

# HOW OA Northern California Contribution Form

These are the contribution guidelines recommended by the Overeaters Anonymous World Service:

**Include the following information with each donation you send to each service body.**

Meeting Number \_\_\_\_\_

Day and Time \_\_\_\_\_

Location \_\_\_\_\_

City \_\_\_\_\_

Treasurer Contact \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Intergroup Number \_\_\_\_\_ Intergroup #09331

Donation Amount \_\_\_\_\_

**Send 60% of your total donation to our Intergroup:**

Make checks payable to and send to:  
HOW-OA Intergroup Northern California, Inc. Intergroup #09331  
PO Box 11070  
Oakland, CA 94611-0070

Your donations help Intergroup to: publish meeting and sponsor lists, plan the weekend retreat, organize Day in HOW workshops, send HOW-OA delegate(s) to World Service and Region 2 and more!

**Send 30% of your total contribution to the OA World Service:**

<https://oa.org/contribute/>

[There is an online donation portal as well as a form for mail-in donations.]

Make checks payable to and send to:  
World Service Office  
PO Box 44020  
Rio Rancho, NM 87174-4020

The OA World Service produces literature and podcasts, maintains [oa.org](http://oa.org), an online [bookstore](#), directories on meetings all across the world and answers newcomer and member inquiries.

**Send 10% of your total contribution to the OA Region 2:**

<http://www.oar2.org/about-r2/donate>

[There is an online donation portal as well as a form for mail-in donations.]

Make checks payable and send to:  
Region 2 of Overeaters Anonymous  
4733 Torrance Blvd., PMB #335  
Torrance, CA 90503

Your contributions to Region 2 provide the foundation for regional outreach to members, intergroups, meeting groups, and compulsive overeaters in our area (California, Hawaii, Mexico and Northern Nevada).