meeting Location: Meeting Day/time: Greater Ozarks OA Intergroup
Sent By: Address: City, State, Zip: Amount: \$ Check No: