





## 2016 Region One Assembly Notebook

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# Welcome To Assembly 2016!

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Congratulations on being selected to represent your Intergroup at Region One Assembly! Thank you for providing valuable service to the entire Region. My experience has been that service at Region has been very helpful for personal recovery, as well.

We will join together to share ideas and solutions, and to reach an informed group conscience on significant issues. You will have the opportunity to voice your opinions, vote on motions, participate in group activities, vote to choose the people to act as trusted servants, help form our goals and Project Teams to achieve those goals, and set the budget that will guide us in the coming year. Whether you are a “veteran” representative or a “Green Dot,” your ideas, questions and participation are vital to recovery in Region One.

Please plan to arrive in Calgary in time for our Wednesday evening activities, which will start at 7pm. You will pick up your Assembly materials at this time. We will have a fun activity, an input session on the 2017 budget proposal, an introduction to Intergroup Renewal (the focus of this year’s Assembly), and an OA meeting with a focus on carrying the message in Region One.

We will have very full and busy days on Thursday and Friday. Please read ahead in your binder so you can be prepared for discussions.

In conducting the business of the Region, sometimes debate (expressions of opinion) can get heated. It may get frustrating as we explore all sides of the issue. Don’t hesitate to call for the Serenity Prayer. I will keep us on track so that we can complete our agenda on schedule and will do my best to ensure that questions are answered so that you can make an informed vote.

We will be electing a vice chair, secretary, communication coordinator and member-at-large. We will also elect our nominee(s) as Trustee of Region One. It is not too late to run for office. We will take additional nominations through 11:45am on Thursday; job descriptions are available in your binder and blank applications are available from our Secretary or at <http://www.oaregion1.org/documents--reports.html>. You can nominate yourself!

We will also be setting goals for Region One and deciding on the Project Teams we will have in the coming year, besides our standing committees. Each Representative is asked to commit to serving on a Project Team for the coming year (whether or not they will be returning to Assembly next year).

Remember:

- Region has no power structure, only a service structure
- We treat each other with respect and courtesy
- We are all here as volunteers--trusted servants who love OA
- Abstinence first and self-care!

I am looking forward to a fun, productive, informative Assembly!

*Beverly M.*

Region 1 Chair

# **REGION ONE ASSEMBLY of OVEREATERS ANONYMOUS**

## **Mission Statement**

“The mission of Region One is to provide requested services to our groups and intergroups in order to carry the recovery message of the Twelve Steps and Twelve Traditions of Overeaters Anonymous by pooling resources, talent and experience.”

Adopted October 21, 1994

## **Statement of Purpose**

“The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and intergroups from which it is formed.”

Region One Bylaws, Article II, Section 1

## **REGION ONE ASSEMBLY GENERAL INFORMATION**

**Welcome to Assembly. We have a busy time ahead of us so please try to go through the notebook ahead of time.**

**GREEN DOTS:** Green Dots are Intergroup Reps here for their first Region One Assembly. Having a green dot on your badge helps us to know who you are and make you feel welcome. If you don't have a green dot, and are a first timer, please let someone on the Board know! If you are not a green dot, please remember how you felt the first time you were here, and help them feel welcome and answer any questions.

**ASSEMBLY MATERIAL:** What you have in your hands is the Assembly Notebook,--consisting of reports from the Board, Intergroups, and Committees, the Bylaws, Policies & Procedures of Region One, rosters and more. You may want to highlight areas of interest, or areas that raise questions in the reports; you are encouraged to ask questions when the reports come up on the Agenda, or you may direct your question to the author of the report.

**SEATING OF REPRESENTATIVES:** You will not be seated if you don't have your badge on. Non-voting members must sit in the back rows of the room. Read the Assembly Standing Rules for details.

**PROJECT TEAMS:** Please give some thought to the Project Team you would like to join. If there are existing teams that wish to have informal meetings, please do so. There will be time on Thursday afternoon for the new teams to meet. Project Team work does not take a great deal of time, but to complete our goals, we ask you to commit to this work through Assembly next year, even if you "rotate off" your service as a Region Representative at some point during the year.

**OA MEETINGS:** Anytime you wish--ask a Board member about available space. There are two OA meetings already scheduled for Wednesday and Thursday evenings--these are listed on the Assembly agenda.

**ASK IT BASKET:** This is an opportunity to ask questions of the Board about service, traditions, or other items of interest. Write them down and put in the box at the back of the Assembly room. Questions may also be asked from the floor if time permits. The Board will answer these questions Friday afternoon, if time allows. If we run out of time, we will follow up on these questions after Assembly, using email.

**HOSTING THE REGION BOARD:** The Region One Board would like to visit each of our 24 intergroups in the next two years! Talk with your intergroup's Board Liaison for more details. An application is in the Resources section of your Assembly notebook.

**ASSEMBLY EVALUATION:** Please be sure to complete and leave the evaluation in the box on the designated table of the Assembly room.

THANK YOU FOR BEING HERE, GIVING SERVICE,  
AND REPRESENTING YOUR INTERGROUP!

# Proposed 2016 Region One Assembly Standing Rules

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1. The Region One Assembly will be conducted under the current edition of *Robert's Rules of Order Newly Revised*, except where it is inconsistent with the Bylaws, The Twelve Traditions of Overeaters Anonymous, The Twelve Concepts of OA Service, or any other specially adopted rules of order.
2. In all deliberations, the group conscience is more important than the technicalities of the motion.
3. All Region One attendees shall register and wear identification badges provided while in the business meetings.
4. Voting:
  - a. Voters will raise voting cards while remaining seated for all votes except by ballot.
  - b. Voters will stand for verification of votes, unless they are unable to stand, in which case a raised voting card is acceptable.
  - c. The presiding officer shall effect any necessary changes to this procedure, such as a counted rising vote.
5. Voice and vote shall be granted to registered Region One Representatives, Region One Board Members, and Representatives from unaffiliated groups. The Region One Trustee, General Service Trustees who reside in Region One, Region Representative Alternates, Committee Chairs and Intergroup Chairs have voice but no vote. The Parliamentarian has no voice or vote (unless requested by the Chair to address the Assembly on a specific topic).
6. At the Assembly, the only motions in order are those submitted prior to the Assembly, or motions made by Board Members, Registered Representatives or Committee Chairs.
7. Members must be recognized by the Chair in order to speak or make a motion. No one without proper credentials will be recognized. When addressing the Chair, members shall first state their name and the Intergroup they are representing or Region One position held.
8. The Assembly Reference Committee shall be appointed by the Region One Chair. This committee shall meet to clarify motions referred to it by the Chair. The Committee will present alternate wording of the motion or a substitute motion to the Assembly.
9. The Assembly Reference Committee will present to the Assembly alternate wording or substitute motions for those referred to it in the order that they were referred, and before the consideration of Emergency New Business.
10. Emergency New Business motions must be submitted to the Assembly Reference Committee, no later than the start of business on Thursday afternoon to be considered at this Assembly. Emergency New Business motions require a 2/3 vote for adoption.

11. RULES OF LIMITED DEBATE:
  - a. Present the matter to be voted on: a motion, an amendment, or any piece of business. Main motions and lengthy amendments must be in writing, three copies to be given to the Secretary.
  - b. For proposed amendments to the Bylaws or Policies, the presenting body must clearly verbalize the purpose or intent of the amendment prior to consideration.
  - c. Pro and con debate will be limited to three speakers for each main motion and two speakers for each subsidiary amendment.
  - d. If more than three people wish to speak on either the pro or con side of an issue, they will choose among themselves the three they wish to represent them.
  - e. Each speaker must speak from the pro or con microphone and will be limited to one speech of two minutes for each main motion or amendment.
  - f. The Chair will recognize those wishing to speak in alternating order, if needed, first pro and then con until debate is completed.
  - g. After pro and con debate has concluded, the Chair will invite questions from the floor about the motion being considered.
12. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position, provided the Alternate has been present during all debate on the current issue. The Alternate must wear the Representative's badge.
13. Any business not completed by the last business meeting of Assembly will be considered lost. The motion must be re-submitted to a later Assembly in order to be considered.
14. A Minutes Approval Committee will be appointed by the Chair to determine the accuracy of the business minutes. Final approval of the Assembly minutes will be completed by the Region One Board.
15. No personal recording devices may be used during business sessions, unless approved by the Chair. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode.
16. There will be a Consent Agenda consisting of routine or non-controversial matters. The chair will determine the matters that will be placed on the consent agenda. Any voting member may go to the center microphone to request that an item from the consent agenda be considered separately. The consent agenda shall require two-thirds vote for adoption.



The 2016 Proposed Standing Rules differ from the 2015 Rules in the following areas:  
(numbered items to which there no changes were made are omitted)

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4. Voting ~~Cards~~:
  - a. Voters will raise voting cards while remaining seated for all votes except by ballot.
  - b. Voters will stand for verification of votes, unless they are unable to stand, in which case a raised voting card is acceptable.
5. Voice and vote shall be granted to registered ~~Regional One~~ Representatives, ~~and elected~~ Region One Board Members, and representatives from unaffiliated groups. The Region One Trustee, General Service Trustees who reside in Region One, Regional Representative Alternates, Committee Chairs and Intergroup Chairs have voice but no vote. The Parliamentarian has no voice or vote (unless requested by the Chair to address the assembly on a specific topic).
6. ~~Motions can be placed on the floor only by Board Members, registered Representatives, and Committee chairs, except motions contained within reports and business submitted prior to Assembly. At the Assembly, the only motions in order are those submitted prior to the Assembly, or motions made by Board Members, Registered Representatives or Committee Chairs.~~
7. Members must be recognized by the Chair in order to speak or make a motion. No one without proper credentials will be recognized ~~from the floor~~. When addressing the Chair, members shall first state their name and their ~~Intergroup~~ Intergroup they are representing or Region One position held.
8. The Assembly Reference Committee shall be appointed by the Region One Chair. This committee shall meet to clarify motions referred to it by the Chair, through the suggestion of alternate wording, and/or the combining or dividing of motions. The Committee ~~may then will~~ will present the newly worded alternate wording of the motion or a substitute motion(s) to the Assembly.
9. The Assembly Reference Committee will present to the Assembly alternate wording or substitute motions for those referred to in the order that they were referred, and before the consideration of Emergency New Business.
10. Emergency New Business motions must be submitted to the Assembly Reference Committee, no later than ~~noon Friday~~ the start of business on Thursday afternoon to be considered at this Assembly. Emergency New Business motions require a 2/3 vote for adoption.
11. RULES OF LIMITED DEBATE:
  - a. Present the matter to be voted on: a motion, an amendment, or any piece of business. Main motions and lengthy amendments must be in writing, three copies to be given to the Secretary.
  - b. For proposed amendments to the Bylaws or Policies, the presenting body must clearly verbalize the purpose or intent of the amendment prior to consideration.

- c. Pro and con debate will be limited to three speakers for each main motion and two speakers for each subsidiary amendment.
  - d. If more than three people wish to speak on either the pro or con side of an issue, they will choose among themselves the three they wish to represent them.
  - e. All Each speakers must speak from the pro or con microphone and will be limited to one speech of two minutes for each main motion or amendment.
  - f. The Chair will recognize those wishing to speak in alternating order, whenever possible-if needed, first pro and then con until debate is completed.
  - g. After pro and con debate has concluded, the Chair will invite questions from the floor about the motion being considered.
12. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position, provided the Alternate has been present during all debate on the current issue. The Alternate must wear the Representative's badge. In the event the Representative plans to be absent for more than thirty (30) minutes, both should approach the registration desk and report the substitution.
13. The Assembly will continue until all business is completed. Any business not completed by the last business meeting of Assembly will be considered lost. The motion must be re-submitted to a later Assembly in order to be considered..
15. No personal recording devices may be used during business sessions, unless approved by the Chair. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode.

## Spiritual Principles in the Twelve Steps

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Step 1 – Honesty

Step 2 – Hope

Step 3 – Faith

Step 4 – Courage

Step 5 – Integrity

Step 6 – Willingness

Step 7 – Humility

Step 8 – Self-discipline

Step 9 – Love

Step 10 – Perseverance

Step 11 – Spiritual Awareness

Step 12 – Service

## Spiritual Principles in the Twelve Traditions

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Tradition 1 – Unity

Tradition 2 – Trust

Tradition 3 – Identity

Tradition 4 – Autonomy

Tradition 5 – Purpose

Tradition 6 – Solidarity

Tradition 7 – Responsibility

Tradition 8 – Fellowship

Tradition 9 – Structure

Tradition 10 – Neutrality

Tradition 11 – Anonymity

Tradition 12 – Spirituality

## Spiritual Principles in the Twelve Concepts

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Concept 1 – Unity

Concept 2 – Conscience

Concept 3 – Trust

Concept 4 – Equality

Concept 5 – Consideration

Concept 6 – Responsibility

Concept 7 – Balance

Concept 8 – Delegation

Concept 9 – Ability

Concept 10 – Clarity

Concept 11 – Humility

Concept 12 –

(a) Selflessness

(b) Realism

(c) Representation

(d) Dialogue

(e) Compassion

(f) Respect

## The Twelve Steps of Overeaters Anonymous

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1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## The Twelve Traditions of Overeaters Anonymous

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1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## The Twelve Concepts of OA Service

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1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

12. The spiritual foundation for OA service ensures that:
- (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
  - (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - (c) No OA member shall ever be placed in a position of unqualified authority;
  - (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - (e) No service action shall ever be personally punitive or an incitement to public controversy; and
  - (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

## HOW TO BE AN EFFECTIVE TRUSTED SERVANT

When we take on the responsibility of service beyond the group level there are principles that will enhance the service experience which are connected with both the Traditions and the Concepts. Our service bodies do have business to conduct each time they meet. Understanding and practicing these spiritual principles make service bodies more effective and benefits all members of OA.

<p>1) <b>Focus/Stay on Topic</b> – Respect everyone’s time. Have an agenda and stick to it. Don’t spend time discussing outside or personal issues. Everyone at the meeting has a life and is giving their time voluntarily. Wait until the chair gets to what you want to discuss.</p>	<p>Concepts 5 Consideration 12f Respect Tradition 5 Purpose</p>
<p>2) <b>Inform</b> – If you are leading a discussion or a committee, come prepared with the information you want or need to share that is important for members to hear when making a decision. Group conscience is our guide. To keep relevant information from the members is not acting in the group’s best interest.</p>	<p>Concepts 9 Ability 10 Clarity 12b Realism Tradition 2 Trust (group conscience)</p>
<p>3) <b>Be Considerate</b> – Listen carefully and consider all points of view. Group conscience is about hearing and evaluating the ideas of all members. Don’t be in a rush to persuade everyone that your way is the best or only way.</p>	<p>Concepts 5 Consideration 11 Humility 12e Compassion 12f Respect Tradition 12 Spirituality</p>
<p>4) <b>Voice Opinions</b> – Speak up. If you have a concern or an idea, put it before the body. Don’t be afraid of what others might think or say. It is your responsibility as a member to contribute and occasionally defend an idea in order to make a difference.</p>	<p>Concepts 4 Equality 6 Responsibility 12c Representation 12d Dialogue Tradition 1 Unity (not conformity)</p>
<p>5) <b>Vote Your Conscience</b> – Vote for what you believe to be right, even if it is the unpopular or minority view. Sometimes voting ‘no’ is the correct thing to do. There are times, when in discussion, it may seem as if the rest of the members are in agreement with something, when in fact, they haven’t fully formed an opinion. It is not necessary to agree with everyone else. Your difference of opinion may be the spark for a totally new idea.</p>	<p>Concepts 6 Responsibility 12c Representation 8 Delegation Tradition 2 Trust (group conscience)</p>
<p>6) <b>Represent the Board</b> – After a group conscience decision is made, show support for that decision when speaking as a member of the service body. If you personally still disagree with a decision, make sure it is clear that this is your opinion, but that you support the group conscience because it is what was decided. You can always bring the item up for further discussion after a time if you feel the decision needs to be revisited.</p>	<p>Concepts 1 Unity 6 Conscience 12a Selflessness Traditions 1 Unity 6 Solidarity</p>
<p>7) <b>Avoid Rehashes</b> – Once a decision is made, give it the chance to succeed. Commit to work in a manner that will accomplish whatever was decided. If later on there is a need to revisit a decision, bring it forward with whatever new evidence or concerns you may have, but bring it forward with an open mind for the service body to review.</p>	<p>Concepts 11 Humility 12a Selflessness 12f Respect Tradition 10 Neutrality</p>
<p>8) <b>Practice High Standards</b> – Build the organization by example. Practice the Principles. Treating everyone with equality and respect strengthens the service body as well as each individual who gives service.</p> <ul style="list-style-type: none"> <li>• Presume innocence and the good intention of all parties.</li> <li>• Make each other look good; speak well of fellow members.</li> <li>• Build on each other’s work.</li> </ul>	<p>Concepts 3 Trust 5 Consideration 12 Guidelines 12c Representation Traditions 5 Purpose 9 Structure</p>

Hold to the vision rather than on ways that serve only personal agendas, thus forgetting our primary purpose. Spend your time working to carry the message of recovery to those who still suffer.







## 2016 Region One Assembly Notebook

### Section 2:

# Rosters

**Region One Board (including Liaison assignments)**

**Intergroup Chairs**

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# Region One Board

(as of August 1, 2016)

Position	Name	Email	Liaison to:
Chair	Beverly M.	<a href="mailto:Chairr1@gmail.com">Chairr1@gmail.com</a> [REDACTED]	Assembly Binder Committee Bylaws Committee 12 <sup>th</sup> Step Within Committee Big Sky IG Eagle Cap IG Snake River IG South Sound IG
Vice-Chair	Trish H.	<a href="mailto:Vicechairr1@oaregion1.org">Vicechairr1@oaregion1.org</a> [REDACTED]	Convention Committee Convention Binder Committee Anchorage Alaska IG Greater Columbia IG Greater Seattle IG Juneau IG
Secretary	Pat O'C	<a href="mailto:regiononesecretary@gmail.com">regiononesecretary@gmail.com</a> [REDACTED]	Public Information & Professional Outreach Committee Virtual Sponsorship Committee Audit Committee Emerald Empire IG Jefferson State IG Lake Country IG Southern Alberta IG
Treasurer	Deborah R.	<a href="mailto:regiononetreasurer@yahoo.com">regiononetreasurer@yahoo.com</a> [REDACTED]	Budget/Finance/Delegate Support Committee Ways & Means Committee Northern Lights IG Sea to Sky IG Southern BC Interior IG Vancouver Island IG
Member-at-Large	Sue B.	<a href="mailto:mal@oaregion1.org">mal@oaregion1.org</a> [REDACTED]	Speaker List Nominations Committee Bitterroot IG Central Oregon IG Oregon IG Pierce County IG
Communications Coordinator	Vacant position		Website
Trustee	Margie G.	<a href="mailto:Reg1trustee@gmail.com">Reg1trustee@gmail.com</a> [REDACTED]	Quilt Committee Non-affiliated Groups Catch the Wave IG North Cascade IG Peninsula IG Regina IG

<b>REGION 1 INTERGROUPS</b>			
<b>Intergroup</b>	<b>IG Chair</b>	<b>General Location</b>	<b># of Meetings</b>
Anchorage Alaska	Paula Z.	Alaska (Anchorage)	16
Big Sky IG	Nadine D.	Eastern Montana (Billings)	7
Bitterroot	Sonia C.	Western Montana	18
Catch the Wave	Cindy T., Co-Chair	Southern Oregon Coast (Reedsport)	9
Central Oregon	Trish H. Dawn O.	Central Oregon (Bend)	4
Eagle Cap	Cathy Z.	NE Oregon (Baker City)	3
Emerald Empire	Kyra B.	Southern Oregon (Eugene)	11
Greater Columbia	Marlene K.	Central Washington (Tri-Cities, Ellensburg)	9
Greater Seattle	Mary L.	Washington (Seattle)	45
Jefferson State	Vickie N.	Southern Oregon (Phoenix)	11
Juneau	Leslie W.	Alaska (Juneau)	4
Lake Country	Ruth D.	Eastern Washington, Northern Idaho (Spokane, Coeur d'Alene)	16
North Cascade	Kate T.	Washington (Granite Falls)	14
Northern Lights	Mary Jane B.	Edmonton, Alberta, Canada	16
Oregon	Alice W.	NW Oregon (Portland) SW Washington	57
Peninsula	Linda S.	Washington (Bainbridge Island)	16
Pierce County	Laurie I.	Washington (Tacoma)	14
Regina	Nola W.	Saskatchewan, Canada	9
Sea to Sky	Serena G. (Acting Chair)	British Columbia, Canada (Vancouver)	22
Snake River	Pat H.	Southern Idaho (Twin Falls, Boise)	13
Southern Alberta	Susan A-C	Southern Alberta, Canada (Calgary)	11
Southern BC Interior	Theresa S.	British Columbia, Canada (Kelowna)	8
South Sound	Laura Swan	Washington (Olympia)	8
Vancouver Island		British Columbia, Canada (Victoria)	19

**REGION ONE INTERGROUP CHAIRS (as of August 23, 2016)**

<b>Intergroup</b>	<b>IG Chair</b>	<b>Phone</b>	<b>Email</b>
Anchorage Alaska	Paula Z.	[REDACTED]	[REDACTED]
Big Sky	Nadine D.	[REDACTED]	[REDACTED]
Bitterroot	Sonia C.	[REDACTED]	[REDACTED]
Catch the Wave	Cindy T. (Co-chair)	[REDACTED]	[REDACTED]
Central Oregon	Trish H. Dawn O. (Co-Chairs)	[REDACTED]	[REDACTED]
Eagle Cap	Cathy Z.	[REDACTED]	[REDACTED]
Emerald Empire	Kyra B.	[REDACTED]	[REDACTED]
Greater Columbia	Marlene K.	[REDACTED]	[REDACTED]
Greater Seattle	Mary L.	[REDACTED]	[REDACTED]
Jefferson State	Vickie N.	[REDACTED]	[REDACTED]
Juneau	Leslie W.	[REDACTED]	[REDACTED]
Lake Country	Ruth D.	[REDACTED]	[REDACTED]
North Cascade	Kate T.	[REDACTED]	[REDACTED]
Northern Lights	Mary Jane B.	[REDACTED]	[REDACTED]
Oregon	Alice W.	[REDACTED]	[REDACTED]
Peninsula	Linda S.	[REDACTED]	[REDACTED]
Pierce County	Laurie I.	[REDACTED]	[REDACTED]
Regina	Nola W.	[REDACTED]	[REDACTED]
Sea to Sky	Serena G. (Acting Chair)	[REDACTED]	[REDACTED]
Snake River	Pat H.	[REDACTED]	[REDACTED]
Southern Alberta	Susan A-C	[REDACTED]	[REDACTED]
Southern BC Interior	Theresa S.	[REDACTED]	[REDACTED]
South Sound	Laura S.	[REDACTED]	[REDACTED]
Vancouver Island			[REDACTED]

## UNAFFILIATED GROUPS IN REGION ONE (AS OF JULY 2016)

Please extend the Hand & Heart of OA to these meetings.  
Check [www.oa.org](http://www.oa.org) "Find a Meeting" for contact information.

Temple B'nai Tikvah	900 47th Ave SW		Calgary	AB	Thur	7:15pm
St Mary's Episcopal	222 E Tudor Rd	Pillsbury Hall	Anchorage	AK	Mon	6:00pm
Noel Wien Library	1215 Cowles St	Rm 4	Fairbanks	AK	Sat	10:00am
Fairbanks Lutheran	1012 Cowles St		Fairbanks	AK	Wed	5:30pm
Human Resources Bldg	103 Third Ave S		Haines	AK	Fri	11:00am
URS Club	Kenai Spur Hwy	Old Sears Mall #71	Kenai	AK	Mon	5:30pm
Baha'i Center Unalaska	390 Bayview Ave		Unalaska	AK	Tues	12:00pm
Christian Science	1152 Nicola St		Kamloops	BC	Thur	5:30pm
Ladner United Church	4960 48th Ave		Ladner	BC	Thur	1:30pm
Location	4711 Elizabeth St		Port Alberni	BC	Mon	7:00pm
Vancouver Recovery Club	2775 Sophia St		Vancouver	BC	Wed	6:00pm
Vancouver Recovery Club	261 E 12th	Games Rm	Vancouver	BC	Thur	6:00pm
Call for Information			Victoria	BC	Sun	5:00pm
Hailey Sun Club	731 1st St		Hailey	ID	Thur	1:15pm
Sun Club	571 E 2nd St		Ketchum	ID	Mon	12:00pm
Sun Club	571 E 2nd St		Ketchum	ID	Fri	12:00pm
Encompass Building	960 N 6th E		Mtn Home	ID	Thur	7:00pm
Location	40 E 1st N	Upstairs	Soda Springs	ID	Wed	1:00pm
Gardiner Baptist Church	802 Scott St W	Basement	Gardiner	MT	Sat	7:00pm
Unity of Bandon	50211 Hwy 101 S		Bandon	OR		4:00pm

## UNAFFILIATED GROUPS IN REGION ONE (AS OF JULY 2016)

Please extend the Hand & Heart of OA to these meetings.  
Check [www.oa.org](http://www.oa.org) "Find a Meeting" for contact information.

Harney Dist Hospital Annex	557 W Washington St	Downstairs, Cafeteria	Burns	OR	Tues	5:00pm
Immanuel United Methodist	200 W Watkins		Cave Junction	OR	Thur	1:00pm
Chiloquin High School	300 Elm St	Library	Chiloquin	OR	Tues	4:00pm
First Presbyterian Church	216 S Third St	Crn Third & Adams	Cottage Grove	OR	Mon	7:00pm
Melville United Church	148 5th St E	Basement	Melville	SK	Tues	7:00pm
Lions Den	Exabition Dr		Prince Albert	SK	Wed	5:30pm
WA Edwards Family Centre	333 4th Ave N	Comm Seminar Rm	Saskatoon	SK	Tues	12:00pm
Wildwood Mennonite Church	1502 Acadia Dr		Saskatoon	SK	Sat	9:30am
Shalom Church	1052 Valley Mall Pkwy	Prayer Rm	East Wenatchee	WA	Wed	9:00am
Methodist Church	117 C St NW	Rm 202	Ephrata	WA	Wed	6:00pm
Northlake Unitarian Universalist	308 4th Ave S	Charles Follen Rm	Kirkland	WA	Thur	11:30am
Lakeview Missionary Church	810 S Evergreen Dr		Moses Lake	WA	Tues	6:30pm
Redmond United Methodist	16540 NE 80th St	Rm 102	Redmond	WA	Mon	6:30pm
Moran United Methodist	3601 E 65th Ave		Spokane	WA	Mon	10:00am
Vancouver Vineyard Church	1207 E Reserve St	Portal Bldg	Vancouver	WA	Tues	6:30pm
Walla Walla General Hospital	1025 S Second Ave		Walla Walla	WA	Sun	9:30am
12/24 Club	500 S Wolcott St		Casper	WY	Fri	10:00am
Platte Valley Lutheran	513 S 1st St		Saratoga	WY	Wed	1:30pm







## 2016 Region One Assembly Notebook

### Section 3:

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**BYLAWS  
REGION ONE ASSEMBLY OF OVEREATERS ANONYMOUS  
REVISED SEPTEMBER 2015**

**ARTICLE I – NAME:**

The name of this organization is Region One Assembly of Overeaters Anonymous, hereafter known as Region One.

**ARTICLE II – PURPOSE:**

**Section 1**

The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and intergroups from which it is formed. The organization is in compliance with and qualifies as an exempt organization under Section 501 (c) (3) of the Internal Revenue Code of 1954 (or the corresponding section of any future United States Internal Revenue Law). Region One is organized for educational purposes regarding the disease of compulsive overeating within the meaning of Section (3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

**Section 2**

To provide requested services for OA groups and Intergroups, in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous, and the Twelve Concepts of OA Service.

**THE TWELVE STEPS:<sup>1</sup>**

1. We admitted we were powerless over food – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of characters.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.

*<sup>1</sup>Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*

### **THE TWELVE TRADITIONS<sup>2</sup>**

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

*<sup>2</sup>Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*

## **THE TWELVE CONCEPTS OF OA SERVICE**

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a) no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c) no OA member shall ever be placed in a position of unqualified authority;
  - d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - e) no service action shall ever be personally punitive or an incitement to public controversy; and
  - f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

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### **ARTICLE III – MEMBERSHIP:**

#### **Section 1 – Members**

BYLAWS  
REGION ONE OF OVEREATERS ANONYMOUS

Membership of Region One consists of:

- A. Those members of all groups registered with the World Service Office of Overeaters Anonymous, hereinafter referred to as WSO which fall within the geographical boundaries of Region One.
- B. Intergroups and unaffiliated groups that are registered with WSO and agree with the Bylaws of Overeaters Anonymous Inc., subpart B, Article V, Section 1 which defines an OA group as follows:

Intergroups and unaffiliated groups must be duly registered with the World Service Office of Overeaters Anonymous, hereinafter referred to as WSO and agree with the Bylaws of Overeaters Anonymous Inc, subpart B, Article V;

That definition of an OA group as of September 2012 is:

”a) The following points shall define an Overeaters Anonymous group:

- 1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous., guided by the Twelve Concepts of OA Service.
- 2. All who have the desire to stop eating compulsively are welcome in the group.
- 3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.)
- 4. As a group they have no affiliation other than Overeaters Anonymous.
- 5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

b.) Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:

- 1. otherwise meet the definition of Overeaters Anonymous groups;
- 2. are fully interactive, and;
- 3. meet in real time.”

c.) An “unaffiliated group” is one registered with WSO but not affiliated with any intergroup.

## **Section 2 – Geographical Definition:**

The geographic area of Region One consists of the states of Alaska, Idaho, Montana, Oregon (plus Yreka, California), Washington, and Wyoming; the provinces of Alberta, British Columbia, and Saskatchewan; and the Yukon and Northwest Territories.

## **Section 3 – Membership of the Assembly:**

- A. Members of the Region One Assembly, who have voice and vote include:
  - 1. Region One Board members,

2. Representatives from each member intergroup, and a
  3. Representative of any unaffiliated group.
- B. Members with voice but no vote include:
1. Intergroup Chairs
  2. Regional Representative alternates
  3. Region One World Service Trustee
  4. General Service Trustees who reside in Region One
  5. Committee Chairs.
- C. Any OA member may attend to observe and may provide information when recognized by the presiding officer.
- D. Visiting non-OA members may attend at the discretion of the presiding officer, but may not participate in discussion.

Motions may be made at the Assembly by Region One Intergroup Representatives, Board Members and Committee Chairs.

#### **Section 4 – Representatives:**

##### **Section 4 – Representatives:**

- A. Each intergroup is entitled to one (1) Representative for up to the first ten (10) groups it represents and one (1) for each additional ten (10) groups or any fraction thereof. An intergroup may also select Alternate representatives.
- B. An unaffiliated group may select 1 Representative and 1 Alternate.
- C. Representative(s) and Alternate(s) shall be selected and names forwarded to the Region One Board at least ninety (90) days before the annual Assembly.
- D. Member intergroups and unaffiliated groups must register their Representative(s) and Alternate(s) with Region One.
- E. If an intergroup does not select its Representative(s) and Alternate(s) or fails to forward their names to Region One as required in paragraph B, above, such Representative(s) and Alternate(s) may appear with evidence of their due selection. If that evidence is deemed credible by Region One Board, and such Representative(s) and Alternate(s) shall be seated.
- F. The primary responsibility of the Region Representatives at the annual Region One Assembly is to represent their intergroups and to report back to their intergroups on actions taken at Assembly.

#### **ARTICLE IV – MEETINGS:**

##### **Section 1 – Annual Meeting:**

The Region One Board shall sponsor an annual meeting of Region Representatives, which shall be known as the Annual Region One Assembly (sometimes herein referred to as the “Assembly”) on such date as the Board may designate. The Assembly shall elect Board Officers and serve the conscience of the fellowship of Region One of Overeaters Anonymous as a whole. The Representatives to the Assembly shall be as stated in Article III, Sections 3 and 4.

##### **Section 2 – Special Meetings:**

The Region One Board may call special meetings of the Region Representatives for particular business stated in the call of the meeting.



**Section 3 – Quorum:**

A majority of those voting members registered at the Annual Meeting or any meeting of the Region Representatives shall constitute a quorum for all proceedings of the Assembly.

**Section 4 – Vote:**

Only those members present at the Assembly or other meeting of Region Representatives may vote.

**ARTICLE V – REGION ONE BOARD**

**Section 1 – The Region One Board shall consist of the following:**

- A. Members with voice and vote: Chair, Vice-Chair, Secretary, Treasurer, Communications Coordinator and Member at Large;
- B. The Region One Trustee, with voice but no vote.

**Section 2 – Nominations:**

- A. All intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.
- B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.
- C. Each voting member of the Assembly shall have the right to make nominations from the floor. Those so nominated shall submit an application prior to the election at a time to be determined by the Assembly.
- D. Candidates for office shall be available for questioning by the members of the Assembly prior to the election at a time and method to be determined by the Assembly. Any candidate for office who is not in attendance at the Assembly shall be available for questioning by the members prior to the election via a written or electronic method at a time to be determined by the Assembly.

**Section 3 – Qualifications for election:**

To be qualified for election, a person must:

- A. Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- B. Be working the twelve step program to the best of his/her ability and have taken the fifth step.
- C. Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- D. Be presently abstaining from compulsive overeating for at least one (1) year.

- E. Have two years of service to Overeaters Anonymous beyond the group level, if a member of an intergroup.

**Section 4 – Method of elections:**

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election, a nominee must:
  - 1) Meet all qualifications as defined in Article V, Section 3.
  - 2) Understand responsibilities of the position as defined in Article VII, and as defined in the Region One Job Descriptions.
- C. In order to be elected to membership on the Region One Board, a nominee must consent to serve in that position and must receive a majority vote of the Region Representatives and voting members of the Region One Board present and voting.
- D. If two (2) or more ballots are necessary for any position, the nominees receiving less than one-fourth of the total vote will be withdrawn automatically on succeeding ballots except that the top two (2) nominees must remain. If no nominee has less than one-fourth of the votes, the nominee with the lowest number of votes shall be dropped from the ballot.

**Section 5 – Terms of Office:**

- A. Board members shall be elected to serve for a period of two years and until their successors are elected.
  - 1) In even-numbered years, elections by ballot shall be held for Vice Chair, Secretary, and Communications Coordinator. In odd-number years, elections by ballot shall be held for Chair, Treasurer and Member at Large.
  - 2) Newly elected officers shall take office at the close of the Region One Assembly at which they are elected.
- B. Board members, with the exception of the Treasurer, shall serve no more than two (2) full consecutive terms in any one Board position. The Treasurer may serve up to a maximum of four (4) terms.
- C. After an interval of one year, members may again be eligible for election to their prior Board position.
- D. Upon election to the Board, members shall cease to be a Region Representative for their intergroup.

**Section 6 – Vacancies:**

- A. A vacancy on the Board may be filled by a majority vote of the Board until the next Assembly, at which time the Assembly will elect that position's unexpired term.
- B. If the position of Chair is vacated, then the Vice-Chair will automatically fill the Chair's unexpired term, and the position of Vice-Chair is declared vacant.
- C. No member may hold more than one Board position at the same time, and any present Board member elected to another Board position is assumed to have relinquished the former position. A vacancy is then declared for the relinquished position, to be filled in accordance with Article V, Section 6(a).

## **ARTICLE VI – BOARD FUNCTIONS**

### **Section 1 – The Board shall have general supervision of the affairs of the Assembly between its annual meetings.**

- A. The Board shall have regular meetings no fewer than three (3) times a year.
- B. The Chair or a majority of the Board may call special meetings.
- C. A quorum for Board meetings consists of a majority of the current voting members of the Board.
- D. Board meetings, at the direction and discretion of the Board, may be conducted by videoconference or teleconference, provided that the meeting is conducted by technology which allows all persons participating to hear each other at the same time, and in the case of videoconferences, to see each other as well.
- E. The Board shall be empowered to make emergency decisions between regular Board meetings. These decisions shall be presented at the next regular Board meeting for consideration and a vote on ratification.
- F. To facilitate communication, the Board shall use multiple technologies, including but not limited to: a post office box at a location to be determined by the Board; a website to be maintained by the Board; and e-mail lists as may be deemed appropriate by the Board.

## **ARTICLE VII – OFFICERS' DUTIES:**

### **Section 1 – It shall be the responsibility of each Board member to attend all Board meetings.**

### **Section 2 – The Chair**

- A. Shall preside at all meetings.
- B. Is an ex-officio member of all committees except the Nominating Committee.
- C. Shall perform all other duties as prescribed in the Region One Job Description Policies.

### **Section 3 – The Vice-Chair**

- A. Is responsible for coordination of Board-related events and Assembly/Convention, working with the hosting intergroup.
- B. Shall preside at meetings in the absence of the Chair and shall perform all other duties as prescribed in the Region One Job Description Policies.

#### **Section 4 – The Secretary**

- A. Shall take minutes of all Board meetings and meetings of the Assembly.
- B. Shall maintain a file of all minutes of past meetings.
- C. Shall update and maintain database of intergroups.
- D. Shall coordinate registration at the annual Assembly.
- E. Shall perform all other duties as prescribed in the Region One Job Description Policies.

#### **Section 5 – The Treasurer**

- A. Shall maintain financial bank accounts, as necessary, as directed by the Region One Board.
- B. Shall present a financial report at the Board meetings and in the newsletter.
- C. Shall prepare financial documents of the fiscal year for the annual audit by the end of the first quarter of the following year.
- D. Shall perform all other duties as prescribed in the Region One Job Description Policies.

#### **Section 6 – The Communications Coordinator**

- A. Shall assemble material for electronic distribution.
- B. Shall provide for the maintenance and updating of the Region One website as necessary.
- C. Shall work with Region One committees as deemed necessary by the Region One Board.
- D. Shall perform all other duties as prescribed in the Region One Job Description Policies.

#### **Section 7 - Member at Large.**

- A. Shall provide back up to all Board positions except for Chair. Shall step in to temporarily perform the duties of any Board member other than Chair as needed.
- B. Shall perform other duties as prescribed in the Region 1 Job Description Policies.

### **ARTICLE VIII – REGION ONE TRUSTEE**

#### **Section 1**

Region One applicants for Trustee Nominee(s) shall prepare an application in accordance with World Service Business Conference requirements, which shall be presented to the Board or Nominations Committee forty-five (45) days before Assembly.

## **Section 2**

Applicants must be present at the time of the nomination and present a three-minute qualifying talk.

## **Section 3**

A majority vote shall be required for election as Trustee nominee(s). If two (2) or more ballots are necessary, the nominee receiving the least number of votes on the previous ballot will be dropped from succeeding ballots.

## **Section 4**

When no application for Region One Trustee has been received by the time WSBC nominations are due, or else the position falls vacant beyond the deadline for application submittal, the following actions will be taken to fill the position of Region One Trustee:

- a. The Region One Board will solicit applications from Region One Intergroups and members.
- b. The Region One Board will consider only those applicants meeting all requirements for Region Trustee as outlined in the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article IX, Section 4.
- c. A majority vote of the Region One Board will constitute affirmation and nomination of the applicant(s).
- d. The Region One Board shall notify all Region One Intergroups, the Board of Trustees, and the World Service Office.

## **ARTICLE IX – REGIONAL DELEGATES TO THE WORLD SERVICE BUSINESS CONFERENCE**

According to OA, Inc. Bylaws; Subpart B, Article X, Section 3 – Delegates,

(a) 5:

A region that was represented at the last WSBC by fewer than forty percent of its intergroups and other eligible service bodies may send up to five additional delegates from the region.

Should Region One qualify to send these regional delegates, their election shall occur as follows:

1. Preference shall be given to delegates selected from intergroups and service bodies which would not otherwise be represented by delegates.
2. Candidates shall be elected at the Region One Assembly and may submit applications to the Region One Board prior to the Assembly or after being nominated from the floor of the Assembly.
3. Election shall take place under the same procedures as the election of Region One Board members at the Assembly.
4. Candidates must meet the same requirement for delegates as set by OA, Inc. Bylaws Subpart B, Article X, Section 3 – Delegates (c) 1.
5. Should too few delegates be elected at the Assembly or if a vacancy occurs between the time of the Assembly and that of the World Service Business Conference, those vacancies may be filled by the Region One Board.

## **ARTICLE X – COMMITTEES**

### **Section 1 – Standing Committees:**

The following standing committees shall be established to carry out the purposes of Region One in the most effective and efficient manner: Budget and Finance, Bylaws, and Membership Outreach.

### **Section 2**

The Board shall designate such special committees as are deemed necessary for the welfare and operation of Region One. The Board shall set the job descriptions for the committees, and supervise their operations.

### **Section 3**

The Region One Chair shall appoint all committee chairs.

### **Section 4**

Committees may conduct business by postal mail, email or other electronic means of communication.

## **ARTICLE XI – SOURCE OF FUNDS**

### **Section 1 – Source of Funds:**

The activities of the Assembly shall be primarily financed from:

- A. Contributions from groups and intergroups
- B. Conventions.
- C. Private donations from members.

### **Section 2 – Prudent Reserve:**

There shall be no accumulation of funds beyond forecast necessities, with retention of a prudent reserve for contingencies.

## **ARTICLE XII – MAJOR POLICY**

### **Section 1 – Major Policy:**

- A. Matters which relate to major policy affecting Region One groups shall be referred to Region One Board.
- B. Matters which relate to Overeaters Anonymous as a whole, which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees of Overeaters Anonymous.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc. or which relate to the Twelve Steps, Twelve Traditions, and the Twelve Concepts of OA Service shall be referred to the World Service Business Conference.

## **ARTICLE XIII – PARLIAMENTARY AUTHORITY**

The rules contained in the current edition of *Roberts Rules of Order Newly Revised* shall govern Region One in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions, the Twelve Concepts of OA Service or any special rules of order Region One may adopt.

## **ARTICLE XIV – BYLAW AMENDMENTS**

### **Section 1**

Amendments to the Bylaws, with the exception of The Twelve Steps of Overeaters Anonymous, The Twelve Traditions of Overeaters Anonymous, and The Twelve Concepts of OA Service, may be submitted to the Annual Assembly:

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- A. Amendments may be submitted by Region One intergroups, the Region One Board and/or the Region One Bylaws Committee.
- B. Proposed changes shall be submitted to the Board or Bylaws Committee sixty (60) days before the annual Assembly.
- C. Copies of proposed amendments shall be sent to Region Representatives at least thirty (30) days prior to the annual Assembly.
- D. Amendments require two-thirds (2/3) vote of members present and voting for adoption.
- E. Members of the Assembly may submit proposed amendments to these bylaws from the floor of the Assembly without meeting the other conditions outlined in SECTION 1, Parts A-D, in this article, and such proposed amendments require a nine-tenths (9/10) vote of members present and voting for adoption.

## **Section 2**

Editorial changes shall be made by the Bylaws Committee which do not alter the meaning of any bylaws but clarify the wording to bring the bylaws and Articles of Incorporation into conformity. A written report of such editorial changes shall be given to Assembly Representatives.

## **ARTICLE XV – NOTICE**

### **Section 1**

The Region One Board shall provide notice of at least 150 days of the time and location of the Region One Assembly to all Intergroups, unaffiliated groups and Region One committees

### **Section 2**

The Region One Board shall provide notice of at least thirty (30) days of the time, location, and purpose of any Special Meetings.

### **Section 3**

Notice of meetings may be given by postal mail, email, and/or other electronic means of transmission.

### **Section 4**

For the purpose of distributing any required documents to the intergroups, committee chairs, and Region One Board members, documents may be sent by postal mail, email, and/or other electronic means of transmission.



## **ARTICLE XVI – DISSOLUTION**

### **Section 1**

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous or to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious, and/or scientific purposes and which has established its tax-exempt status under Section 501(c) (3) of the Internal Revenue Code.

### **Section 2**

No part of the net earnings of this association shall ever inure to or be used for the benefit of, or be distributed to, its members, trustees, officers, or other private person, except that the association shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.

## 1 REGION ONE

- 1.1 The Region One Heart Logo (see below) is adopted for use on Region One Board and Committee Correspondence.



## 2 REGION ONE BOARD

- 2.1 Official correspondence from the Region One Board shall first be submitted to all Board members for input.
- 2.2 A Board member who is unable to fulfill the duties of the office may request a leave of absence of up to two months, or may resign. If the Board member does not take this action, s/he may be asked to take a two month leave of absence or resign.
- 2.3 Any Board member may request a leave of absence of up to two months, which may be granted at the discretion of the Board.
- 2.4 The Region One Board shall maintain and update as necessary a written handout entitled “Guide for Serving as a Region One Representative” to be sent out annually with the “Eligibility for Assembly” form.

## 3 REGION ONE BOARD MEETINGS

- 3.1 The primary purpose of Board meetings will be Region One business and Region One will continue to investigate expansion of the outreach program, i.e., service and tradition workshops, committee networking and service forums.
- 3.2 Board minutes will be sent electronically to current Board members, Intergroups, Committee Chairs, registered Region Representatives/alternates, other Region Chairs, and any member of Region One who requests minutes.
- 3.3 The Board meets in person during the months of January, March, June and September at sites around the Region. The September meeting immediately follows Assembly.
- 3.4 The Board may meet monthly via conference call.
- 3.5 An Intergroup may apply to the Board to host a quarterly meeting in the year following each Assembly.

## 4 REGION ONE BOARD JOB DESCRIPTIONS

### 4.1 GENERAL RESPONSIBILITIES OF EACH BOARD MEMBER:

- 4.1.1 Submits a written report of activity prior to each Board Meeting and Assembly.
- 4.1.2 Acts as liaison to committees as assigned.
- 4.1.3 Keeps records to pass on at the end of term.

### 4.2 CHAIR RESPONSIBILITIES:

- 4.2.1 Presides at all regular and special meetings of the Region One Board, Executive Board and Assemblies.
- 4.2.2 May appoint a Parliamentarian for the Region One Assembly annually to advise the Chair on procedural issues. Factors which shall be used in selection are:
  - 4.2.2.1 Familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts of Overeaters Anonymous.
  - 4.2.2.2 Familiarity with the Bylaws and Policies and Procedures of the Region One Assembly.
  - 4.2.2.3 Ability to apply Robert's Rules of Order Newly Revised.
  - 4.2.2.4 If the chosen Parliamentarian is a member of Overeaters Anonymous, their expenses will be reimbursed in the same manner as those of the Region One Board.
  - 4.2.2.5 The Parliamentarian may be an ex-officio member of the Bylaw Committee at the discretion of the Region One Chair.
  - 4.2.2.6 Parliamentarian's duties are as follows:
    - 4.2.2.6.1 Advises Chair to maintain the order of Business according to Roberts Rules of Order Newly Revised, Bylaws and established policies.
    - 4.2.2.6.2 During Assembly, gives Chair motions in order of precedence.
    - 4.2.2.6.3 During Assembly, answers questions or parliamentary inquiries when requested to do so by the Chair.
- 4.2.3 Serves as ex-officio member on all committees except Nominations.
- 4.2.4 May maintain a blog on the Region One website.
- 4.2.5 Represents Region One as a whole at the World Service Business Conference.
- 4.2.6 Participates in the Region Chairs' meetings, and the Region Chairs' Committee meetings at WSBC.
- 4.2.7 Appoints Committee Chairs and assigns duties as necessary.
- 4.2.8 After elections at Assembly, assigns all Board members to Region One committees to serve as liaisons for the coming year and communicates with them as needed.
- 4.2.9 Coordinates production of Assembly Notebooks.

4.2.10 Prepares Assembly Evaluation forms and reports on results at next Board meeting.

### **4.3 VICE-CHAIR RESPONSIBILITIES:**

4.3.1 Acts in the capacity of the Chair in his/her incapacity or absence.

4.3.2 Maintains open communication with the Chair to be prepared to act in the event of his/her incapacity or absence.

4.3.3 Carries out specific assignments as directed by the Chair.

4.3.4 Acts as Assembly Location Coordinator, assuming responsibility for planning and execution of the Assembly.

4.3.5 Negotiates and finalizes the hotel contract for Assembly and Convention. The contract is to include hotel room rates and amenities, all meeting rooms, audio-visual and other equipment, meals associated with Convention, special restaurant meals, and any other needs specific to Assembly and Convention.

4.3.6 Recommends the final contract to the Chair for signature and provides the Treasurer with written notice of when hotel deposits are due.

4.3.7 Monitors the number of hotel room nights booked, reminds Intergroups of deadline for registration to help ensure room night quota is achieved if it is part of the contract.

4.3.8 Closely monitors the terms of the hotel contract to ensure all Region obligations are met.

4.3.9 Maintains regular contact with the hotel to ensure that everything remains on track and to keep abreast of any changes in administration that may affect the outcome of Assembly and Convention.

4.3.10 Provides a manual to Convention Chairs containing job descriptions, deadlines for specific activities, sample forms and other pertinent information.

4.3.11 Works with the Convention Chair to develop the Convention Program.

4.3.12 Works closely with the Convention Committee to ensure no additional expenses are incurred without prior Board approval and that financial accountability is maintained.

4.3.13 Corresponds with Board members, Committee Chairs, and Representatives as needed.

4.3.14 Maintains Region One Speaker List and provides that list to groups and Intergroups that request it.

4.3.15 Serves as liaison for all Region One events.

4.3.16 Works with Intergroups to generate bids for Region events.

4.3.17 Assists with contract negotiations and assures that financial accountability is maintained.

4.3.18 Serves as resource for Convention Chairs and for Intergroups hosting Board meetings, providing guidance and clarifying expectations.

## Region One Policies and Procedures

- 4.3.19 Serves as liaison between Intergroups hosting Board meetings and the Region One Board, keeping the Board informed of all major decisions and asking for approval/assistance as necessary.
- 4.3.20 Serves as a resource for Intergroups in planning their own events, providing formats and advice as needed.
- 4.4 SECRETARY RESPONSIBILITIES:**
  - 4.4.1 Records and prepares the minutes of all Region One Board Meetings:
    - 4.4.1.1 Sends draft of minutes to Board Members for input and changes within 30 days of each meeting.
    - 4.4.1.2 Brings records of the Board's actions from the past year to each Board meeting.
    - 4.4.1.3 Develops action list from meeting notes and sends to those persons with assigned tasks within 2 weeks following each Board meeting or Assembly.
  - 4.4.2 Updates and maintains roster of Board members, Committee Chairs, and liaison assignments.
  - 4.4.3 Updates and maintains roster of Region One Intergroups including name, current mailing address, number of groups registered, and Board liaison assigned to each.
  - 4.4.4 Updates and maintains roster of Region One representatives including complete name, address, telephone number, Intergroup (or unaffiliated group) represented, and email address.
  - 4.4.5 Sends out a form titled "Eligibility for Assembly" to each Intergroup at least one hundred fifty (150) days before the Region One Assembly. The form shall be used to register the Intergroups' Region Representatives and/or alternates for the upcoming Assembly and attest to the Representatives' and/or alternates' eligibility to serve at the Assembly.
  - 4.4.6 Coordinates registration for Assembly:
    - 4.4.6.1 Sends out Assembly registration form to Intergroups, encouraging pre-registration. Follows up with those Intergroups not responding by deadline.
    - 4.4.6.2 Registers Representatives and Alternates as they arrive at Assembly, provides name tags and ribbons.
    - 4.4.6.3 Gives credentials report on number of voting Representatives and Board members during Assembly.
  - 4.4.7 Sends Assembly materials to Intergroups that did not send any representatives to Assembly.
  - 4.4.8 Sends out notices and handles all other correspondence that is not the proper function of a Committee or another Board member.
- 4.5 TREASURER RESPONSIBILITIES:**

## Region One Policies and Procedures

- 4.5.1 Assumes office immediately, but allows sixty (60) days after election for previous Treasurer to balance and close books.
  - 4.5.2 Provides books to Chair of Audit Committee upon request.
  - 4.5.3 Maintains bank accounts in U.S. funds.
  - 4.5.4 Records receipts and disbursements in a ledger.
  - 4.5.5 Reimburses Board members and Committee Chairs for approved expenses.
  - 4.5.6 Maintains a mailing address to receive donations and forwards any non-financial mail to the Secretary.
  - 4.5.7 Records donations by group number.
  - 4.5.8 Completes government forms as required.
  - 4.5.9 Maintains up-to-date financial information including balancing checking accounts monthly.
  - 4.5.10 Submits financial statements prior to each Board meeting and Assembly.
  - 4.5.11 Submits preliminary budget for discussion at the Board meeting immediately preceding Assembly. Submits budget to Assembly for approval.
  - 4.5.12 Reviews Budget and Finance policies on a regular basis.
  - 4.5.13 Provides members with expense and donation forms as requested.
- 4.6 COMMUNICATIONS COORDINATOR RESPONSIBILITIES:**
- 4.6.1 Solicits, assembles, and edits material and maintains website.
  - 4.6.2 Considers the current Region One policies and World Service guidelines in all publications.
  - 4.6.3 Consults with the Region One Board as to content and information to be published and makes no major changes in format or content without approval of the Board.
  - 4.6.4 Maintains archive.
  - 4.6.5 Promotes Lifeline.
- 4.7 REGION ONE TRUSTEE RESPONSIBILITIES:**
- 4.7.1 Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.
  - 4.7.2 Keeps Region informed of current business concerning Region One and OA as a whole.
  - 4.7.3 Attends Region One Board meetings, being a link between Region One and WSO.
  - 4.7.4 Is available to speak throughout Region One as schedule permits and within allowable finances.
  - 4.7.5 Serves on Nominations Committee during Assembly elections (if not running).
  - 4.7.6 May maintain a blog on the Region One website.
  - 4.7.7 Assists Intergroups with service and traditions related events.
  - 4.7.8 Maintains communication with unaffiliated groups.

## 5 BUDGET AND FINANCE

### 5.1 FINANCE

- 5.1.1 Region One shall operate its finances in an orderly and cost-effective manner.
- 5.1.2 Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.
- 5.1.3 The Treasurer and at least two other Board members shall be authorized check signers.
- 5.1.4 All funds shall be held in registered and insured financial institutions.
- 5.1.5 All expenditures must be supported by related receipts.
- 5.1.6 All accounts or enterprises which involve Region One funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of up to three people whose duties shall be to audit all such accounts. The committee shall present a written report of the financial activity of Region One's accounts by the second Board meeting following Assembly. The audit of other Region One events shall be presented by the second Board meeting following the event.

### 5.2 BUDGET

- 5.2.1 Region One operates on a fiscal year running from January 1 through December 31.
- 5.2.2 The Budget & Finance Committee shall draft a budget for the upcoming fiscal year, based on realistic expectations of revenue and fund balances above the level of prudent reserve, and the amount of funds required to operate the programs the Assembly has approved, to be submitted to the Assembly for approval. After review and amendment, the Assembly shall adopt the budget for the coming year.
- 5.2.3 Region One funds shall be disbursed in accordance with the budget. Any expenditure exceeding 10% of a budgeted line item shall require approval by the Board. If the Board approves a budgeted override, such action shall be brought forward at the next Assembly for ratification.
- 5.2.4 Region One shall budget to donate all excess funds to World Service annually. Excess funds are calculated as follows: fund balance less prudent reserve, plus budgeted revenues, less budgeted operating expenses.
- 5.2.5 Region One shall include in the budget an annual contribution to the World Service Professional Outreach Fund.
- 5.2.6 Trustee Nominees who are affirmed at Assembly may apply for funding to attend WSBC for the year of their Election.
- 5.2.7 Region One shall provide for sending two of its officers to each World Service Business Conference as follows:
  - 5.2.7.1 The Region One Chair, or if not available, the next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC Delegate and represent Region One on the Region Chairs Committee and at any other Region Chair activities at the WSBC, and

## Region One Policies and Procedures

- 5.2.7.2 The next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC alternate delegate and assume the duties of the officer listed above in (5.2.7.1) if that officer is unavailable and/or unable to carry out those duties.
- 5.2.7.3 The rank of the officers will be the following, from highest to lowest: Chair, Vice Chair, Secretary, Treasurer, and Communications Coordinator.
- 5.2.7.4 Funds available for sending these officers shall be listed in a separate line item in the budget as “WSBC Representation.”

### 5.3 PRUDENT RESERVE

- 5.3.1 A Prudent Reserve of six months’ operating expenses shall be maintained. Prudent reserve shall be calculated annually by taking an average of the prior three years’ annual operating expenditures and dividing by six. Dedicated funds such as scholarships shall not be included in this calculation. If the prudent reserve falls below the required level, a minimum of \$75 per quarter shall be added transferred to this account from the general account until the prudent reserve level is restored. If the Treasurer's report at any Board meeting indicates a reasonable expectation that transfers out of the prudent reserve account shall be required in the next quarter, the Budget & Finance Committee shall meet, and present a plan for reducing operating expenses for Board approval.

### 5.4 SCHOLARSHIP

- 5.4.1 Scholarships are awarded by Region One for the sole purpose of assisting Intergroups that would not otherwise be represented at Assembly.
- 5.4.2 Delegate Support scholarships are awarded only to Intergroups registered at the Assembly and may only be used for expenses incurred at the Assembly by the Region Representatives of those Intergroups.
- 5.4.3 Delegate Support fund Scholarship money awarded is not to be used for expenses related to the Region One Convention or any other Intergroup expenses.
- 5.4.4 A Scholarship Fund savings account shall be maintained; the minimum level to be established in the current year’s budget.
- 5.4.5 Applications from the requesting Intergroups shall be sent to the Scholarship Committee by July 31 prior to Assembly and the applicants will be notified of the Committee’s decision by August 31. The Region One Board may waive the deadlines in situations deemed warranted by the Board.
- 5.4.6 The following procedures apply in determining the number and amount of scholarships available:
  - 5.4.6.1 The Region One Treasurer will inform the Scholarship Committee of the funds available from the budget or specific donations.
  - 5.4.6.2 All individual scholarships exceeding \$300 must be approved by the Region One Board.
  - 5.4.6.3 Where multiple requests are received and funds allow, scholarships shall be awarded as follows:



- 5.4.6.3.1 First: To new Intergroups or Intergroups that have never sent representatives to the Region One Assembly.
- 5.4.6.3.2 Second: To Intergroups that have not sent representatives to the Region One Assembly in the last five years.
- 5.4.6.3.3 Third: To Intergroups that have sent representatives to the Region One Assembly in the past five years.

### **5.5 PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS**

- 5.5.1 The Region One budget shall include a line item for Public Information grants, the amount to be voted on at each year's Assembly.
- 5.5.2 A single Intergroup, or coalition of Intergroups (service bodies), may make application for grant funds by submitting a request for such funds through the Public Information/Professional Outreach Committee.
- 5.5.3 Proposals shall be in accordance with the Twelve Steps and Twelve Traditions.
- 5.5.4 Written proposals shall be submitted to the Public Information/Professional Outreach Committee and must include the following:
  - 5.5.4.1 The identity of the proposing service bodies, including the signature of the Chair(s) and contact information for the person responsible for the project.
  - 5.5.4.2 A complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices.
  - 5.5.4.3 The target audience and projected number of people to be reached.
  - 5.5.4.4 The projected total cost of the project, including direct and indirect costs, the amount the service body intends to cover or receive from other sources, and the amount of the grant requested.
  - 5.5.4.5 A projected timeline, including the starting and proposed ending date of the project.
  - 5.5.4.6 A proposed method of measuring results.
  - 5.5.4.7 Whether any of the project materials may be useful for other Region One service bodies.
- 5.5.5 When written proposals are approved by the Public Information/ Professional Outreach Committee, they will be forwarded to the Treasurer.
  - 5.5.5.1 Requests of under \$200 which fall within the line item budget for Public Information/ Professional Outreach grants may be approved by the Treasurer.
  - 5.5.5.2 Requests of over \$200, or if the request would exceed the budgeted amount for Public Information grants, shall be forwarded to the Board for approval, and, if necessary, a budget override.
  - 5.5.5.3 Receipts for all monies spent shall be forwarded to the Treasurer in accordance with Region One policies.

- 5.5.6 The project's Chair will keep the Public Information/Professional Outreach Chair advised of the progress and status of the project. The Public Information/Professional Outreach Chair will include this information in their quarterly reports to the Board. Within 30 days of the close of the project, a final report shall be submitted to the Public Information/Professional Outreach Chair and the Board, and all remaining funds will be returned to the Region One treasury.

### 5.6 REIMBURSEMENT:

- 5.6.1 Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, who shall approve reimbursements and issue checks according to the following guidelines:
- 5.6.1.1 Board members and Committees shall be reimbursed for their reasonable expenses in performing their designated duties. Board members and Committees shall attempt to use the most cost effective means of performing their duties.
  - 5.6.1.2 Board members: travel shall be reimbursed at:
    - 5.6.1.2.1 actual airfare; or
    - 5.6.1.2.2 the IRS car usage reimbursement rate.
  - 5.6.1.3 Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. Current Board members may be reimbursed at single occupancy for the first two nights of Assembly.
  - 5.6.1.4 Up to five nights lodging shall be reimbursed for Assembly/Convention for all current Board members. Newly elected Board members are not reimbursed. The Chair, or his/her designee, may be reimbursed for an additional night of lodging at single occupancy if deemed necessary by the Board.
  - 5.6.1.5 Board members and committees shall use the most cost effective means of communication between Board meetings. Phone calls for personal or recovery issues shall not be reimbursed.
  - 5.6.1.6 Committees shall submit requests for reimbursement to their liaison Board member. The Board member shall forward approved requests for reimbursement to the Treasurer.
- 5.6.2 A Board or committee member may request an advance for anticipated expenditures. When the expenditure is made, the related receipts must be forwarded to the Treasurer.
- 5.6.3 If an advance or other prepaid funds are not used for the purpose intended, any funds not used for Region One business shall be returned to Region One. This requirement may be waived if the Board deems the reason the funds were not used for their intended purpose was an emergency.

- 5.6.4 If the Treasurer does not approve a request for reimbursement, either because it is inconsistent with the Budget & Finance policies or because it is not deemed reasonable, the person requesting reimbursement may ask for a decision from the Board. If the member is not satisfied with the decision of the Board, the decision may be brought before the Assembly. At the Treasurer's discretion, advances may be made to cover the portion of the reimbursement that is not under appeal.
- 5.6.5 When Region One elects to send and finance regional delegates to the World Service Business Conference, the selected delegates shall follow the same usage and reimbursement policies and procedures as those stated above for Region Board and committee members. Region One delegates to WSBC may be compensated for up to four nights lodging at double occupancy.

## 6 REGION ONE ASSEMBLY

### 6.1 REPORTS:

- 6.1.1 Each Committee, Intergroup Chair, and Board Member is expected to prepare a report for Assembly. Each report shall include the author's name and date of report. Reports are to be submitted electronically in Word format. When the call for reports is made before Assembly, it would be helpful to the committees if this language is included in the request.

### 6.2 NOMINATIONS:

- 6.2.1 The written applications of those nominated for Region One positions shall be printed and included in the Assembly notebook if they are received at least thirty (30) days before Assembly. Any nominees applying for a position later than that are responsible for providing a copy of their written application to each member of the Assembly. Applicants may contact the Nomination Chair concerning disbursement of copies.
- 6.2.2 Voting procedures and guidelines shall be included in the Assembly notebook.

### 6.3 MOTIONS:

- 6.3.1 The Bylaws committee shall create and provide a form for submitting main motions to the Assembly. Main motions, as described in Robert's Rules of Order Newly Revised, are those motions that bring business before the Assembly. These include policy and bylaw changes, and requests for Region One to take action.
- 6.3.2 The Bylaws committee shall send to each Intergroup and Committee Chair a copy of the motion form at least one hundred twenty (120) days prior to the start of the annual Assembly. This communication shall include a copy of the Region One Policies and Procedures and a copy of the Region One Bylaws.
- 6.3.3 Intergroups and committees shall use this form to submit main motions to the Bylaws committee or the Region One Board sixty (60) days prior to Assembly in order to be included in the notebook. Main motions must be sent to Representatives thirty (30) days prior to the Assembly.
- 6.3.4 Main motions may also be made from the floor by Board members, registered Representatives, and committees.

- 6.3.5 Motions may be ruled out of order by the Region One Chair at the Assembly. Any voting member may appeal the Chair's decision if this occurs. If the Chair determines that the motion is out of order, and that determination is challenged, the conflict is resolved by balloting the Assembly Representatives.
- 6.3.6 Emergency New Business motions are matters of an urgent nature that, if not acted upon before the end of the Assembly, might have a detrimental effect on the welfare of the Assembly or Region One. Such motions shall be submitted to the Board and considered for discussion by an Emergency New Business committee established by the Region One Chair, subject to the rules of the Assembly.

## 7 REGION ONE REPRESENTATIVES

- 7.1 Each Intergroup shall complete and submit the "Eligibility for Assembly" form and send it to the Region One Secretary at least forty-five (45) days prior to the Assembly, indicating each Representatives' committee assignment preferences from the list of committees in the Region One Committee Job Descriptions (available on the Region One website).
- 7.2 During the Assembly, Representatives shall:**
  - 7.2.1 Attend all business sessions, arriving on time, as required for voting.
  - 7.2.2 Participate in meetings of their assigned committee, creating an agenda and setting goals for the coming year.
  - 7.2.3 Complete the Assembly evaluation form included in the Assembly notebook.
- 7.3 After Assembly, Representative shall:**
  - 7.3.1 Report on the Assembly proceedings orally and/or in writing to the Intergroup and to individual groups whenever possible, encouraging others to become involved in Region One service.
  - 7.3.2 Keep in contact with their assigned committee, fulfilling the agreed-upon committee assignments for the year.
- 7.4 As time allows, Representative shall:**
  - 7.4.1 Write articles for their Intergroup or Region One publications and Lifeline magazine.
  - 7.4.2 Lead workshops, as arranged by the Intergroup or Region One.
  - 7.4.3 Provide assistance to the Board as may be requested from time to time.

## 8 REGION ONE CONVENTION AND EVENTS

### 8.1 HOTEL

- 8.1.1 When an Intergroup is awarded the bid to host a Region One Convention, it shall submit a list of possible hotel sites and dates available at the next regularly scheduled Board meeting. The Board shall vote and give the committee their first three choices. The Convention Committee shall have the final selection from those three choices.

## Region One Policies and Procedures

- 8.1.2 The complimentary rooms received from the hotel will be used in the following manner: The first room used as a hospitality room. A decision on the disposition of additional complimentary rooms will be cleared through the Vice Chair.
- 8.1.3 Consideration of holidays shall be taken into account when scheduling Region One events and dates shall be approved by the Vice Chair. The Canadian Thanksgiving is on the second Monday in October.

### 8.2 WAYS AND MEANS

- 8.2.1 Ways and Means projects taking place during the Region One Convention are restricted to the Region One Board and/or the hosting/co-hosting Intergroup(s).
- 8.2.2 When Region One funds are used to underwrite Ways and Means items purchased for Region One events, the profit on those items shall go to Region One.
- 8.2.3 The hosting Intergroup shall present for approval a Ways and Means plan before or at the spring Board meeting preceding the Convention, specifying for each component the proposed source of funds and disposition of net profits. This shall be done before expenditure of Region One funds.
- 8.2.4 Region One may have an annual Convention Raffle for a prize consisting of the Super Saver Registration Package, 2 nights lodging double occupancy, banquet, and up to \$100 toward transportation costs, and may hold a 50/50 raffle. Raffle ticket prices and deadline for entries will be established by the Ways and Means committee and approved by the Region One Board. Raffle ticket sales may commence at the start of the preceding year's Convention.

### 8.3 REGISTRATION

- 8.3.1 Fees
  - 8.3.1.1 The annual Region One Convention and Spring Event will have a set registration fees. All OA members attending are expected to pay the set registration fee.
  - 8.3.1.2 Reduced registration fees may be offered for seniors 65 and over and those under the age of 18. Newcomers and members' guests shall pay no registration fees.
  - 8.3.1.3 Any member who wishes to attend and, because of personal financial crisis absolutely cannot pay the full fee, must go through the Vice Chair or designated members of the Convention committee to seek admittance to topic, marathons, and speaker sessions. It is suggested they make a donation.
  - 8.3.1.4 Price variations on registration forms must be approved and initialed in writing by two Convention Committee members or the Vice Chair.
- 8.3.2 Registration Forms
  - 8.3.2.1 Posters, flyers and registration forms for any Region One events shall not include the name of the speaker(s).

- 8.3.2.2 The registration and meal costs shall have two columns on the registration forms, one column for U.S. funds and another column for the equivalent in Canadian funds.
- 8.3.2.3 The Vice Chair must sign-off on the flyers before printing.
- 8.3.2.4 Registration forms are to be available:
  - 8.3.2.4.1 For Assembly/Convention at the spring Board meeting and in time for World Service Business Conference (WSBC) by May 1.
  - 8.3.2.4.2 For Spring Event at Assembly/Convention or the January Board meeting.
- 8.3.2.5 A registration form shall:
  - 8.3.2.5.1 be filled out for every person attending.
  - 8.3.2.5.2 have a number assigned to it.
  - 8.3.2.5.3 be accounted for in a journal.

### 8.4 PROGRAM

#### 8.4.1 Keynote Speaker

- 8.4.1.1 The Region One Board shall submit a list of possible speakers to the Convention Committee by July 30th of the year prior to Convention for the Committee to research. The Convention Committee may add additional speakers to the list for consideration.
- 8.4.1.2 The Convention Committee shall submit a list of possible keynote speakers of no more than seven (7) names to the Board by the January Board meeting. The list shall include at least two (2) choices from the list of names provided by the Board. The Board shall give the Convention Committee their three (3) choices from the list of seven (7) and leave the final decision from this list up to the Convention Committee.
- 8.4.1.3 Convention Committee, from this list of three, shall ask a second speaker to keep the Convention date open in case of cancellation by the first speaker.
- 8.4.1.4 Any keynote speaker used at a Region One Convention shall not be considered again for five (5) years.
- 8.4.1.5 Cost effectiveness shall be taken into consideration in selecting the Spring Event speaker with preference to Region One speakers.

#### 8.4.2 Topic/Speakers

- 8.4.2.1 Region One Convention will have only Overeaters Anonymous speakers, literature, and audio/video forms of media with the exception of O-Anon. No other twelve-step meeting shall be listed on the program.

- 8.4.2.2 The Region One Convention shall provide meeting space for OA impromptu meetings. Final approval for meetings must be from the Convention Chair, the Chair of Region One, or the Region One Trustee. Topics will be approved only if they are in keeping with the OA traditions. In keeping with Tradition Three, special emphasis meetings are open to all OA members.

### **8.5 FINANCES**

- 8.5.1 All financial activities of events shall be managed in accordance with Region One Budget and Finance policies.
- 8.5.2 The hosting Intergroup(s) shall present a budget for approval before or at the spring Board meeting preceding the Convention.
- 8.5.3 All proceeds, with the exception of \$200, shall be remitted to the Region One Treasurer within two weeks of the Convention. The remaining balance shall be remitted within forty-five (45) days of the close of the Convention. Any outstanding invoices after that 45-day period shall be sent directly to the Region One Treasurer for reimbursement.
- 8.5.4 All books are to be forwarded to Region One within forty-five (45) days of the close of the Convention.

### **8.6 MISCELLANEOUS**

- 8.6.1 Convention reports are to be submitted in writing at all Board meetings. These reports are to include updates on finances. Final reports from the Chair and committees are to be submitted at the first official Board meeting after Convention/Assembly. These reports may be included as a part of Vice Chair's report.
- 8.6.2 The Convention Chair will be provided expense reimbursement out of the Convention budget for lodging and per diem (consistent with the Board policy on expenses) for the actual Convention days, Friday afternoon through Sunday closing.

# 2016 Region One Assembly Consent Agenda

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As per the Region One Assembly Standing Rules, item #16:

“There will be a Consent Agenda consisting of routine or non-controversial matters. The Chair will determine the matters that will be placed on the consent agenda. Any voting member may go to the center microphone to request that an item from the consent agenda be considered separately. The consent agenda shall require two-thirds vote for adoption.”

The Chair has determined that the following items are on the Consent Agenda for the 2016 Region One Assembly:

- Policy Motions: P-2, P-3, P-4, P-6
- Bylaws Motions: BL-1, BL-2, BL-3





**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA BYLAWS**

**Motion BL-1:** Move to amend Article III, Section 2, by striking as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
Article III MEMBERSHIP Section 2 Geographical Definition  The geographic area of Region One consists of the states of Alaska, Idaho, Montana, Oregon (plus Yreka, California), Washington, and Wyoming; the provinces of Alberta, British Columbia, and Saskatchewan; and the Yukon and Northwest Territories.	Article III MEMBERSHIP Section 2 Geographical Definition  The geographic area of Region One consists of the states of Alaska, Idaho, Montana, Oregon ( <del>plus Yreka, California</del> ), Washington, and Wyoming; the provinces of Alberta, British Columbia, and Saskatchewan; and the Yukon and Northwest Territories.

**SUBMITTED BY:**

Region 1 Bylaws Committee  
Alice W.



**INTENT:**

To clarify the geographical definition of Region 1.

**IMPLEMENTATION:**

Update the bylaws.

**COST:**

None.

**RATIONALE:**

There are some meetings in Yreka, CA that have joined an Intergroup in Medford, OR. The town of Yreka does not need to be listed in our definition unless the Intergroup is actually based there. Meetings are free to join whichever Intergroup works for them and the definition of the Region does not need to be change unless an Intergroup in a different Region wants to join Region 1.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA BYLAWS**

**Motion BL-2:** Move to amend Article III, Section 1 by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
Article III - MEMBERSHIP Section 1 Members	Article III - MEMBERSHIP Section 1 Members
That definition of an OA group as of September 2012 is:	<del>That</del> The definition of an OA group as of September <del>2012</del> <u>2016</u> is:
“a) The following points shall define an Overeaters Anonymous group:	“a) The following points shall define an Overeaters Anonymous group:
1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous., guided by the Twelve Concepts of OA Service. 2. All who have the desire to stop eating compulsively are welcome in the group. 3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.) 4. As a group they have no affiliation other than Overeaters Anonymous. 5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.	1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous-, guided by the Twelve Concepts of OA Service. 2. All who have the desire to stop eating compulsively are welcome in the group. 3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.) 4. As a group they have no affiliation other than Overeaters Anonymous. 5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.
b.) Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:	<del>b.) Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:</del>
1. otherwise meet the definition of Overeaters Anonymous groups; 2. are fully interactive, and; 3. meet in real time.”	<del>1. otherwise meet the definition of Overeaters Anonymous groups; 2. are fully interactive, and; 3. meet in real time.”</del>
c.) An “unaffiliated group” is one registered with WSO but not affiliated with any intergroup.	b.) <u>Composition:</u>
	1. A group may be formed by two or more persons meeting together, either <u>(i) In the same physical location (face-to-face);</u> <u>(ii) through some form of electronic device (virtually); or</u> <u>(iii) both.</u>
	c.) An “unaffiliated group” is one registered with WSO but not affiliated with any intergroup.

**SUBMITTED BY:**

Region 1 Bylaws Committee  
Alice W.



## **SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA BYLAWS**

**INTENT:** To update the Region 1 Bylaws to reflect motions adopted during WSBC 2016.

**IMPLEMENTATION:** Update and re-publish the bylaws.

**COST:** None.

**RATIONALE:** The additional meeting requirements for virtual groups to be listed as a meeting were removed at WSBC 2016. Regions actually did not need to include this definition of a Virtual group. WSBC made the change in part so that meetings that are happening in China via technology called WeChat – currently the only type of technology allowed by the Chinese government - may continue and be registered as real meetings.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA BYLAWS**

**Motion BL-3:** Move to amend Article XIII by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>Article XIII – PARLIAMENTARY AUTHORITY</p> <p>The rules contained in the current edition of <i>Roberts Rules of Order Newly Revised</i> shall govern Region One in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions, the Twelve Concepts of OA Service or any special rules of order Region One may adopt.</p>	<p>Article XIII – PARLIAMENTARY AUTHORITY</p> <p>The rules contained in the current edition of <i>Roberts Rules of Order Newly Revised</i> shall <del>govern</del> <u>guide</u> Region One in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions, the Twelve Concepts of OA Service or any special rules of order Region One may adopt.</p>

**SUBMITTED BY:**

Region 1 Bylaws Committee  
Alice W.



**INTENT:**

To clarify how Roberts Rules of Order is used in Overeaters Anonymous.

**IMPLEMENTATION:**

Update and re-publish the bylaws.

**COST:**

None.

**RATIONALE:**

Roberts Rules of Order is a tool for OA to use when conducting business. It does not govern.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA BYLAWS**

**Motion BL-4:** Move to amend Article III - Membership, Section 4 by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
Article III-MEMBERSHIP, SECTION 4  A. Each intergroup is entitled to one (1) Representative for up to the first ten (10) groups it represents and one (1) for each additional ten (10) groups or any fraction thereof. An intergroup may also select Alternate representatives.	Article III-MEMBERSHIP, SECTION 4  A. Each intergroup is entitled to one (1) Representative for up to the first <del>ten</del> <u>fifteen</u> ( <del>10</del> <u>15</u> ) groups it represents and one (1) for each additional <del>ten</del> <u>fifteen</u> ( <del>10</del> <u>15</u> ) groups or any fraction thereof. An intergroup may also select Alternate representatives.

**SUBMITTED BY:**

Bitterroot Intergroup, Rhonda S [REDACTED]  
Contact Alice W., R1 Bylaws Chair, [REDACTED] to receive contact information for the maker of this motion.

**INTENT:**

The purpose of the motion is to have 1 representative for every 15 meetings. This would be the same ratio WSBC uses for delegates.

**IMPLEMENTATION:**

Editing the bylaws of Region 1 and editing the "Eligibility for Assembly" form sent to intergroups.

**COST:**

Time to update the bylaw document and eligibility form.

**RATIONALE:** Only the bylaw presented and updating the eligibility form will be affected by this change. I don't believe this motion will impact any other bylaw or policy currently in place. I suggest the change because it seems reasonable for Region 1 to use the same delegate ratio established for the World Service Business Conference. I believe it can help intergroups having one person who serves as the Region Representative as well as WSBC Delegate. It may also help lower the financial impact of sending representatives to Assembly.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-1:** Move to amend Section 8 REGION ONE CONVENTION AND EVENTS, Item 8.2 WAYS AND MEANS by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p><b>8 REGION ONE CONVENTION AND EVENTS</b></p>	<p><b>8 REGION ONE CONVENTION <del>AND EVENTS</del></b></p>
<p>8.1 HOTEL <i>(text not included here for brevity)</i></p>	<p>8.1 HOTEL <i>(text not included here for brevity)</i></p>
<p>8.2 WAYS AND MEANS</p>	<p>8.2 WAYS AND MEANS</p>
<p>8.2.1 Ways and Means projects taking place during the Region One Convention are restricted to the Region One Board and/or the hosting/co-hosting Intergroup(s).</p>	<p>8.2.1 <u>Sales of Ways and Means projects items</u> taking place during the Region One Convention are restricted to <u>items offered by</u> the Region One Board and <del>or</del> the hosting/co-hosting Intergroup(s).</p>
<p>8.2.2 When Region One funds are used to underwrite Ways and Means items purchased for Region One events, the profit on those items shall go to Region One.</p>	<p>8.2.2 When Region One funds are used to <del>underwrite</del> <u>buy</u> Ways and Means items <del>purchased</del> for Region One <del>events</del> <u>Convention</u>, <del>the</del> <u>all</u> profits on <u>the sale of</u> those items shall go to Region One.</p>
<p>8.2.3 The hosting Intergroup shall present for approval a Ways and Means plan before or at the spring Board meeting preceding the Convention, specifying for each component the proposed source of funds and disposition of net profits. This shall be done before expenditure of Region One funds.</p>	<p>8.2.3 <u>The hosting Intergroups(s) may choose to purchase and sell Ways and Means items at the Region One Convention; fifty (50) percent of the profits on the sale of those items shall go to Region One.</u></p>
<p>8.2.4 Region One may have an annual Convention Raffle for a prize consisting of the Super Saver Registration Package, 2 nights lodging double occupancy, banquet, and up to \$100 toward transportation costs, and may hold a 50/50 raffle. Raffle ticket prices and deadline for entries will be established by the Ways and Means committee and approved by the Region One Board. Raffle ticket sales may commence at the start of the preceding year’s Convention.</p>	<p>8.2.4 The hosting Intergroup(s) shall present for approval a Ways and Means plan before <del>or at the spring</del> <u>March</u> Board meeting preceding the Convention, specifying <del>for each component</del> the proposed source of funds <u>for each item</u>, and <del>disposition of net profits. This shall be done before expenditure of Region One funds.</del> <u>Region Board approval is required before Region One funds are spent.</u></p>
	<p>8.2.5 <u>The Region One Board may have an annual Convention <u>Package</u> Raffle for a prize consisting of <del>the Super Saver</del></u></p>

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

	<p>Registration Package, 2 nights lodging double occupancy, banquet, and up to \$100 toward transportation costs one registration with banquet and two nights lodging in a shared double room.</p> <p>8.2.6 The Region One Board, and may hold a 50/50 raffle. Raffle ticket prices and deadline for entries will be established by the Ways and Means committee and approved by the Region One Board. in which the prize is 50% of the monies taken in this raffle's ticket sales. Raffle ticket sales may commence at the start of the preceding year's Convention.</p>
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**SUBMITTED BY:**

Region 1 Budget Finance and Delegate Support Committee

Joan N [REDACTED], Chair

Deborah R [REDACTED], Board Liaison



**INTENT:**

To clarify existing policies for Convention, recognize that Region One no longer has any other events besides Convention, simplify the language and organize the policies for easy reference. To recognize that Convention is Region One's primary fundraiser.

**IMPLEMENTATION:**

Update and re-publish the Policies document and put into the Convention Binder.

**COST:**

None.

**RATIONALE:** First, we want to change the title of this section of the Policies and Procedures, to recognize that for many years now, the only event that Region One has put on has been Convention. The mention of other events became very confusing.

There has been much confusion and consternation in the past few years around Ways and Means at Convention: who can sell things, what things can they sell, who pays for the things to be sold and who gets the money. The Committee believes these changes make very clear how Ways and Means for Convention works, and clarifies issues around the fact that Convention is Region One's primary fundraiser so that we can carry the message.



**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-2:** Move to amend Section 8 REGION ONE CONVENTION AND EVENTS, Item 8.5 FINANCES by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
<b>8.5 FINANCES</b>	<b>8.5 FINANCES</b>
8.5.1 All financial activities of events shall be managed in accordance with Region One Budget and Finance policies.	8.5.1 All <del>financial activities of events</del> <u>Convention finances</u> shall be managed in accordance with Region One <del>Budget and Finance p</del> <u>olicies, as defined in Section 5 - BUDGET AND FINANCE.</u>
8.5.2 The hosting Intergroup(s) shall present a budget for approval before or at the spring Board meeting preceding the Convention.	8.5.2 The hosting Intergroup(s) shall present a budget for approval before <del>or at</del> the <del>spring</del> <u>March</u> Board meeting preceding the Convention.
8.5.3 All proceeds, with the exception of \$200., shall be remitted to the Region One Treasurer within two weeks of the Convention. The remaining balance shall be remitted within forty-five (45) days of the close of the Convention. Any outstanding invoices after that 45-day period shall be sent directly to the Region One Treasurer for reimbursement.	8.5.3 All proceeds, <del>with the exception of \$200.,</del> shall be remitted to the Region One Treasurer within <del>two weeks</del> <u>forty-five (45) days</u> of the <u>close of</u> Convention. <del>The remaining balance shall be remitted within forty-five (45) days of the close of the Convention.</del> Any outstanding invoices <u>and/or receipts</u> after that 45-day period shall be sent directly to the Region One Treasurer for <u>payment and/or</u> reimbursement.
8.5.4 All books are to be forwarded to Region One within forty-five (45) days of the close of the Convention.	8.5.4 All books, <u>supporting documents, and receipts</u> <del>are to be</del> <u>shall be</u> forwarded to <u>the</u> Region One <u>Treasurer</u> within forty-five (45) days of the close of the Convention.

**SUBMITTED BY:** Region 1 Budget Finance and Delegate Support Committee

Joan N [REDACTED], Chair

Deborah R [REDACTED], Board Liaison

**INTENT:** To clarify existing policies for Convention finances, recognize that we do not have other events any longer besides Convention, simplify the language and organize the policies for easy reference.

**IMPLEMENTATION:** Update and re-publish the Policies document and update the Convention Binder.

**COST:** None.

**RATIONALE:** We wish to clarify responsibilities and timing for Convention finances and to reflect best practices. There is no requirement in the existing policy for supporting documents, for instance.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-3:** Move to amend Section 8 REGION ONE CONVENTIONS AND EVENTS, Item 8.6 MISCELLANEOUS by striking and inserting the following:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>8.6 MISCELLANEOUS</p> <p>8.6.1 Convention reports are to be submitted in writing at all Board meetings. These reports are to include updates on finances. Final reports from the Chair and committees are to be submitted at the first official Board meeting after Convention/Assembly. These reports may be included as a part of Vice Chair’s report.</p> <p>8.6.2 The Convention Chair will be provided expense reimbursement out of the Convention budget for lodging and per diem (consistent with the Board policy on expenses) for the actual Convention days, Friday afternoon through Sunday closing.</p>	<p>8.6 MISCELLANEOUS</p> <p>8.6.1 <u>The Convention Chair shall submit a written Convention reports</u> <del>are to be submitted in writing at all</del> <u>before each Board meetings during the year before the Convention.</u> <del>These reports are to include updates on finances.</del> Final reports from the Chair and committees are to be submitted <del>at</del> <u>before the first official January</u> Board meeting after Convention/Assembly. These reports may be included as a part of <u>the</u> Vice Chair’s report.</p> <p>8.6.2 The Convention Chair <del>will be provided expense reimbursement out of the Convention budget</del> <u>shall be reimbursed</u> for lodging and per diem, <del>{consistent with the Board policy on expenses}</del>, for the actual Convention days, Friday afternoon <u>from the opening of registration through the Sunday closing ceremony of Convention.</u></p>

**SUBMITTED BY:**

Region 1 Budget Finance and Delegate Support Committee

Joan N [REDACTED], Chair

Deborah R [REDACTED], Board Liaison

**INTENT:** To clarify existing policies for Convention finances, reporting and reimbursements.

**IMPLEMENTATION:** Update and re-publish the Policies document and update the Convention Binder.

**COST:** None.

**RATIONALE:** We wish to make reporting responsibilities for the Convention Committee clear and unambiguous, and to do the same for reimbursements for the Convention Chair for their duties during Convention.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-4:** Move to amend Section 4 REGION ONE BOARD JOB DESCRIPTIONS, Item 4.5 TREASURER RESPONSIBILITIES by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p><b>4.5 TREASURER RESPONSIBILITIES:</b></p> <p>4.5.1 Assumes office immediately, but allows sixty (60) days after election for previous Treasurer to balance and close books.</p> <p>4.5.2 Maintains a mailing address to receive donations and forwards any non-financial mail to the Secretary.</p> <p>4.5.3 Maintains bank accounts in U.S. funds.</p> <p>4.5.4 Records receipts and disbursements in a ledger.</p> <p>4.5.5 Reimburses Board members and Committee Chairs for approved expenses.</p> <p>4.5.6 Records donations by group number.</p> <p>4.5.7 Completes government forms as required.</p> <p>4.5.8 Maintains up-to-date financial information including balancing checking accounts monthly.</p> <p>4.5.9 Submits financial statements prior to each Board meeting and Assembly.</p> <p>4.5.10 Provides books to Chair of Audit Committee upon request.</p> <p>4.5.11 Submits preliminary budget for discussion at the Board meeting immediately preceding Assembly. Submits budget to Assembly for approval.</p> <p>4.5.12 Reviews Budget and Finance policies on a regular basis.</p> <p>4.5.13 Provides members with expense and donation forms as requested.</p>	<p><b>4.5 TREASURER RESPONSIBILITIES:</b></p> <p>4.5.1 Assumes office immediately, but allows sixty (60) days after election <u>to work with the</u> <del>for</del> previous Treasurer to <u>balance and close books and receive all materials for the position.</u></p> <p>4.5.2 Maintains a mailing address to receive donations <del>and forwards any non-financial mail to the Secretary.</del> <u>Retrieve the mail regularly.</u></p> <p>4.5.3 Maintains bank accounts in U.S. funds.</p> <p>4.5.4 Records receipts and disbursements <del>in a ledger.</del></p> <p>4.5.5 Reimburses Board members and Committee Chairs for approved expenses.</p> <p>4.5.6 Records donations by group number.</p> <p>4.5.7 Completes government forms as required, <u>including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.</u></p> <p>4.5.8 Maintains up-to-date financial information including balancing checking accounts monthly.</p> <p>4.5.9 Submits financial statements prior to each Board meeting and Assembly.</p> <p>4.5.10 Provides <del>books</del> <u>reports and all supporting materials, paper and electronic, to the Chair of the General Audit Committee and the Chair of the Convention Audit Committee upon request by March 31.</u></p> <p>4.5.11 <u>Work with Budget, Finance and Delegate Support Committee to create a proposed budget for the following year. This proposed budget is submitted to the Board for discussion</u> <del>Submits preliminary budget for discussion at the June Board meeting immediately preceding Assembly.</del> Submits budget to Assembly for approval.</p> <p>4.5.12 Reviews Budget and Finance policies on</p>

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

	<p>a regular basis.</p> <p>4.5.13 Provides members with expense and donation forms as requested.</p> <p>4.5.14 Act as Liaison to Committees and Intergroups as assigned.</p>
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**SUBMITTED BY:**

Region 1 Budget Finance and Delegate Support Committee

Joan N., Chair

Deborah R. [REDACTED], Board Liaison

[REDACTED]

**INTENT:**

To bring the policy job description in line with current actual duties of the Treasurer, current best practices, and to clarify wording.

**IMPLEMENTATION:**

Update and re-publish the Policies document.

**COST:**

None.

**RATIONALE:** The existing job description is not in line with what the Treasurer is currently doing, and there is some ambiguity in this section. These changes make the intent of the fellowship clearer and easier for the Treasurer to follow.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-5:** Move to amend Section 4 REGION ONE BOARD JOB DESCRIPTIONS, and add Item 4.7 MEMBER AT LARGE RESPONSIBILITIES by striking, inserting and renumbering, as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p><b>4.7 REGION ONE TRUSTEE RESPONSIBILITIES</b></p> <p>4.7.1 Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.</p> <p>4.7.2 Keeps Region informed of current business concerning Region One and OA as a whole.</p> <p>4.7.3 Attends Region One Board meetings, being a link between Region One and WSO.</p> <p>4.7.4 Is available to speak throughout Region One as schedule permits and within allowable finances.</p> <p>4.7.5 Serves on Nominations Committee during Assembly elections (if not running).</p> <p>4.7.6 May maintain a blog on the Region One website.</p> <p>4.7.7 Assists Intergroups with service and traditions related events.</p> <p>4.7.8 Maintains communication with unaffiliated groups.</p>	<p><b>4.7 <u>MEMBER AT LARGE RESPONSIBILITIES</u></b></p> <p><u>4.7.1 Shall provide back up to all Board positions except for Chair. Shall step in to temporarily perform the duties of any Board member other than Chair as needed.</u></p> <p><u>4.7.2 Support special projects and Intergroup Renewal efforts within Region One, as requested by Chair.</u></p> <p><u>4.7.3 Update and maintain Region One speaker list. Actively recruit throughout the year to build the list, and share information when requested by OA members or service bodies.</u></p> <p><u>4.7.4 Update and maintain the Region One men's sponsorship and contact list. Actively recruit throughout the year to build the list, and share information when requested by OA members or service bodies.</u></p> <p><u>4.7.5 Act as Liaison to Committees and Intergroups as assigned.</u></p> <p><b>4.7.4.8 REGION ONE TRUSTEE RESPONSIBILITIES</b></p> <p><del>4.7.1</del> <u>4.8.1</u> Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.</p> <p><del>4.7.2</del> <u>4.8.2</u> Keeps Region informed of current business concerning Region One and OA as a whole.</p> <p><del>4.7.3</del> <u>4.8.3</u> Attends Region One Board meetings, being a link between Region One and WSO.</p> <p><del>4.7.4</del> <u>4.8.4</u> Is available to speak throughout Region One as schedule permits and within allowable finances.</p> <p><del>4.7.5</del> <u>4.8.5</u> Serves on Nominations Committee during Assembly elections (if not running).</p> <p><del>4.7.6</del> <u>4.8.6</u> May maintain a blog on the Region</p>

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

	<p>One website.</p> <p><del>4.7.7</del> <u>4.8.7</u> Assists Intergroups with service and traditions related events.</p> <p><del>4.7.8</del> <u>4.8.8</u> Maintains communication with unaffiliated groups.</p>
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**SUBMITTED BY:**

Region 1 Bylaws Committee

Alice W., Chair



**INTENT:**

To add the Member At Large job description to the Region 1 Policies document.

**IMPLEMENTATION:**

Update and re-publish the Policies document.

**COST:**

None.

**RATIONALE:**

Region 1 Assembly 2015 added the Member At Large Board position to the Bylaws. The Bylaws refer to a job description in the Policies document that does not yet exist. This motion corrects this issue. It also re-numbers the Trustee job description, since it will be listed after the Member at Large job description in the updated Policies document.

**SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

**Motion P-6:** Move to amend Section 5 BUDGET AND FINANCE, Item 5.2 BUDGET, Item 5.2.7 by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p><b>5.2 BUDGET</b></p> <p><i>(5.2.1 – 5.2.6 not included for brevity.)</i></p> <p>5.2.7 Region One shall provide for sending two of its officers to each World Service Business Conference as follows:</p> <p>5.2.7.1 The Region One Chair, or if not available, the next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC Delegate and represent Region One on the Region Chairs Committee and at any other Region Chair activities at the WSBC, and</p> <p>5.2.7.2 The next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC alternate delegate and assume the duties of the officer listed above in (5.2.7.1) if that officer is unavailable and/or unable to carry out those duties.</p> <p>5.2.7.3 The rank of the officers will be the following, from highest to lowest: Chair, Vice Chair, Secretary, Treasurer, and Communications Coordinator.</p> <p>5.2.7.4 Funds available for sending these officers shall be listed in a separate line item in the budget as “WSBC Representation.”</p>	<p><b>5.2 BUDGET</b></p> <p><i>(5.2.1 – 5.2.6 not included for brevity.)</i></p> <p>5.2.7 Region One shall provide for sending two of its officers to each World Service Business Conference as follows:</p> <p>5.2.7.1 The Region One Chair, or if not available, the next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC Delegate and represent Region One on the Region Chairs Committee and at any other Region Chair activities at the WSBC, and</p> <p>5.2.7.2 The next highest available ranking officer as designated below in (5.2.7.3), who shall register as a WSBC alternate delegate and assume the duties of the officer listed above in (5.2.7.1) if that officer is unavailable and/or unable to carry out those duties.</p> <p>5.2.7.3 The rank of the officers will be the following, from highest to lowest: Chair, Vice Chair, Secretary, Treasurer, <del>and</del> Communications Coordinator, <u>and Member at Large.</u></p> <p>5.2.7.4 Funds available for sending these officers shall be listed in a separate line item in the budget as “WSBC Representation.”</p>

# **SEPTEMBER 2016 PROPOSED MOTION TO AMEND REGION 1 OA POLICY**

## **SUBMITTED BY:**

Region 1 Bylaws Committee

Alice W., Chair



## **INTENT:**

To include the Member At Large position in the ranking for attendance at WSBC in the Region 1 Policies document.

## **IMPLEMENTATION:**

Update and re-publish the Policies document.

## **COST:**

None.

**RATIONALE:** Region 1 Assembly 2015 added the Member At Large Board position. This motion adds the MAL position to the ranking for attendance at WSBC.







# 2016 Region One Assembly Notebook

## Section 4:

## Finances

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**2016 Donation Report (through June 2016) ...87**



## **A Glossary of Financial Terms for Region One of OA**

### **ACCOUNT**

For Region One, this refers to the checking, savings, and PayPal accounts where our money is kept. We use *category* and *line item* to refer to specific uses of the money in those accounts.

### **ACCOUNTING PERIOD**

The period of time for which a report is prepared. It could be a week, a month, a quarter, the year to date (YTD), a fiscal year or a calendar year. The Assembly binder has a YTD report that covers January 1, 2016 to June 30, 2016.

### **ASSETS**

An item of current or future economic benefit. Region One's assets are the money held in the checking, savings and PayPal accounts. See also liabilities.

### **AUDIT**

A careful look at the financial activities as of the end of the fiscal year (December 31) and covering the previous 12-month period. The audit is prepared by the Audit Committee. An audit checks that Region One appears to have followed all generally accepted accounting practices (GAAP) appropriately and that the financial reports are a reasonably accurate representation of our financial condition. The audit report may include recommendations for changes to our policies and procedures.

### **BALANCE SHEET**

Statement showing our assets and liabilities at the end of the fiscal year.

### **CASH BASIS**

A way of accounting for our income and expenses that records each item in the month it happens.

### **CASH FLOW**

Money coming in and money going out. A positive cash flow is more money coming in than going out. A negative cash flow is more money going out than coming in.

### **CATEGORY**

A description of where money comes from and goes to. For instance, "Journal Sales" is a category of our income, as is "Group Donations". "Postage and printing" is a category of expense. Each category is a line item on the budget proposal and the income/expense report.

### **DEFICIT**

More expenses than income during an accounting period. See surplus.

### **DONATIONS**

Money given to us by individuals, groups and service bodies.

### **EXPENSES**

The regular costs of doing business. Also called operating expenses.

### **IN-KIND**

Non-cash items of value, such as specialized volunteer labor, donated goods or professional services.

**INCOME**

Money coming in to Region One. We receive individual, group or service body donations and we receive money generated by committee activities, such as journal sales by the Ways and Means committee or Convention income from the Convention committee.

**INCOME/EXPENSE REPORT**

A summary of the revenue and expenses of an organization during an accounting period.

**LIABILITIES**

Items owed by an organization or claims against its assets. Region One's only liability is the Prudent Reserve.

**NET**

The difference between one number and another. It is usually applied to income and expenses or to assets and liabilities. It can be a deficit or a surplus. Also known as the bottom line.

**OPERATING ACTIVITIES**

Items that relate to the organization's main business or program activities. All of Region One's activities are operating activities.

**PREPAID EXPENSES**

Items an organization pays for in advance of their being due. Examples include insurance premiums and rent that may be paid for a twelve-month period at the beginning of the year. Region One does not have any prepaid expenses.

**PRUDENT RESERVE**

Funds set aside annually to be used in case we have low income or high expenses. The prudent reserve amount for Region One is designed to cover 6 months of expenses, and the amount is calculated by averaging the previous 3 years' expenses divided by half.

**RESTATEMENTS**

Revisions of an organization's earlier financial statements. The need for restatements can result from fraud, misrepresentation or a simple clerical or calculation error. In most cases, it's an error.

**REVENUE**

See Income.

**SURPLUS**

The excess of income over expenses during an accounting period. See deficit.

**TARGETED DONATIONS**

Funds donated that must be spent on a specific program; for instance donations for Representative/Delegate Support or for PI/PO.

<b>2015 EXPENSES</b>	
Administrative Expense	
Bank Charge	24.00
Board Administration Expense	675.00
Computer Services	466.13
Misc. Administrative	81.59
PayPal charges	79.23
Postage other than for W&M or audit	12.20
Printing and copying other than for W&M	87.78
<b>Total Administrative Expense</b>	<b>1,425.93</b>
Assembly Expense	
Administration Expense	534.96
Audio	240.00
<b>Total Assembly Expenses</b>	<b>774.96</b>
Board Travel Expenses	
Board Travel for Assembly	1,852.02
Board Travel, not Assembly	4,199.01
Chair's Expense other than RCC	3,513.62
Chair's RCC Expenses	2,763.61
Cochair or board member to WSBC	1,062.15
Travel Insurance	137.95
<b>Total Board Travel Expenses</b>	<b>13,528.36</b>
Committee Support Expenses	
Audit	30.95
Quilt Expenses	569.71
Ways and Means Expense	
General	398.94
Journal postage	165.02
Journal printing	2,739.31
<b>Total Ways and Means Expense</b>	<b>3,303.27</b>
<b>Total Committee Support Expenses</b>	<b>3,903.93</b>
Convention Expenses, not paid by concomm	
Audio	950.32
Entertainment	450.00

<b>2015 INCOME</b>	
General Donations	
Donations from groups	7,252.47
Donations from Individuals	116.07
Donations from Intergroups	2,549.12
<b>Total General Donations</b>	<b>9,917.66</b>
Interest Income	2.10
Net convention income from committee	9,139.10
Other 7th tradition income	5.72
Targeted Donations	
Targeted Delegate support	120.00
Targeted Other (convention scholarship)	22.28
<b>Total Targeted Donations</b>	<b>142.28</b>
Ways and Means Income	
50-50 draw	219.00
Convention Package Raffle	277.39
Journal sales	2,445.38
Other (mouse pad & visor sales at WSBC)	172.00
Quilt	1,520.69
<b>Total Ways and Means Income</b>	<b>4,634.46</b>
<b>Total Income</b>	<b>23,841.32</b>
<b>2015 net income or (loss)</b>	<b>(6,060.10)</b>
Carryover from 2014	18,765.33
Carryover to 2016	12,705.23

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Hotel	2,500.00
Other (speaker)	512.20
Printing and Postage	6.63
<b>Total Convention Expenses, not paid by concomm</b>	<b>4,419.15</b>
Donations to other service bodies	
Other (new meeting startup for Bitterroot II	195.00
<b>Total Donations to other service bodies</b>	<b>195.00</b>
Targeted Funds Expenses	
Delegate Support for Assembly	4,753.26
Delegate Support, WSBC	460.83
Public Info and Prof Outreach	440.00
<b>Total Targeted Funds Expenses</b>	<b>5,654.09</b>
<b>Total Expenses</b>	<b>29,901.42</b>

As of 12/31/2015

<b>Assets</b>	
Amount in checking	15,067.66
Amount in savings	3,040.11
Amount in PayPal (US\$)	3,090.90
<b>Total Assets</b>	<b>21,198.67</b>
<b>Liabilities: Prudent Reserve</b>	
<b>Prudent Reserve for 2016</b>	<b>15,972.04</b>



Expenses for 2013	30,057.26
Expenses for 2014	35,873.56
Expenses for 2015	29,901.42
Average over 3 years	<u>31,944.08</u>
One-half average =	15,972.04

Total Assets	21,198.67
Minus Total Liabilities	15,972.04
<b>Equals Carryover to 201</b>	<b>5,226.63</b>

(spend or send)



	C	D	E	F	G	H	Notes
		Proposed Budget 2017	Approved Budget 2016	2016 Actual to June 30	Actual 2015	Actual 2014	
2	<b>INCOME</b>						
3	<b>Donations</b>						
4	Donations from groups	7,500.00	6,500.00	3,312.61	7,252.47	7,253.55	
5	Donations from individuals	200.00	40.00	40.00	116.07	31.46	
6	Donations from intergroups	3,000.00	6,000.00	862.88	2,549.12	6,713.12	
7	Other donations (specify)	0.00	0.00	0.00	0.00	0.00	
8	<b>Total Donations</b>	<b>10,700.00</b>	<b>12,540.00</b>	<b>4,215.49</b>	<b>9,917.66</b>	<b>13,998.13</b>	
9	<b>Interest Income</b>	<b>2.00</b>	<b>3.00</b>	<b>0.30</b>	<b>2.10</b>	<b>1.76</b>	
10	<b>Net Convention income</b>	<b>12,000.00</b>	<b>15,525.00</b>	<b>0.00</b>	<b>9,139.10</b>	<b>29,552.33</b>	
11	<b>Other event 7th traditions</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>5.72</b>	<b>604.02</b>	
12	<b>Other income (specify)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	
13	<b>Ways &amp; Means Income</b>						
14	Journal sales	1,500.00	3,000.00	1,856.74	2,445.38	3,449.86	
15	50/50 Draw	200.00	100.00	0.00	219.00	132.00	
16	Quilt	1,050.00	1,000.00	0.00	1,520.69	959.78	
17	Other W&M sales	300.00	700.00	19.00	172.00	0.00	
18	<b>Total Ways &amp; Means Income</b>	<b>3,050.00</b>	<b>4,800.00</b>	<b>1,875.74</b>	<b>4,357.07</b>	<b>4,541.64</b>	
19	<b>Total Operating Income</b>	<b>25,752.00</b>	<b>32,868.00</b>	<b>6,091.53</b>	<b>23,421.65</b>	<b>48,697.88</b>	
20							
21	<b>Targeted donations</b>						
22	Delegate Support Donations	0.00	100.00	0.00	120.00	0.00	
23	Convention Package Raffle	300.00	375.00	5.00	277.39	403.84	
24	Public Information/Professional Outreach	0.00	500.00	0.00	0.00	0.00	
25	Other (specify)	0.00	0.00	0.00	22.28	0.00	
26	<b>Total targeted donations</b>	<b>300.00</b>	<b>975.00</b>	<b>5.00</b>	<b>419.67</b>	<b>403.84</b>	
27	<b>PI/PO fund as yet unused</b>	<b>0.00</b>	<b>302.61</b>	<b>302.61</b>			
28							
29	<b>Carryover after Prudent Reserve is met</b>	<b>5,226.63</b>	<b>18,321.47</b>	<b>5,226.63</b>	<b>12,705.23</b>		
30							
31	<b>Total money we can spend/send this year</b>	<b>31,278.63</b>	<b>52,467.08</b>	<b>11,625.77</b>	<b>36,546.55</b>	<b>49,101.72</b>	
32							
33	<b>EXPENSES</b>						
34	<b>Administrative Expense</b>						
35	Bank charges	50.00	50.00	0.00	24.00	173.75	
36	Board admin, convention reg	810.00	810.00	0.00	675.00	927.54	

As of 12/30/15

37	Computer services	500.00	500.00	0.00	466.13	113.97
38	Liability insurance	0.00	500.00	0.00	0.00	28.05
39	Misc admin (specify)	100.00	500.00	87.52	81.59	0.00
40	PayPal charges	80.00	80.00	51.36	79.23	39.30
41	Postage other than W&M, audit	120.00	10.00	136.37	12.20	27.35
42	Printing, copying not W&M or assembly	100.00	150.00	0.00	87.78	100.00
43	<b>Total Administrative expenses</b>	<b>1,760.00</b>	<b>2,600.00</b>	<b>275.25</b>	<b>1,425.93</b>	<b>1,409.96</b>
44	<b>Assembly Expense</b>					
45	Hotel meeting rooms	0.00	1,584.00	0.00	0.00	700.91
46	Parliamentarian	500.00	730.00	0.00	0.00	
47	Audio	250.00	225.00	0.00	240.00	120.00
48	Printing and copying	500.00	1,000.00	70.00	534.96	1,587.54
49	<b>Total Assembly Expense</b>	<b>1,250.00</b>	<b>3,539.00</b>	<b>70.00</b>	<b>774.96</b>	<b>2,408.45</b>
50	<b>Board Travel Expense</b>					
51	Board Travel for Assembly	3,000.00	4,175.00	838.66	1,852.02	3,457.34
52	Board travel, not Assembly(not chair)*	5,000.00	5,150.40	5,228.20	4,199.01	3,486.55
53	Chair's expenses other than RCC	1,000.00	1,073.00	405.74	3,513.62	1,225.39
54	Vice chair/board memb. at WSBC	1,100.00	1,100.00	1,490.99	1,062.15	1,737.29
55	Region Chair Committee travel	2,250.00	2,000.00	1,501.80	2,763.61	1,187.84
56	Travel insurance	200.00	240.00	100.00	137.95	
57	<b>Total Board Travel expenses</b>	<b>12,550.00</b>	<b>13,738.40</b>	<b>9,565.39</b>	<b>13,528.36</b>	<b>11,094.41</b>
58	<b>Capital Expense</b>	<b>0.00</b>	<b>500.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
59	<b>Committee Support Expenses</b>					
60	Audit	30.00	30.00	19.90	30.95	17.80
61	Twelfth Step Within	100.00	300.00	0.00	0.00	0.00
62	Service & Tradition workshops**	0.00	0.00	0.00	0.00	0.00
63	<b>Committee Support - Ways &amp; Means</b>					
64	Quilt	400.00	400.00	0.00	569.71	229.21
65	General Ways & Means	100.00	500.00	79.96	16.36	250.45
66	Journal printing	2,000.00	1,225.00	1,662.98	2,739.31	2,625.87
67	Journal postage	250.00	290.00	141.94	165.02	298.85
68	<b>Total Ways &amp; Means Expense</b>	<b>2,750.00</b>	<b>2,415.00</b>	<b>1,884.88</b>	<b>3,490.40</b>	<b>3,404.38</b>
69	<b>Total Committee Support expenses</b>	<b>2,880.00</b>	<b>2,745.00</b>	<b>1,904.78</b>	<b>3,521.35</b>	<b>3,422.18</b>
70	<b>Convention expenses not paid by conv committee</b>					
71	Administration	50.00	50.00	0.00	0.00	0.00
72	Printing and postage	10.00	0.00	0.00	6.63	0.00
73	Audio	1,000.00	400.00	0.00	950.32	1,081.80

incl PO Box

free in 2017

74	Hotel meeting rooms	0.00	9,360.00	952.00	2500.00	3,603.66
75	Hotel catering	5,625.00	3,660.00	0.00	0.00	3,667.82
76	Convention seed	1,000.00	3,000.00	0.00	0.00	1,000.00
77	Entertainment	0.00	0.00	0.00	450.00	0.00
78	Other (specify)	0.00	0.00	0.00	512.20	
79	<b>Total Convention Expenses</b>	<b>7,685.00</b>	<b>16,470.00</b>	<b>952.00</b>	<b>4,419.15</b>	<b>9,353.28</b>
80	<b>Unanticipated Expenses</b>	<b>250.00</b>	<b>500.00</b>	<b>0.00</b>		
81						
82	<b>Total Operating Expenses</b>	<b>26,375.00</b>	<b>40,092.40</b>	<b>12,767.42</b>	<b>23,669.75</b>	<b>27,688.28</b>
83						
84	<b>Targeted Funds Expenses</b>					
85	Rep Support Assembly, min.	1,500.00	2,000.00	0.00	4,753.26	1,000.00
86	Delegate Support WSBC, min.	1,500.00	2,000.00	675.00	460.83	6,285.38
87	Trustee nominee assistance	500.00	0.00	0.00	0.00	0.00
88	World Service PO Fund	50.00	50.00	0.00	0.00	0.00
89	Public Information/Professional Outreach	500.00	2,000.00	0.00	440.00	0.00
90	Convention Package Raffle	250.00	250.00	0.00	382.58	0.00
91	Board special project	500.00	2,000.00	830.18	0.00	0.00
92	<b>Total Targeted Funds Expenses</b>	<b>4,800.00</b>	<b>8,300.00</b>	<b>1,505.18</b>	<b>6,036.67</b>	<b>7,285.38</b>
93						
94	<b>Donations to other service bodies</b>					
95	WS general fund	0.00	0.00	800.00	0.00	0.00
96	WS delegate support fund	100.00	500.00	0.00	0.00	1,000.00
97	Other (specify)	0.00	500.00	0.00	195.00	0.00
98	<b>Total Donations</b>	<b>100.00</b>	<b>1,000.00</b>	<b>800.00</b>	<b>195.00</b>	<b>1,000.00</b>
99	<b>Total Expenses and Specified Donations</b>	<b>31,275.00</b>	<b>49,392.40</b>	<b>15,072.60</b>	<b>29,901.42</b>	<b>35,973.66</b>
100						
101	<b>Net Income less Expenses</b>	<b>3.63</b>	<b>3,074.68</b>	<b>-3,446.83</b>	<b>6,645.13</b>	<b>13,128.06</b>

## 2015 Donations by State and Province

### Canadian donations (in US funds)

Province	Group #	Date Deposited	Group name (if known)	Donations	Intergroup
<b>ALBERTA</b>					
<b>Intergroups</b>					
	09215	7/17/2015	Southern Alberta IG	237.25	
<b>Groups</b>					
150-	10625	12/30/2015	Mountainview OA, Red I	17.32	So. Alberta IG
150-	10822	5/8/2015	Edmonton Tues 7pm	7.92	Northern Lights
150-	10822	7/22/2015	Edmonton Tues 7pm	18.64	Northern Lights
150-	10822	8/12/2015	Edmonton Tues 7pm	14.63	Northern Lights
150-	16988	8/12/2015	St. Albert Sunshine	36.57	Northern Lights
150-	33607	12/30/2015	Edmonton Sat 11am	222.52	So. Alberta IG
150-	46198	3/27/2015	Calgary Bethany Group	69.07	So. Alberta IG
150-	53527	7/22/2015	Leduc Mon 7pm	18.64	Northern Lights
150-		12/30/2015	(unknown)	34.00	So. Alberta IG
<b>Total Alberta</b>				<b>676.54</b>	

### BRITISH COLUMBIA

<b>Intergroups</b>					
	09217	9/30/2015	Sea to Sky IG	424.72	
	09263	6/3/2015	Vancouver Island IG	153.88	
	09263	10/14/2015	Vancouver Island IG	184.47	
<b>Groups</b>					
151-	11616	2/27/2015	Kelowna Sat AM	92.45	Southern BC Interior IG
151-	51376	9/30/2015	Nelson	53.65	Southern BC Interior IG
<b>Total British Columbia</b>				<b>909.17</b>	

### SASKATCHEWAN

<b>Intergroups</b>					
<b>Groups</b>					
159-	00856	9/23/2015	Regina Mon pm Big Boo	37.75	Regina IG
159-	52250	6/3/2015	Saskatoon	57.71	Regina IG
<b>Total Saskatchewan</b>				<b>95.46</b>	

### United States donations:

State	Group #	Date Deposited	Group	Donations	Intergroup
<b>ALASKA</b>					
<b>Intergroups</b>					
	09001	1/28/2015	Anchorage IG	94.60	
	09001	5/8/2015	Anchorage IG	41.32	
	09001	5/8/2015	Anchorage IG	26.20	
	09001	6/3/2015	Anchorage IG	55.30	
	09001	8/12/2015	Anchorage IG	42.43	
	09001	9/23/2015	Anchorage IG	30.21	
	09001	9/23/2015	Anchorage IG	23.55	
	09366	11/13/2015	Juneau Intergroup	305.00	
<b>Groups</b>					
002-	33504	2/25/2015	Monday noon Wasilla	10.00	Anchorage IG
002-	33504	7/17/2015	Monday noon Wasilla	10.00	Anchorage IG
002-	33504	3/27/2015	Monday noon Wasilla	10.00	Anchorage IG
002-	33504	9/23/2015	Monday noon Wasilla	14.00	Anchorage IG
002-	33504	12/10/2015	Monday noon Wasilla	10.00	Anchorage IG
002-	38648	1/14/2015	Sat. morning Palmer	12.70	Anchorage IG
002-	38648	7/17/2015	Sat. morning Palmer	22.00	Anchorage IG
002-	38648	12/30/2015	Sat. morning Palmer	12.75	Anchorage IG
002-	51636	1/14/2015	Weds 6pm Wasilla	2.60	Anchorage IG
002-	51636	7/17/2015	Weds 6pm Wasilla	8.46	Anchorage IG
002-	51726	12/10/2015	Sunday 6pm Palmer	7.40	Anchorage IG
<b>Total Alaska</b>				<b>738.52</b>	

**IDAHO****Intergroups****Groups**

012-	00437	9/23/2015	Boise Thurs night	40.00	OAsis
012-	01438	9/23/2015	Boise Sunday night	50.00	OAsis
012-	51623	2/25/2015	Twin Falls Tues 10:30an	15.00	OAsis
012-	51623	7/17/2015	Twin Falls Tues 10:30an	15.00	OAsis
012-	51623	12/10/2015	Twin Falls Tues 10:30an	15.00	OAsis

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**Total Idaho                    135.00**

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**MONTANA****Intergroups**

09279	3/27/2015	Bitterroot Intergroup	23.70
09279	3/27/2015	Bitterroot Intergroup	20.00
09087	6/3/2015	Big Sky Intergroup	24.50
09087	8/12/2015	Big Sky Intergroup	27.00
09087	10/14/2015	Big Sky Intergroup	66.00
09087	12/10/2015	Big Sky Intergroup	25.00

**Groups**

026-	21753	6/3/2015	Monday Missoula	6.00	Bitterroot
026-	21753	12/10/2015	Monday Missoula	10.00	Bitterroot
026-	34393	6/3/2015	Helena Mon 7pm	5.00	Bitterroot
026-	38935	2/25/2015	Hamilton Sat 10am	5.81	Bitterroot
026-	38935	7/17/2015	Hamilton Sat 10am	7.00	Bitterroot
026-	45438	5/8/2015	Missoula Sat 9am	48.30	Bitterroot
026-	46534	12/10/2015	Bozeman Mon noon	59.00	Bitterroot

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**Total Montana                    327.31**

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**OREGON (Includes SW Washington)****Intergroups**

09592	1/28/2015	Central Oregon IG	30.44
09384	9/23/2015	Jefferson State IG	125.00

**Groups**

037-	00046	7/17/2015	Tualatin Thurs. PM	10.00	Oregon IG
037-	00046	7/17/2015	Tualatin Thurs. PM	10.00	Oregon IG
037-	00236	11/13/2015	Salem Tuesday 7pm	15.00	Oregon IG
037-	00236	12/30/2015	Salem Tuesday 7pm	6.00	Oregon IG
037-	00706	10/14/2015	Beaverton Fri 10:30am	5.00	Oregon IG
037-	00796	5/8/2015	Monday Dundee	17.50	Oregon IG
037-	00796	7/17/2015	Monday Dundee	10.00	Oregon IG
037-	00796	10/14/2015	Dundee Monday 7pm	10.00	Oregon IG
037-	00959	9/23/2015	Reedsport	50.00	Emerald Emp
037-	02638	3/27/2015	Medford Mon 7pm	15.00	Jefferson State
037-	02638	9/23/2015	Medford Mon 7pm	18.00	Jefferson State
037-	06652	7/17/2015	Mon Central Christian	100.00	Oregon IG
037-	07901	5/8/2015	Gresham Weds 10:30an	40.77	Oregon IG
037-	07901	11/13/2015	Gresham Weds 10:30an	21.42	Oregon IG
037-	10055	9/23/2015	Roseburg Weds 5pm	30.00	Emerald Emp
037-	11259	1/14/2015	Mon 7pm Vancouver	2.50	Oregon IG
037-	11259	7/17/2015	Mon 7pm Vancouver	5.00	Oregon IG
037-	11259	7/17/2015	Mon 7pm Vancouver	5.00	Oregon IG
037-	12221	2/25/2015	Fri noon Klamath Falls	4.00	Jefferson State
037-	12221	11/13/2015	Fri noon Klamath Falls	25.00	Jefferson State
037-	16216	10/14/2015	Monday 7pm Bethany	48.78	Oregon IG
037-	18983	8/12/2015	Fri 8:45am Baker City	10.00	Eagle Cap IG
037-	19903	10/14/2015	Monday noon FG	10.00	Oregon IG
037-	22065	1/28/2015	Beaverton Mon noon	10.00	Oregon IG
037-	22065	7/17/2015	Beaverton Mon noon	20.00	Oregon IG
037-	22065	8/12/2015	Beaverton Mon noon	17.00	Oregon IG
037-	22065	12/10/2015	Beaverton Mon noon	18.00	Oregon IG
037-	23622	1/28/2015	Portland 7am in the solu	7.22	Oregon IG

037-	23622	2/25/2015	Portland 7am in the solu	5.90	Oregon IG
037-	23622	3/27/2015	Portland 7am in the solu	3.40	Oregon IG
037-	23622	4/8/2015	Portland 7am in the solu	51.31	Oregon IG
037-	23622	7/17/2015	Portland 7am in the solu	5.82	Oregon IG
037-	23622	7/17/2015	Portland 7am in the solu	8.90	Oregon IG
037-	23622	7/17/2015	Portland 7am in the solu	15.36	Oregon IG
037-	23622	8/12/2015	Portland 7am in the solu	5.36	Oregon IG
037-	23622	10/14/2015	Portland 7am in the solu	3.98	Oregon IG
037-	23622	11/13/2015	Portland 7am in the solu	10.12	Oregon IG
037-	23622	12/10/2015	Portland 7am in the solu	11.64	Oregon IG
037-	23622	12/10/2015	Portland 7am in the solu	2.41	Oregon IG
037-	25939	11/13/2015	Tillamook	20.00	Oregon IG
037-	26650	5/8/2015	Medford Sat 10am	30.00	Jefferson State
037-	26650	7/17/2015	Medford Sat 10am	30.00	Jefferson State
037-	26872	10/14/2015	Salem Monday 5:30pm	10.00	Oregon IG
037-	29424	5/8/2015	Salem Sat 9am	14.00	Oregon IG
037-	30951	2/25/2015	Ashland Thu pm	20.00	Jeff State
037-	33618	2/25/2015	Lake Oswego Wed am	15.00	Oregon IG
037-	33618	4/8/2015	Lake Oswego Wed am	10.00	Oregon IG
037-	33618	7/17/2015	Lake Oswego Wed am	12.50	Oregon IG
037-	33618	9/23/2015	Lake Oswego Wed am	17.50	Oregon IG
037-	33618	11/13/2015	Lake Oswego Wed am	15.00	Oregon IG
037-	33618	12/30/2015	Lake Oswego Wed am	15.00	Oregon IG
037-	33814	7/17/2015	Beaverton Tues 9:30	44.00	Oregon IG
037-	33814	10/14/2015	Beaverton Tues 9:30	50.00	Oregon IG
037-	33913	2/25/2015	Lake Oswego Fri noon	15.00	Oregon IG
037-	33913	4/8/2015	Lake Oswego Fri noon	10.00	Oregon IG
037-	33913	7/17/2015	Lake Oswego Fri noon	12.50	Oregon IG
037-	33913	9/23/2015	Lake Oswego Fri noon	17.50	Oregon IG
037-	33913	11/13/2015	Lake Oswego Fri noon	15.00	Oregon IG
037-	33913	12/30/2015	Lake Oswego Fri noon	15.00	Oregon IG
037-	36473	7/17/2015	Sat 10am Paulist Center	5.00	Oregon IG
037-	36544	1/14/2015	Sat 10am Seaview	4.00	Oregon IG
037-	36544	3/27/2015	Sat 10am Seaview	2.00	Oregon IG
037-	36544	7/17/2015	Sat 10am Seaview	4.00	Oregon IG
037-	36544	10/14/2015	Sat 10am Seaview	2.00	Oregon IG
037-	38889	2/25/2015	Weds 7:15pm St. Barnal	10.00	Oregon IG
037-	39158	3/27/2015	Cottage Grove Fri 11am	27.00	Emerald Emp
037-	39158	12/10/2015	Cottage Grove Fri 11am	30.00	Emerald Emp
037-	39448	2/25/2015	Hood River	10.00	Oregon IG
037-	39448	12/10/2015	Hood River	20.00	Oregon IG
037-	40111	2/25/2015	Ashland Monday noon	20.00	Jefferson State
037-	40111	7/17/2015	Ashland Monday noon	10.00	Jefferson State
037-	40164	2/25/2015	Tues noon Baker City	10.00	Eagle Cap IG
037-	40164	5/8/2015	Tues noon Baker City	20.00	Eagle Cap IG
037-	40164	7/17/2015	Tues noon Baker City	10.00	Eagle Cap IG
037-	40164	8/12/2015	Tues noon Baker City	10.00	Eagle Cap IG
037-	40164	11/13/2015	Tues noon Baker City	30.00	Eagle Cap IG
037-	40678	1/28/2015	Tues Portland Men's foc	18.00	Oregon IG
037-	41103	10/14/2015	Beaverton Thurs 9:30	12.00	Oregon IG
037-	45836	1/14/2015	Canby Tues 10am	10.00	Oregon IG
037-	45836	3/27/2015	Canby Tues 10am	10.00	Oregon IG
037-	45836	7/17/2015	Canby Tues 10am	10.00	Oregon IG
037-	48990	10/14/2015	Thurs noon NE Portland	24.53	Oregon IG
037-	49171	7/17/2015	McMinnville Tues & Fri	40.00	Oregon IG
037-	49679	3/27/2015	Friday noon St. Barn	3.00	Oregon IG
037-	49679	7/17/2015	Friday noon St. Barn	4.00	Oregon IG
037-	50311	3/27/2015	Longview Thurs 7pm	2.00	Oregon IG
037-	50311	7/17/2015	Longview Thurs 7pm	2.00	Oregon IG
037-	50311	10/14/2015	Longview Thurs 7pm	1.50	Oregon IG
037-	51093	7/17/2015	Sun 2pm Alano	2.00	Oregon IG
037-	51143	1/14/2015	Saturday 9:30 Oregon C	30.00	Oregon IG
037-	51512	1/14/2015	Vancouver Thurs 7pm	30.00	Oregon IG
037-	51565	10/14/2015	Silverton Thurs 7pm	3.00	Oregon IG

037-	51706	5/8/2015	Roseburg Sat 11:15	30.00	Jefferson State
037-	51706	11/13/2015	Roseburg Sat 11:15	30.00	Jefferson State
037-	51751	3/27/2015	Portland Weds 6:30pm	4.00	Oregon IG
037-	51751	7/17/2015	Portland Weds 6:30pm	56.00	Oregon IG
037-	52810	1/14/2015	Ocean Park Thurs noon	2.00	Oregon IG
037-	52810	3/27/2015	Ocean Park Thurs noon	2.00	Oregon IG
037-	52810	7/17/2015	Ocean Park Thurs noon	6.00	Oregon IG
037-	52810	10/14/2015	Ocean Park Thurs noon	4.00	Oregon IG
037-	52810	10/14/2015	Ocean Park Thurs noon	20.00	Oregon IG
037-	52977	7/17/2015	Vancouver Weds 1pm	4.65	Oregon IG
037-	52977	10/14/2015	Vancouver Weds 1pm	28.45	Oregon IG
037-	53019	1/14/2015	Weds Ctrl Chrst. 2pm	10.00	Oregon IG
037-	53019	3/27/2015	Weds Ctrl Chrst. 2pm	7.00	Oregon IG
037-	53115	1/28/2015	Weds noon Seaside	30.00	Oregon IG

**Total Oregon 1868.96**

**WASHINGTON (Include NW Idaho)**

**Intergroups**

09194	2/25/2015	Greater Seattle Intergrou	239.80
09194	5/8/2015	Greater Seattle Intergrou	236.16
09194	8/12/2015	Greater Seattle Intergrou	159.09
09194	12/10/2015	Greater Seattle Intergrou	87.18
09587	2/25/2015	South Sound IG	14.00
09587	3/27/2015	South Sound IG	15.00
09587	6/3/2015	South Sound IG	10.00
09193	10/14/2015	Pierce County IG	30.00
09107	3/27/2015	Lake Country IG	75.00

**Groups**

047-	00383	12/10/2015	Yelm Tuesday 6pm	47.34	(unknown)
047-	00661	1/28/2015	Thurs 7pm Graham	8.00	Pierce County
047-	01588	5/8/2015	Mon 7pm Puyallup	10.00	Pierce County
047-	01588	9/23/2015	Mon 7pm Puyallup	10.00	Pierce County
047-	01588	7/17/2015	Mon 7pm Puyallup	18.00	Pierce County
047-	09132	1/28/2015	CORE OA Everett	101.22	North Cascades
047-	09132	5/8/2015	CORE OA Everett	26.73	North Cascades
047-	09132	7/17/2015	CORE OA Everett	33.90	North Cascades
047-	09132	11/14/2015	CORE OA Everett	21.32	North Cascades
047-	18468	1/28/2015	Olympia Sat 10 am	30.00	South Sound
047-	19585	1/28/2015	Tacoma Thurs noon	5.00	Pierce County
047-	19585	3/27/2015	Tacoma Thurs noon	10.00	Pierce County
047-	19585	7/17/2015	Tacoma Thurs noon	25.00	Pierce County
047-	19585	9/23/2015	Tacoma Thurs noon	20.00	Pierce County
047-	19585	12/10/2015	Tacoma Thurs noon	10.00	Pierce County
047-	22924	7/17/2015	Friday Harbor	20.00	Pierce County
047-	24943	1/28/2015	Anacortes Mon am	10.00	North Cascades
047-	24943	12/10/2015	Anacortes Mon am	10.00	North Cascades
047-	25595	9/23/2015	Seattle Sat 10am Univ. C	30.00	Greater Seattle
047-	27120	2/25/2015	Tacoma Tues 5:30	10.00	Pierce County
047-	27120	12/10/2015	Tacoma Tues 5:30	20.00	Pierce County
047-	30245	8/12/2015	Bainbridge Is. Sat 9:15	14.10	Peninsula
047-	33269	7/17/2015	Bellingham Sun 9am	15.00	North Cascades
047-	33269	11/13/2015	Bellingham Sun 9am	19.14	North Cascades
047-	34379	1/14/2015	Sat 10am Tacoma	5.00	Pierce County
047-	34379	2/25/2015	Sat 10am Tacoma	10.00	Pierce County
047-	34379	9/23/2015	Sat 10am Tacoma	10.00	Pierce County
047-	35596	2/25/2015	Bremerton Sat am	5.50	Peninsula
047-	35596	5/8/2015	Bremerton Sat am	8.10	Peninsula
047-	35596	7/17/2015	Bremerton Sat am	10.00	Peninsula
047-	35596	10/14/2015	Bremerton Sat am	10.00	Peninsula
047-	35596	12/30/2015	Bremerton Sat am	10.00	Peninsula
047-	37659	1/14/2015	Gig Harbor Wed eve	10.00	Pierce County
047-	37659	5/8/2015	Gig Harbor Wed eve	30.00	Pierce County
047-	37659	7/17/2015	Gig Harbor Wed eve	11.00	Pierce County
047-	37659	9/23/2015	Gig Harbor Wed eve	10.00	Pierce County

047-	37659	12/10/2015	Gig Harbor Wed eve	10.00	Pierce County
047-	37815	2/25/2015	Port Angeles Wed	4.10	Peninsula
047-	37815	9/23/2015	Port Angeles Wed	3.84	Peninsula
047-	37875	11/13/2015	Port Townsend Fri OA	51.00	Peninsula
047-	37945	2/25/2015	Kennewick Wed noon	25.00	Greater Columbia
047-	37945	7/17/2015	Kennewick Wed noon	28.36	Greater Columbia
047-	37945	11/13/2015	Kennewick Wed noon	68.02	Greater Columbia
047-	38413	1/28/2015	Port Orchard Sat am	2.50	Peninsula
047-	38838	2/25/2015	Bellingham Sat 10am	17.76	Unity with Diversity IG
047-	38838	7/17/2015	Bellingham Sat 10am	32.40	Unity with Diversity IG
047-	39716	9/23/2015	Poulsbo Mon am	15.00	Peninsula
047-	40251	8/12/2015	Yakima Monday noon	24.00	Greater Columbia
047-	41120	5/8/2015	Tacoma Wed noon	10.00	Pierce County
047-	45000	7/17/2015	Olympia Weds 5pm	366.60	South Sound
047-	45016	1/28/2015	Sat 10:30 Gig Harbor	7.00	Pierce County
047-	45016	5/8/2015	Sat 10:30 Gig Harbor	10.00	Pierce County
047-	45017	9/23/2015	Olympia Sun 4pm	22.00	Pierce/Thurst HOW
047-	45594	2/25/2015	Marysville Thursday 6pr	25.00	Unity with Diversity IG
047-	45594	7/17/2015	Marysville Thursday 6pr	20.00	Unity with Diversity IG
047-	45594	11/13/2015	Marysville Thursday 6pr	15.00	Unity with Diversity IG
047-	45594	12/10/2015	Marysville Thursday 6pr	10.00	Unity with Diversity IG
047-	46345	7/17/2015	Bellingham Weds 5:30	15.00	North Cascades
047-	47133	10/14/2015	Bellevue Weds 7pm	21.30	Greater Seattle
047-	47133	12/10/2015	Bellevue Weds 7pm	26.70	Greater Seattle
047-	48261	2/25/2015	Olympia Mon pm	20.00	Pierce/Thurst HOW
047-	48261	8/12/2015	Olympia Mon pm	10.00	Pierce/Thurst HOW
047-	48261	11/13/2015	Olympia Mon pm	10.00	Pierce/Thurst HOW
047-	49002	9/23/2015	Centralia Thu pm	15.00	Pierce/Thurst HOW
047-	50095	3/27/2015	Yakima Weds 6pm	12.42	Greater Columbia
047-	50522	6/3/2015	Port Hadlock Sat 9am	25.00	Peninsula
047-	50522	9/23/2015	Port Hadlock Sat 9am	10.00	Peninsula
047-	50654	2/25/2015	Friends of Bill W, Sequim	10.00	Peninsula
047-	50654	7/17/2015	Friends of Bill W, Sequim	10.00	Peninsula
047-	50654	11/13/2015	Friends of Bill W, Sequim	10.00	Peninsula
047-	51173	9/23/2015	Bainbridge Is. Weds pm	27.00	Peninsula
047-	51659	1/28/2015	Port Orchard Sat am	2.50	Peninsula
047-	52237	1/14/2015	Bellingham Fri noon	20.91	North Cascades
047-	52237	2/25/2015	Bellingham Fri noon	15.00	North Cascades
047-	52237	5/8/2015	Bellingham Fri noon	21.60	North Cascades
047-	52237	11/13/2015	Bellingham Fri noon	31.07	North Cascades
047-	52520	2/25/2015	OA of Langley	10.00	North Cascades
047-	52520	2/25/2015	OA of Langley	10.00	North Cascades
047-	52520	3/27/2015	OA of Langley	10.00	North Cascades
047-	52536	11/13/2015	(unknown)	19.49	(unknown)
047-	52582	3/27/2015	Mt. Vernon Thurs 6pm	23.00	North Cascades
047-	52582	5/8/2015	Mt. Vernon Thurs 6pm	10.00	North Cascades
047-	52582	12/30/2015	Mt. Vernon Thurs 6pm	57.00	North Cascades
047-	52607	5/8/2015	Monday Tacoma Firces	7.50	Pierce County
047-	52669	7/17/2015	Fri night Burlington	10.68	North Cascades
047-	53150	2/25/2015	Mt. Vernon Mon 6pm	50.00	North Cascades
047-	53150	8/12/2015	Mt. Vernon Mon 6pm	50.00	North Cascades
047-	53449	3/27/2015	Burien Friday 5pm	53.00	Greater Seattle
047-	53514	3/27/2015	Cocolalla Tues noon	25.00	Lake Country
047-	53514	12/30/2015	Cocolalla Tues noon	25.00	Lake Country
047-	53779	3/27/2015	Coupeville Tues noon	38.73	North Cascades
047-	53779	7/17/2015	Coupeville Tues noon	33.00	North Cascades
		1/14/2015	Unknown Seattle meetin	12.43	u/k
<b>Total Washington</b>				<b>3046.49</b>	



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**Individuals**

1/14/2015	Carrie A.	100.00
1/28/2015	Holly J.	12.00
10/14/2015	Carolyn H.	45.00
11/13/2015	Joan P	2.50

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<b>Total Other</b>		<b>159.50</b>
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**PayPal Transactions**

Date	From	Amount
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From Groups (could not record group numbers easily in PayPal, which is an issue)

1/16/2015	Coral P	10.00
1/29/2015	Margaret Ann W.	20.52
2/8/2015	Barbara G	126.00
2/13/2015	Leila B	0.00
2/26/2015	Carlos C	451.05
3/6/2015	Catherine B	20.00
3/19/2015	Rhiannon D	18.50
4/10/2015	Carlos C	349.82
4/16/2015	Margaret Ann W.	20.00
5/27/2015	Lynn C	50.00
6/2/2015	Theresa G	60.00
8/27/2015	Theresa G	90.00
9/5/2015	Roman K	10.00
9/27/2015	Margaret Ann W.	40.00
10/11/2015	Robin R	36.36
10/18/2015	Katy F	8.00
10/19/2015	Coral P	20.00
11/5/2015	Colleen M	65.00
11/26/2015	Deb Gibbs	12.79
11/29/2015	Kristina B	-100.00
12/14/2015	Lynn C	50.00

From Intergroups

8/10/2015	Central OR IG	56.97
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From Individuals

8/24/2015	Allen T	39.00
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<b>Total PayPal</b>		<b>1454.01</b>
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2016 Donations by State and Province

Canadian donations in US funds

Province	Group #	Date Deposited	Group name (if known)	Donations	Intergroup
<b>ALBERTA</b>					
<b>Groups</b>					
150-	10822	4/6/2016	Edmonton Tues 7pm	10.95	Northern Lights
150-	15584	4/6/2016	Calgary New Hope	73.00	So. Alberta IG
150-	16988	5/25/2016	St. Albert Sunshine	35.71	Northern Lights
<b>Total Alberta</b>				<b>119.66</b>	
<b>BRITISH COLUMBIA</b>					
<b>Intergroups</b>					
	09217	3/9/2016	Sea to Sky IG	186.91	
	09263	4/20/2016	Vancouver Island IG	132.20	
<b>Total British Columbia</b>				<b>319.11</b>	
<b>NORTHWEST TERRITORIES</b>					
<b>Groups</b>					
	17343	4/6/2016	Mon noon Yellowknife	109.50	Northern Lights
<b>Total NW Territories</b>				<b>109.50</b>	

United States donations:

State	Group #	Date Deposited	Group	Donations	Intergroup
<b>ALASKA</b>					
<b>Intergroups</b>					
	09001	2/9/2016	Anchorage IG	39.32	
	09001	4/6/2016	Anchorage IG	89.45	
	09001	6/8/2016	Anchorage IG	100.07	
<b>Groups</b>					
002-	33504	5/25/2016	Monday noon Wasilla	15.50	Anchorage IG
002-	33504	2/9/2016	Monday noon Wasilla	10.00	Anchorage IG
002-	38648	2/9/2016	Sat. morning Palmer	5.00	Anchorage IG
002-	51214	4/20/2016	Thurs 7pm Anchorage	33.10	Anchorage IG
002-	51726	2/9/2016	Sunday 6pm Palmer	8.50	Anchorage IG
002-	52751	3/9/2016	Weds 5:30 Fairbanks	20.00	none listed
002-	52924	4/20/2016	Mon noon Anchorage	22.50	Anchorage IG
<b>Total Alaska</b>				<b>343.44</b>	
<b>IDAHO</b>					
<b>Groups</b>					
012-	01438	6/8/2016	Boise Sunday night	100.00	OAsis
012-	51623	5/25/2016	Twin Falls Tues 10:30am	15.00	OAsis
<b>Total Idaho</b>				<b>115.00</b>	
<b>MONTANA</b>					
<b>Intergroups</b>					
	9087	4/6/2016	Big Sky Intergroup	31.00	
<b>Groups</b>					
026-	38935	3/9/2016	Hamilton Sat 10am	7.00	Bitterroot
026-	45438	2/9/2016	Missoula Sat 9am	15.00	Bitterroot
026-	45438	6/8/2016	Missoula Sat 9am	19.05	Bitterroot
026-	47679	6/8/2016	Bigfork	15.00	Bitterroot
026-	48848	5/25/2016	Kalispell Tues noon	58.00	Bitterroot
<b>Total Montana</b>				<b>145.05</b>	
<b>OREGON (Includes SW Washington)</b>					
<b>Intergroups</b>					
	09043	4/6/2016	Oregon Intergroup	7.10	
<b>Groups</b>					
037-	00236	5/25/2016	Salem Tuesday 7pm	5.00	Oregon IG
037-	00706	2/9/2016	Beaverton Fri 10:30am	4.00	Oregon IG
037-	02638	4/6/2016	Medford Mon 7pm	10.00	Jefferson State

037-	06652	2/9/2016	Mon Central Christian	10.00	Oregon IG
037-	07901	2/9/2016	Gresham Weds 10:30an	21.36	Oregon IG
037-	07901	5/25/2016	Gresham Weds 10:30an	14.30	Oregon IG
037-	10055	4/6/2016	Roseburg Weds 5pm	30.00	Emerald Emp
037-	11259	2/9/2016	Mon 7pm Vancouver	5.00	Oregon IG
037-	11259	5/25/2016	Mon 7pm Vancouver	4.00	Oregon IG
037-	16216	2/9/2016	Monday 7pm Bethany	5.46	Oregon IG
037-	16216	4/6/2016	Monday 7pm Bethany	26.00	Oregon IG
037-	16216	5/25/2016	Monday 7pm Bethany	30.00	Oregon IG
037-	21342	4/6/2016	Cottage Grove Mon 7pm	20.00	Emerald Emp
037-	22065	4/6/2016	Beaverton Mon noon	15.00	Oregon IG
037-	22065	5/25/2016	Beaverton Mon noon	12.00	Oregon IG
037-	23622	2/9/2016	Portland 7am in the solu	31.06	Oregon IG
037-	23622	2/9/2016	Portland 7am in the solu	14.98	Oregon IG
037-	23622	4/6/2016	Portland 7am in the solu	7.90	Oregon IG
037-	23622	4/20/2016	Portland 7am in the solu	6.86	Oregon IG
037-	23622	5/25/2016	Portland 7am in the solu	5.37	Oregon IG
037-	23622	6/8/2016	Portland 7am in the solu	41.16	Oregon IG
037-	26650	3/9/2016	Medford Sat 10am	17.70	Jefferson State
037-	29424	2/9/2016	Salem Sat 9am	3.00	Oregon IG
037-	29424	5/25/2016	Salem Sat 9am	10.20	Oregon IG
037-	29424	6/8/2016	Salem Sat 9am	10.00	Oregon IG
037-	32536	6/8/2016	Portland Sat St. Barnab:	150.00	Oregon IG
037-	33618	4/6/2016	Lake Oswego Wed am	15.00	Oregon IG
037-	33618	4/6/2016	Lake Oswego Wed am	7.50	Oregon IG
037-	33618	6/8/2016	Lake Oswego Wed am	12.50	Oregon IG
037-	33814	2/9/2016	Beaverton Tues 9:30	13.80	Oregon IG
037-	33814	4/6/2016	Beaverton Tues 9:30	17.90	Oregon IG
037-	33913	4/6/2016	Lake Oswego Fri noon	15.00	Oregon IG
037-	33913	4/6/2016	Lake Oswego Fri noon	7.50	Oregon IG
037-	33913	6/8/2016	Lake Oswego Fri noon	12.50	Oregon IG
037-	36544	2/9/2016	Sat 10am Seaview	2.00	Oregon IG
037-	36544	4/6/2016	Sat 10am Seaview	4.00	Oregon IG
037-	36544	5/25/2016	Sat 10am Seaview	4.00	Oregon IG
037-	38550	2/9/2016	Sunday AM Alano, Portl:	7.50	Oregon IG
037-	38550	4/6/2016	Sunday AM Alano, Portl:	5.50	Oregon IG
037-	38889	4/6/2016	Weds 7:15pm St. Barnal	10.00	Oregon IG
037-	40111	2/9/2016	Ashland Monday noon	10.00	Jefferson State
037-	41078	4/20/2016	Grant's Pass Monday no	13.00	Emerald Emp
037-	41078	5/25/2016	Grant's Pass Monday no	5.00	Emerald Emp
037-	45836	2/9/2016	Canby Tues 10am	10.00	Oregon IG
037-	45836	4/6/2016	Canby Tues 10am	10.00	Oregon IG
037-	45836	5/25/2016	Canby Tues 10am	10.00	Oregon IG
037-	48990	4/6/2016	Thurs noon NE Portland	5.00	Oregon IG
037-	49171	2/9/2016	McMinnville Tues & Fri	15.00	Oregon IG
037-	49678	2/9/2016	Friday Bethany 7pm	50.00	Oregon IG
037-	49678	4/6/2016	Friday Bethany 7pm	20.00	Oregon IG
037-	49678	5/25/2016	Friday Bethany 7pm	20.00	Oregon IG
037-	49679	2/9/2016	Friday noon St. Barn	6.00	Oregon IG
037-	49679	4/6/2016	Friday noon St. Barn	3.00	Oregon IG
037-	49679	5/25/2016	Friday noon St. Barn	3.00	Oregon IG
037-	50504	2/9/2016	Thurs noon Macdonald (	6.00	Oregon IG
037-	50504	5/25/2016	Thurs noon Macdonald (	4.00	Oregon IG
037-	51093	2/9/2016	Sun 2pm Alano	7.00	Oregon IG
037-	51093	5/25/2016	Sun 2pm Alano	10.00	Oregon IG
037-	51706	5/25/2016	Roseburg Sat 11:15	30.00	Jefferson State
037-	51751	2/9/2016	Portland Weds 6:30pm	10.00	Oregon IG
037-	52810	2/9/2016	Ocean Park Thurs noon	4.00	Oregon IG
037-	52810	4/6/2016	Ocean Park Thurs noon	6.00	Oregon IG
037-	52810	5/25/2016	Ocean Park Thurs noon	4.00	Oregon IG
037-	53364	2/9/2016	Tues 6:15pm Hillsboro	61.57	Oregon IG
037-	54268	4/6/2016	Corvallis Thurs 7pm	10.00	Emerald Emp
<b>Total Oregon</b>				<b>984.72</b>	

**WASHINGTON (Include NW Idaho)**

**Intergroups**

	09194	4/6/2016	Greater Seattle Intergrou	172.20
	09587	5/25/2016	South Sound IG	53.50
	09107	4/6/2016	Lake Country IG	220.50

**Groups**

047-	00383	6/8/2016	Yelm Tuesday 6pm	30.00	unaffiliated
047-	09132	2/9/2016	CORE OA Everett	13.84	North Cascades
047-	09132	4/20/2016	CORE OA Everett	1.63	North Cascades
047-	18468	2/9/2016	Olympia Sat 10 am	50.00	South Sound
047-	18468	5/25/2016	Olympia Sat 10 am	30.00	South Sound
047-	19585	3/9/2016	Tacoma Thurs noon	27.50	Pierce County
047-	27120	6/8/2016	Tacoma Tues 5:30	15.00	Pierce County
047-	30245	4/6/2016	Bainbridge Is. Sat 9:15	10.00	Peninsula
047-	34379	3/9/2016	Sat 10am Tacoma	15.00	Pierce County
047-	34379	5/25/2016	Sat 10am Tacoma	5.00	Pierce County
047-	35596	6/8/2016	Bremerton Sat am	10.00	Peninsula
047-	37659	4/6/2016	Gig Harbor Wed eve	10.00	Pierce County
047-	37815	2/9/2016	Port Angeles Wed	4.99	Peninsula
047-	37815	3/9/2016	Port Angeles Wed	13.96	Peninsula
047-	37815	6/8/2016	Port Angeles Wed	4.70	Peninsula
047-	37945	2/9/2016	Kennewick Wed noon	64.00	Greater Columbia
047-	37945	4/6/2016	Kennewick Wed noon	20.44	Greater Columbia
047-	38838	4/6/2016	Bellingham Sat 10am	15.00	Unity with Diversity IG
047-	38838	4/20/2016	Bellingham Sat 10am	61.10	Unity with Diversity IG
047-	40251	2/9/2016	Yakima Monday noon	13.00	Greater Columbia
047-	40381	2/9/2016	Port Angeles VoR	24.00	Peninsula
047-	45000	6/8/2016	Olympia Weds 5pm	25.00	South Sound
047-	45016	5/25/2016	Sat 10:30 Gig Harbor	30.00	Pierce County
047-	45016	6/8/2016	Sat 10:30 Gig Harbor	6.40	Pierce County
047-	45017	2/9/2016	Olympia Sun 4pm	28.50	Pierce/Thurst HOW
047-	45594	4/6/2016	Marysville Thursday 6pm	20.00	Unity with Diversity IG
047-	46345	4/6/2016	Bellingham Weds 5:30	15.00	North Cascades
047-	46345	4/20/2016	Bellingham Weds 5:30	14.00	North Cascades
047-	47133	5/25/2016	Bellevue Weds 7pm	14.50	Greater Seattle
047-	48261	3/9/2016	Olympia Mon pm	10.00	Pierce/Thurst HOW
047-	50522	4/6/2016	Port Hadlock Sat 9am	50.00	Peninsula
047-	51173	2/9/2016	Bainbridge Is. Weds pm	10.00	Peninsula
047-	51173	4/20/2016	Bainbridge Is. Weds pm	11.00	Peninsula
047-	51225	4/6/2016	Friday noon Kennewick	60.00	Greater Columbia
047-	52237	5/25/2016	Bellingham Fri noon	15.73	North Cascades
047-	52237	4/6/2016	Bellingham Fri noon	42.75	North Cascades
047-	52419	2/9/2016	Tuesday night Kennewic	49.20	Greater Columbia
047-	52419	4/20/2016	Tuesday night Kennewic	20.00	Greater Columbia
047-	52520	5/25/2016	OA of Langley	78.00	North Cascades
047-	52607	3/9/2016	Monday Tacoma Firces	10.00	Pierce County
047-	53150	2/9/2016	Mt. Vernon Mon 6pm	5.00	North Cascades
047-	53864	3/9/2016	Thurs 6pm Lakewood	4.00	Pierce County
047-	53864	6/8/2016	Thurs 6pm Lakewood	10.00	Pierce County
047-	54023	6/8/2016	Weds 5pm Burien	31.14	Greater Seattle

**Total Washington 1404.44**

**Other and Individuals**

	6/8/2016	Deborah Z.	21.20
	6/8/2016	Rosemarie H.	54.78

**Total Other 75.98**

**PayPal Transactions**

Date	From	Amount
1/29/2016	Robin R.	47.96
3/9/2016	Roman K.	25.00
3/23/2016	Katy F.	10.00
3/31/2016	Robin R.	53.31
4/21/2016	Lynn C.	60.00

5/1/2016	Theresa G.	60.00
5/1/2016	Margaret W.	20.00
6/29/2016	Alison M.	25.00
<b>Total PayPal</b>		<b>301.27</b>

**Total Donations through 6/30/16** **3918.17**



## 2016 Region One Assembly Notebook

# Section 5: Elections

Open Positions and Voting Procedures ...93

Completed Application for Vice Chair ...95

Completed Application for Member-at-Large ...99

Completed Application for Region One Trustee Nominee ...102

(At the time this notebook was published, no applications had been received for the positions of Secretary or Communications Coordinator.

Applications are available at:

<http://www.oaregion1.org/documents--reports.html>



# 2016 Region One Assembly Election Process

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**Region One positions open for election are:** (see Bylaws Article VII and Policies Section 4 for job descriptions)

- Vice Chair – 2 year term through Assembly 2018
- Secretary – 2 year term through Assembly 2018
- Communications Coordinator – 2 year term through Assembly 2018
- Member-at-Large – partial/1 year term through Assembly 2017
- Region One Trustee Nominee(s) - Region One may nominate up to three candidates to stand for election at WSBC 2017 for a 3 year term beginning in May 2017 through May 2020.

**Qualifications for election to the Region One Board are defined in Article V, Section 3 of our Bylaws:**

- Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- Be working the twelve step program to the best of his/her ability and have taken the fifth step.
- Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- Be presently abstaining from compulsive overeating for at least one (1) year.
- Have two years of service to Overeaters Anonymous beyond the group level, if a member of an intergroup.

**Region One Trustee Nominees** must meet the qualifications listed on the application from OA World Service (available at [https://www.oa.org/pdfs/trustee\\_application.pdf](https://www.oa.org/pdfs/trustee_application.pdf)), copied below:

## QUALIFICATIONS FOR TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

a) Qualifications for trustee shall be:

- 1) Seven years in the Fellowship;
- 2) Five years of service beyond the meeting level;
- 3) Attendance as a delegate to at least two World Service Business Conferences; and
- 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
  - i) five years of current continuous abstinence;
  - ii) current maintenance of a healthy body weight for at least two years; and
  - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

b) Qualifications for trustee must be met at the time of application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:

- 1) Worked through all Twelve Steps;
- 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
- 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
- 4) Affirmed these additional qualifications on their trustee application forms.

c) Upon election, each trustee shall make a commitment of:

- 1) Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
- 2) Continual recovery, including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her recovery including abstinence and maintenance of a healthy body weight.
- 3) Compliance with all terms and provisions of the prevailing Overeaters Anonymous Inc. Bylaws.



### **NOMINATIONS – Thursday Morning:**

- Chair appoints a head teller and two additional tellers
- Open positions announced by the Chair.
- Chair calls for nominations from the floor—you may self-nominate!
- Completed applications are in Section 5 of your Assembly Notebook.
- Blank applications are available from the Secretary and on the Region One website.  
Please complete an application and return it to the Secretary during the morning break, or by the close of the morning session.

### **REVIEW OF APPLICATIONS – Thursday During Lunch:**

- Nominations Committee reviews all applications received for eligibility for election.

### **SPEECHES AND Q&A – Thursday Afternoon:**

- Nominations Committee distributes copies of new applications.
- Chair presents nominees for each position.
- Nominees address the Assembly (3 minutes each) and answer questions (5 minutes each) in the following order: Vice Chair, Secretary, Communications Coordinator, Member-at-Large, and Trustee Nominees.

### **VOTING PROCEDURES FOR THE ELECTION – Friday Morning:**

Voting for all officers and Trustee nominee(s) shall take place simultaneously on one printed ballot listing all nominees. Space will be provided next to each name for a vote.

1. Each ballot counts as a single ballot.
2. Mark ballot only when instructed by the Chair to do so.
3. If voting for a candidate, mark the ballot with an "X" next to the candidate's name.
4. Do not vote for more candidates than instructed.
5. Fold ballot once when finished voting. Give ballot to teller when instructed to do so.
6. All ballots collected by the tellers will be counted as votes cast.

**APPLICATION FOR REGION ONE BOARD POSITION**

**Vice Chair - Application for Election at Assembly, 2016**

**Name:** SUE E [REDACTED]

**Address:** [REDACTED]

**Phone:** [REDACTED]      **Cell Number:** [REDACTED]

**E-mail:** [REDACTED]

**Date Joined OA:** 1/2003

**Date Continuous Abstinence Began:** 10/2014

**BOARD QUALIFICATIONS:**

Listed in Region Assembly of Overeaters Anonymous Bylaws Article V, Section 3.

- Be a member of OA within the Region's geographic boundaries.
- Have been abstaining from compulsive overeating for a least one year.
- Have two years of service above the group level, if a member of an intergroup
- Have been World Service Delegate, if possible.
- Be working the Twelve Step Program to the best of his ability and have taken the fifth step.

Each Region One officer is expected to adhere to all bylaws and policies adopted by Region One. They shall keep intact all papers and materials received upon and during their term of office, to be turned over to their successor upon leaving office. The first duty of all officers shall be to attend all Region One meetings unless excused.

**JOB DESCRIPTION: Vice-Chair**

- A. Is responsible for coordination of Board-related events and Assembly/Convention, working with the hosting intergroup.
- B. Shall preside at meetings in the absence of the Chair and shall perform all other duties as prescribed in the Region One Job Description Policies.

**REGION ONE SERVICE RESPONSIBILITY PLEDGE**

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. As a board member, I pledge to provide support and encouragement to the recovery of my fellow board members, and to talk honestly about my perceptions of relapse or denial with kindness and love.

**NAME:** Sue B [REDACTED]

**DATE:** 7/12/2016

**1. SUMMARY OF OA SERVICE**

**Region 1 Level 2016**--Appointed Member-At-Large at the March 2016 Region 1 Board Meeting in Spokane, Washington. In that capacity I have worked as Board Liaison with 4 Intergroup Chairs, compiled draft survey information for our Region 1 Intergroup Renewal Effort, participated in 3 Region 1 Board Meetings, Attended WSBC, Member of WSBC Approved Literature Committee, served as Green Dot Mentor, Presented Region1 Delegation Step 11 Meeting at WSBC, Chair of the Body Image Manuscript subcommittee, Updated the Region 1 Speakers List, Liaison to Region 1 Nominations Committee.

**2014**—Region 1 Convention Treasurer—Bellingham

**2007**—Region 1 Delegate to WSBC

**2006 & 2013** -- Intergroup Representative to Region 1 Assembly

**2006** – Region 1 Recording Secretary (did not complete 2-year term—abstinence break that I was honest about and requested to step down)

### **Intergroup Service**

**2003-2004** – Greater Columbia Intergroup (GCI) Corresponding Secretary

**2004-2006** – Chair, GCI, I was Vice Chair but the Chair stepped down unexpectedly.

**2006-2007** -- Past Chair GCI Board member

**2007-2011** – GCI Treasurer

**2012 & 2013** -- Intergroup Representative to Region 1 Assembly

**2012-2014** – GCI Recording Secretary

**2014-present** – GCI Co-Chair

**2005-2015** – GCI By-Laws Committee

**2010-2016** – GCI Retreat Committee

### **Group Level Service**

**2004-2013** -- **Meeting** opener for Wednesday & Friday Meeting--this was not continuous, but during this period I was either opener for the Wednesday or the Friday Meetings.

## **2. WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE & SKILLS DO YOU BRING TO THE BOARD?**

My background is in business administration, recruiting, human resources, training, and team building. I am vice president of our family-owned aviation and manufacturing business. I am very part-time and act more as a consultant at this point in my life. I enjoy working on the business aspects of companies and non-profits. My background includes strategic planning so these strengths have proved beneficial during our Region 1 Intergroup Renewal Process. I have also volunteered as a board member at Safe Harbor Family Support Center and My Place Teen Shelter in my local community and also help out at their thrift store that provides over \$80K in donations annually. Last year I ended my board member involvement but still help out occasionally at the thrift store.

## **3. WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?**

The business aspects of OA and recovery are very satisfying for me. It gets my juices flowing to work with others to develop a plan, execute the plan, and see the results. Results can be positive or less than positive but either way it is a learning experience. I have especially enjoyed working with the amazing Region 1 Board we have now. Passionate, loving, smart OA fellows that work hard for our Region. My main purpose is to grow in understanding and conscious contact with God and to help others find and maintain recovery. I'm excited at the possibility of serving as Vice Chair on the Region Board. Using my abilities in a new area increasing my liaison with Convention committees, hotel contracts, etc. is an area I am interested in exploring.

## **4. GIVE A BRIEF ACCOUNT OF YOUR OA STORY**

I have been overweight since I was 7 years old. During my years of struggling with weight and weight loss God revealed OA to me..... but I said NO to recovery each time. 1976 (20's), 1987, & 1995 each time I would come in stay just a short time ("the members were too old or I was too young....") but ultimately I would say NO to recovery. My life was fine thank you very much, I just needed to lose a few pounds (though this grew to be more and more pounds as the decades marched on). Disastrous relationships with men, divorces, ugly, hard times and yet I still said NO to recovery. But God didn't give up on me.

In 2002 my honor roll daughter started using Meth (this was terrifying as her father who I divorced years before was a hard Meth addict). Our family life spiraled out of control and I was at my wits end. Funny how some "bottoms" look.... I got a real experience in boundaries when I made it a requirement before she could rejoin our family she had to go to out-patient rehab. During the family part of these sessions her counselor said to me that I was as sick as she was and that I needed to start attending Al-anon. I was flabbergasted!!!! But I went to several Al-anon meetings in the same church that OA was still holding meetings. I saw some ladies coming out of the OA meeting room and asked about meeting schedules. I was handed one. I went to the next meeting—and for the first time in my life felt like I had arrived at HOME!!

That was 2003. I got a sponsor and began abstaining. I read OA literature, made phone calls, and went to the 2 meetings we had at the time. Our IG was very small at that time and slowly we began to grow. My weight loss was successful and I lost about 70 lbs. I was eager to serve our local groups and we reactivated our Intergroup. I also served as the first R1 Assembly Rep in many years and was asked to help R1 as Secretary which I agreed to serve. Growth brought challenges of differing opinions and when I did not agree with my sponsor on a vote for a particular issue, she fired me. That was quite traumatic for me. I hung on to my abstinence for a while but ultimately went back into the food. That began many years of relapse—continually fighting to get and stay abstinent. Even in relapse I saw God at work, my daughter graduated high school, went on to a 4-year college and now has a successful career. Thank you God!

Relapse though was a STRUGGLE and the only thing I feel I did right during this time period was CONTINUE to attend meetings and do service. Nothing is more frustrating than a head full of program and a belly full of food. I lived that hell longer than I like to admit. Finally, in 2014 upon seeing pictures from our daughter's wedding my husband and I knew we had to do something. I had topped out at 327 lbs. Ironically during the summer of 2014 two doctors told my husband he needed to have gastric by-pass surgery.

Pictures tell a thousand words and thinking of how I looked AND felt in those pictures propelled me to action. I knew I hadn't delved really deep into the 12 Steps before (even though I had taken the steps early on). No emphasis was placed on living in Steps 10, 11, & 12 after completion of steps 3-9. Thus began my search for a sponsor. I knew what kind of a sponsor I wanted: one that had released at least 100 lbs., someone who worked the Steps in an on-going way, and one that would call me on my shit. I called a past retreat leader in California and asked for sponsor recommendations, she gave me a name. I called and she said she would be my temporary sponsor and would help me find a permanent sponsor. Shortly she gave me a name of Lauren from LA. I followed up and she said she could sponsor me. I thought "YAY" I have someone to help me. She promptly told me I had to do the following:

1. Send my food for the NEXT day each night.... (of course I tried to negotiate...but there was no negotiation)
2. Call her each morning AT 6:30AM. WHAT I said, I have chronic fatigue and don't wake up till 8:30am. She said that was her ONLY time opening.... So grudgingly I said OK.
3. Read the BB and talk with her about it page-by-page to work the steps... Oh boy what had I gotten in to???
4. Attend at least 3 meetings EVERY week.
5. List and abstain from ALL my alcoholic foods!!!
6. Say 3 prayers EVERY morning. Serenity Prayer, 3<sup>rd</sup> Step, and Lord's Prayer.
7. I added that I was abstaining from EVERY starting over again. Moving forward one day at a time.

I was SO desperate that I said OK. That was 20+ months ago. I now wake up each morning at 6:15AM and make and receive sponsor/sponsee calls. My life and recovery has totally changed. I listen to a telephone meeting almost every day. A Vision for You telephone meeting has enriched my BB study in a POWERFUL way. I have released 110 lbs. as of today (my husband is down 150 lbs.). My step work during this time has been deep and powerful. I am working on the Traditions right now. I remain with my sponsor Lauren who I was privileged to meet at the LA Birthday Party this past January 2016. I absolutely LOVE her and her example of recovery. I am sponsoring 3 fellows and this is deepening my connection to them and God.

As a Region One Board nominee, my signature affirms adherence to Region One Assembly of Overeaters Anonymous Bylaws, Article V, Section 3.

NAME: Sue B [REDACTED] DATE: July 12, 2016

(Use additional sheet if necessary)

APPLICATION FOR REGION ONE BOARD POSITION

*Member at Large (MAL) - Application for Interim Election at Assembly, 2016*

Name: Greta H [REDACTED]

Address: [REDACTED]

Phone: [REDACTED] Cell Number: N/A

E-mail: [REDACTED]

Date Joined OA: June 17, 2001 Date Continuous Abstinence Began: June 17, 2001, it began immediately after first meeting.

**BOARD QUALIFICATIONS:**

Listed in Region Assembly of Overeaters Anonymous Bylaws Article V, Section 3.

- Be a member of OA within the Region's geographic boundaries.
- Have been abstaining from compulsive overeating for a least one year.
- Have two years of service above the group level, if a member of an intergroup
- Have been World Service Delegate, if possible.
- Be working the Twelve Step Program to the best of her ability and have taken the fifth step.

Each Region One officer is expected to adhere to all bylaws and policies adopted by Region One. They shall keep intact all papers and materials received upon and during their term of office, to be turned over to their successor upon leaving office. The first duty of all officers shall be to attend all Region One meetings unless excused.

**JOB DESCRIPTION:** interim job description pending approval at the 2016 Assembly

- a. shall provide back up to all Board positions except Chair
- b. obtains basic training on key functions of all other Board positions
- c. other duties as agreed to by MAL and Board
- a. Shall perform all other duties as prescribed in the Region One Job Description Policies.

**REGION ONE SERVICE RESPONSIBILITY PLEDGE**

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. As a board member, I pledge to provide support and encouragement to the recovery of my fellow board members, and to talk honestly about my perceptions of relapse or denial with kindness and love.

NAME: Greta [REDACTED]

DATE: July 15, 2016

**1. SUMMARY OF OA SERVICE**

- Literature person for a year+ in my home group meeting;
- Rep for my home group at Intergroup;
- 3 years Alternate Delegate at Region One Assembly and WSBC 2003-2005;
- 3 years Delegate at Region One Assembly and WSBC 2007 to 2010;
- 4 years as Sea to Sky intergroup chair 2010-2014;
- 1 year Delegate (a 3-year term) to Region One Assembly 2015 and to WSBC 2016.

## **2. WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE & SKILLS DO YOU BRING TO THE BOARD?**

I was an administrative assistant having good skills as the first customer/client contact, doing administrative and computer functions. Other clerical duties included ordering supplies, filing, arranging appointments and handling confidential information. When I had my first daughter, I became a stay at home wife and mother to three children for 10 years. Later I continued the same work in Brussels where we lived for seven years. Upon our return to Canada, I continued in the same line of work until my retirement at age 61. I am very capable at multitasking.

In retirement I volunteered as a senior peer counsellor at Century House Seniors Centre in New Westminster for 7 years. I'm presently fundraising with the Royal City Gogos (part of the Stephen Lewis Foundation) and also volunteering at the Unity in Action Church, New Westminster, as an usher and other duties as needed. Since joining OA, I have been continually involved in OA service and am presently alternate delegate to Region One and WSBC. I feel I have good interpersonal and organizational skills which I apply to helping in organizing retreats. I am presently on the Sea to Sky intergroup retreat committee dealing with food and accommodation for our October 14-16, 2016 retreat.

## **3. WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?**

I feel very committed to OA service and my ongoing recovery as a food addict, enjoying doing service work. I especially appreciate connecting and working with other members on projects (ie retreat committees). I love travelling to different places and getting to understand how other intergroups and meetings operate in the various parts of our large region. Sharing information is important to me as well as being of service to members.

## **4. GIVE A BRIEF ACCOUNT OF YOUR OA STORY**

I joined OA in June 17, 2001. I was 100+ pounds overweight and was desperate with anxiety as my weight was increasing more quickly than had ever happened. I stopped weighing myself after 245 pounds, terrified and desperate. I had hit my bottom and was willing to do anything to stop getting fatter.

In grade 4, I had relocated to another school closer to home, 9 years old and terrified. To treat myself, I bought candy at the corner store across from school with money I stole from my mother's purse. In grade 6, the best thing I learned in cooking class was how to make candy with white sugar and a cast iron frying pan which I made in the afternoon after school when no one was at home. Otherwise, we only ate healthy foods; no sweets or snacking foods at our house. In my mid-teens I went to the dentist who was amazed at how many cavities I had since he knew my mother's food habits. I never connected eating sweets and having cavities until much later in life. My mother was delighted when I decided to bake a cake every Sunday. Everyone had a piece and I finished the cake during the week.

A family friend opened a restaurant, just doors away from my first job. Mrs. A. was a wonderful cook and I ate lunch there 5 days a week. I was in emotional heaven. I believe that's when my addiction started. Food was my primary comfort; it helped abate my fears and my lack of self-confidence. I was addicted and didn't know it. As I was very slender at the time and active so the slowly increasing weight wasn't a problem for a long time. Later, if I ever tried a diet, it only lasted 2/3 days as I felt so food deprived.

In my mid-30s, I needed a spinal fusion operation and the surgeon insisted I lose as much weight as possible as the recuperation would be better. I did lose 30 pounds at a weigh and pay program but regained the weight and more a year later. I didn't concern myself as my recuperation went well and I really didn't want to give up food I loved. The weight gain was slow and steady but I never lost weight. I had heard about OA in the mid-80s and went to a few meetings. People seemed to talk a strange language - I thought it was a cult. Worse, they used the "G" word a lot. I left after a few meetings.

Fifteen years later, June 17, 2001, I went to the Shaughnessy meeting in Vancouver where I had moved to. I was now well over 245 pounds and had stopped weighing myself; I didn't want to know how bad it was. I was desperate because my weight seemed to get higher and higher but this time it was different. At my first meeting, I could easily identify as a compulsive eater. Also, I felt I had found 'my real family' which I still feel today. Members understood everything I said. Someone offered to sponsor me and I got a food plan. It seemed clear I needed a HP and it was suggested that I use the meeting as my HP. I was also told to "act as if" I had a HP and pray on my knees for one. I thought "what a crock" but did it anyway. Doing what I was told took a long time but I did it just to keep sane. It took a year but one day I heard Her whispering behind my back, "I'm here!" It was a very literal experience for me which I'll never forget.

The second part of Step One is admitting that "my life had become unmanageable." This was hard to admit in the first few years – a concept I couldn't accept. I didn't know how much I damaged myself and others attempting to manage every detail of life. I was totally unaware I was a "controller." I really hadn't learned from my mistakes; I never grew up; which was impossible for me to believe at the time. Working the steps for the first time I stalled at Step 4. I didn't have any defects. My patient sponsor suggested that I read pages 34 to 43 in the OA textbook and have a piece of paper and pencil to write down anything I could relate to. I was dumbfounded – I had a whole page full of defects! It took a long time to finish the first set of steps. However, step 5 was a gift – I felt so accepted and validated. Changing my attitudes will take the rest of my life. I know if I do the work and avoid my trigger foods, one day at a time, life will only get better.

Fifteen years later I have been at my goal weight for 10 years. It took me 5 years to let go of bread, wheat and flour. I released 30 pounds in 3 or 4 months soon after and was then at my goal weight where I remain today. I also came out of food fog which was a new experience. I had heard the term before but didn't know what it meant. It was so exciting to be thinking clearly; I thought I was on fire.

Being of service is a big part of my program as detailed in my summary of OA service above. Sponsoring continually reminds me to only suggest what I do myself so I stay as honest as possible. I love the people connection. Helping organize retreats is a lot of fun for me particularly as the committee usually has a variety of people. One of the things I love most about OA is that usually I would never have met them otherwise. We're all so different and yet we share the same addiction. I believe I would make a good Member at Large as I'm sure the variety of work will be very interesting. Thank you for giving me this opportunity.

As a Region One Board nominee, my signature affirms adherence to Region One Assembly of Overeaters Anonymous Bylaws, Article V, Section 3.

NAME [REDACTED] Greta H [REDACTED]

DATE: July 15, 2016





TRUSTEE APPLICATION

2017

Submitted for consideration at the Business Conference in \_\_\_\_\_ month \_\_\_\_\_ year

I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

[ ] Trustee for Region \_\_\_\_\_ [ ] General Service Trustee [ ] Virtual Services Trustee

Full Name \_\_\_\_\_

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Years in OA \_\_\_\_\_ Number of years of service beyond the group level \_\_\_\_\_

Date continuous abstinence began \_\_\_\_\_ Date maintenance began \_\_\_\_\_

I have read the qualifications for Region/Virtual Services/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

\_\_\_\_\_  
Signature of Candidate Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

\_\_\_\_\_  
Signature of Region Officer Title Date  
(Chair, Secretary, etc.)

REQUIRED FOR GENERAL SERVICE/VIRTUAL SERVICES TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 – Nomination of Trustees, Parts c) and d), (1) All applicants for open position(s) of general service/virtual services trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant’s intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee. (2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position(s), with copies of the nominees’ resumes, to all Conference delegates at least forty-five days prior to the Conference.

\_\_\_\_\_  
Signature of Nominee’s Region or Intergroup Title Date  
Officer or Chair of the BOT  
(Verifies that candidate’s enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

IMPORTANT

Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers.

You may send by certified mail, return receipt requested to:

Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA.

You may also fax the form to 505-891-4320, or email it to info@oa.org. Receipt of electronic applications will be acknowledged by the WSO. Do not write beyond the margins. Enter all information on this form. Attachments will not be reproduced for circulation to the delegates.

Additional copies of this form may be requested from the World Service Office or downloaded from

https://www.oa.org/pdfs/trustee\_application.pdf.

Summary of my OA service responsibilities:

---

I can bring the following business, professional or other experience, and skill to the board:

I would like to be a Region, Virtual Services or General Service Trustee for the following reasons:

---

Brief account of my OA recovery story – physical, emotional, and spiritual:

## **QUALIFICATIONS FOR TRUSTEES**

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

- a) Qualifications for trustee shall be:
  - 1) Seven years in the Fellowship;
  - 2) Five years of service beyond the meeting level;
  - 3) Attendance as a delegate to at least two World Service Business Conferences; and
  - 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
    - i) five years of current continuous abstinence;
    - ii) current maintenance of a healthy body weight for at least two years; and
    - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
  
- b) Qualifications for trustee must be met at the time of application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:
  - 1) Worked through all Twelve Steps;
  - 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
  - 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
  - 4) Affirmed these additional qualifications on their trustee application forms.
  
- c) Upon election, each trustee shall make a commitment of:
  - 1) Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
  - 2) Continual recovery, including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her recovery including abstinence and maintenance of a healthy body weight.
  - 3) Compliance with all terms and provisions of the prevailing Overeaters Anonymous Inc. Bylaws.

### **SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES**

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 4) The general service trustees shall have general authority with respect to the routine conduct of the business affairs of the corporation, including the following specific duties:
  - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
  - ii) To receive, manage, control, use and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous. The board must decline all outside contributions in accordance with Tradition Seven.
  - iii) To have the books of the corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
  - iv) To submit minutes of the general service trustee meetings to the Board of Trustees.

### **SPECIFIC DUTIES OF THE VIRTUAL SERVICES TRUSTEE**

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 3) The virtual services trustee (VST) will represent virtual groups and service boards at the Board of Trustees, and will support virtual services in a manner similar to regional trustees' support of the OA regions.





## 2016 Region One Assembly Notebook

# Section 6: Reports

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# Region 1 Chair Report to Assembly 2016

I'm grateful for this opportunity to reflect on the past YEAR since I was elected Region 1 Chair! I will share about my specific areas of responsibility, as well as an overall view of Region 1.

## **R1 has 24 Amazing Intergroups, 357 Groups, and 39 Unaffiliated Groups!**

Earlier this year, **Oasis IG** (Idaho) closed and its meetings affiliated with **Snake River IG**. Oasis will reform if they can build strength and people are willing to serve. It is certainly possible for intergroups to come back—**Catch the Wave IG**, in Southern Oregon, re-registered in July and is going strong! **Big Sky IG**, in Montana, appeared to be “about to fold” just a couple years ago, but is experiencing renewed strength and enthusiasm for recovery. Each of our intergroups has strengths (and struggles) to share. I hope you will take the time to read their reports in your Assembly binder, and also personally connect with Representatives from all of our intergroups. I believe that by connecting, supporting each other, and pooling resources and ideas, we are all stronger. This works in personal recovery AND in OA service.

I was able to attend intergroup meetings for Greater Columbia IG, Bitterroot IG, and Big Sky IG this summer! I also attended OA meetings in Absarokee and Bozeman, Montana. It's fun to see OA in different places!

Our **R1 conference calls** are monthly, on the first Saturday at noon PST. (The call calendar is on our website). Generally there are around eight Intergroup Chairs on this call. I share a few resources from R1 and World Service, and then ask for an update from each intergroup. We share areas of concerns and approaches that are working well; questions are asked, and solutions offered. After the call, I send notes to all Intergroup Chairs and last year's Assembly Representatives. One result of these calls was that we sent out a question to the Board of Trustees and the Region Chairs Committee, asking them to share **suggestions for intergroup chairs**. Their replies were compiled (see Resources in your notebook) and shared with all of our intergroup chairs. (Note: The Region Chairs Committee liked this project very much, and will be collecting ESH for all service body officers to share with OA as a whole).

Earlier this year the R1 Board decided to change our **Intergroup Liaison** structure. Previously, the Chair was assigned as Liaison for all of our intergroups. This seemed to be more than one person (or at least *this* person) could do! In May, we each chose four intergroups to Liaison. We reach out to offer support, information, and ask for feedback. This new approach seems to be working well! The “contact” tab on our website has Liaison information, as does the Board roster in your Assembly binder. This connection works both ways – please feel free to contact us to let us know how we can help your intergroup thrive!

Are any of those 39 **unaffiliated groups** in your area? There is a list in your Assembly notebook in the rosters section. I hope you will reach out—these meetings may choose to join (and strengthen) your intergroup!



## Dedicated, Hard-Working Committees!

Region 1 has 12 Committees, each made up of one or two dedicated Representatives and one Board Liaison. We have three “standing committees,” Bylaws, Budget & Finance, and Membership Outreach. We also have special committees set up to handle projects: Assembly Binder, Ways & Means, Nominations, Quilt, Audit, Public Information/Professional Outreach, Convention, Convention Binder, and Virtual Sponsorship. Membership Outreach (12<sup>th</sup> Step Within) and Ways & Means have been inactive this year.

I am Liaison to the **Assembly Binder and Bylaws Committees**, and these small-but-mighty committees have been meeting monthly. The Binder is on our website this year! Nadine and Cathy are committed to bringing you a useful, easy-to-navigate binder for Assembly. The Bylaws Committee, Alice and Cathy, created a form for submitting motions, and reviewed motions for clarity to save valuable time at Assembly.

Our committee structure has stayed the same, year-to-year. **This year, we’ll be asking you to decide what committees we should have at R1.** Besides our standing committees, we will decide together what committees we will have for 2016-2017. Each Representative will be asked to join a committee, form goals, and work together in the coming year.

## A Commitment to Intergroup Outreach and Intergroup Renewal!

**The Board was hosted by Oregon IG, Lake Country IG, and Bitterroot IG this year.** In addition to our Board meeting, we put on a workshop for the hosting intergroup. Oregon IG asked us to put on a Newcomer event in Longview, Washington; Lake Country asked us to lead a workshop on Physical, Emotional and Spiritual Recovery in Spokane; and we led a weekend retreat in Anaconda, Montana for Bitterroot IG.

We feel this outreach is of significant benefit to our intergroups, and want to continue these efforts. However, at our May strategic planning session, we came up with a new concept we’d like to try in 2017. For the same travel budget, we could send two (instead of six) Board members to each of our intergroups and we have **the potential of visiting all 24 of our intergroups in two years.** We would like to offer the hosting intergroup two Board members as speakers for the weekend (the same period of time the whole Board would have traveled). The speakers could be available for a retreat or a Saturday workshop, based on the needs of the intergroup. We would like to present the Intergroup Renewal concepts as part of the weekend. This approach would mean we would be able to provide outreach to far-flung intergroups, such as Anchorage and Juneau, because it would be much less expensive to send two people.

We are in the process of confirming previous requests to host from Northern Lights IG, Big Sky IG and Anchorage IG in 2017. When those dates are in place, we will be able to start scheduling visits to other intergroups.

We’re excited to bring **Intergroup Renewal** to Assembly 2016. IGR moves intergroups (and OA service bodies, such as R1) toward being primarily focused on Tradition 5 work, providing opportunities for strengthening personal recovery.

## Connections to OA Worldwide!

I was happy to see a strong delegation of **18 members from Region 1 at WSBC 2016**. Eleven of our intergroups were represented! Six were “Green Dots” to WSBC, and six signed up as Mentors. Our Region meeting, led by Sue B., was a wonderful Step 11 meditation meeting. It was great to see our Delegates participating in group conscience, lending their energy to committees, connecting with each other and OA members from around the world.

I was elected Chair of the **Region Chairs Committee**. In addition to RCC meetings, we met with the Board of Trustees twice, and helped work on the OA Strategic Plan for 2017-2019. I found that fascinating and am thrilled to be able to participate in the vision for OA as a whole! I am also on a BOT subcommittee that is bringing sponsor training workshops to WS Convention in Boston this September.

The RCC meets in-person three times per year, and I was able to join them (three weeks after I became R1 Chair!) at the **Region 10 Assembly** in Brisbane, Australia. I learned so much from R10 and came away with ideas for our Region. I was especially impressed with their dedication to Public Information/Professional Outreach, and their commitment to keep in contact with “loners” (OA members who are great distances from the nearest meeting). Their Assembly process was thoughtful and organized. We met to help find solutions to language barriers in OA presentations—the R10 Trustee was about to travel to China to put on a public information workshop! I came away with a new understanding of OA as a world-wide fellowship.

## And a Passionate, Engaged Board!

It is an absolute pleasure to be a member of the Region 1 Board, because I get to work with Margie, Deborah, Pat, Sue, and Trish. These amazing, bright, enthusiastic women give countless hours of their time, talent and energy to OA.

This year has been a year of new ideas. We’re “Shaking Things Up” with **Intergroup Renewal and a focus on Primary Purpose!** We’re **streamlining Assembly** to make room for valuable content and the generation of even MORE new ideas! We’re adjusting, brainstorming, collaborating, and figuring out some things as we go!

The R1 Board met for a **strategic planning day** on May 20, setting aside the “regular” business to talk about what we really want for Region 1 OA. After much discussion, and lots of ideas, I asked everyone to sum up in one word what they want for R1. I love this wonderful list, which I believe is strongly connected to Primary Purpose:

<b>Recovery</b>	<b>Growth</b>	<b>Passion</b>
<b>Strength</b>	<b>Support</b>	<b>Excitement</b>

Thank you for this opportunity to be useful, strengthen my program, and give back to OA.

**Beverly M., Region One Chair**

[chairr1@gmail.com](mailto:chairr1@gmail.com)

Region One Annual Report: Vice Chair (Trish H., Bend, OR USA)

Major Jobs -

Worked to coordinate the 2016 Convention with Merry from Alberta's IG. Worked to begin to coordinate the 2017 Convention with Mary from the Greater Seattle IG. Communicated with Rhonda about the retreat in Montana in June which the Board attended.

I joined the Board in May to fill in for the rest of the previous VP's term (ends at Assembly in September). This year, for our Quarterly in-person Board meetings, I participated in person at meeting McMinnville, OR (Oregon Intergroup) in May and Anaconda, MT (Bitterroot Intergroup) in June. I served as liaison between the Board and the Bitterroot IG in MT for the June meeting. I participated with all the Board members in the retreat scheduled as part of our visit in MT.

Liaison to 2 Committees: Convention Planning Committee; Convention Binder Committee.

Liaison to 4 Intergroups: Jeauo, AK; Alberta Canada; Anchorage, AK; and Greater Columbia.

Supporting the Intergroups –;

I have done my best to connect personally with each IG for which I am the liaison. I have encouraged them to attend Assembly and Convention and WSBC. I have given them information about deadline for applying for financial assistance to attend these events. I have shared my personal experience, strength and hope about the benefit attending these events have had on me and on my IG>

Personal Recovery

Am have a sponsor and I sponsor. I am Abstinent and maintaining a healthy body weight. Relying on a God of my understanding for every step I take, when I remember (which is most of the time). Getting up to speed with all this amazing Region is up to has been a labor of love. I feel so privileged and humbled by the opportunity to give back a little of what I have been so lavishly given by OA.

submitted by Trish H., Vice Chair

## Region One Annual Report: Secretary

### Major Jobs -

Prepared Minutes for all Board Meetings, in person and on phone, Action Plans from each.

This year, for our Quarterly in person Board meetings, we have visited Longview, WA in January (Oregon Intergroup), Spokane, WA (Lake Country Intergroup) in March and Anaconda, MT (Bitterroot Intergroup) in June. Participated with all the Board members as speakers at workshops and retreats scheduled as part of our visits.

Minutes of the Quarterly Meetings were distributed to all Reps and Chairs.

Kept up with the Contact Lists - Chairs, Reps and Intergroups (IG)

Liaison to 4 Committees: Professional Outreach/Public Information, Virtual Sponsorship, Audit Committee, and Nominations

Liaison to 4 Intergroups: Emerald Empire, Jefferson State, Lake Country, Southern Alberta.

Distributed Assembly registration packets and coordinated Assembly registration for all Intergroups.

Helped with the Convention Website mechanics.

### Supporting the Intergroups -

The details of Assembly participation still need simplification. This year an interactive PDF for the Certificate of Assembly helped. I feel that the Liaison model which puts a Board member in personal touch with each of the Intergroups in Region 1 has also contributed to better communication to help smooth the way. Since we are a volunteer organization, people step up to service and sometimes there is not a lot of institutional memory passed along. The Board wants to make it easier to learn the ropes for Intergroup and Region service and to make everyone feel we all "belong".

### Personal Recovery

Am sponsored and sponsor. Was a delegate for my IG (Oregon IG) to World Service Business Conference. Abstinent and maintaining a healthy body weight. Supported by my Higher Power, OA and my fellow Board members. I have loved my service on the Region 1 Board as I get to work with a dynamic and dynamite group of OAer's. Have loved also getting out to other Intergroups in Region 1 meeting wonderful people and learning valuable lessons in recovery. It has been a blast! Service is fun and satisfying -giving me a life of sane and happy usefulness.

submitted by Pat V O, Secretary

# Region One Treasurer Annual Report

## July 15, 2016

Deborah R.  
Tigard Oregon USA

This year's activities included the basics and some big or unusual jobs.

### The Basics

- Collected the mail from the post office box and acted on it appropriately.
- Paid bills and the rent for meeting space; reimbursed expenses.
- Deposited monies; recorded donations by group and Intergroup.
- Entered all income and expenses into Quicken and reconciled all accounts (checking, savings and PayPal).
- Communicated with the Intergroups I am liaison for.
- Met with Budget, Finance and Delegate Support committee regularly by conference call or in person. Acted on the BFDS committee decisions about representative support and delegate support.
- Worked with the BFDS committee to draft a proposed 2017 budget (this proposed budget is part of the Binder materials).
- Reached out to Ways & Means committee members several times.
- Closed 2015 books and provided the final income/expense report for 2015 (this report is part of the Binder materials).
- Worked with 2015 Convention treasurer to close the Convention books and send us a check for net income
- Sent Audit materials for the general books and the Convention books to the Audit committee; then sent 2 more packages as I found more material that had been misfiled. Sigh.
- Made travel arrangements as needed for myself, the Assembly parliamentarian, and other Board members for our travel around the Region and to Calgary for Assembly and Convention.
- Wrote a cover letter and updated the application form so Intergroups can apply for support to send Representatives to Assembly and Delegates to WSBC 2017.
- Filed the US Federal tax form.
- Dealt with journal sales, coordinating with Margie and Merry to see the orders were shipped; re-ordered journals as needed. Helped Margie create "bundles" to be able to sell more journals in bulk. Worked with Margie to fulfill some Canadian orders while Merry was out of the country.
- Did some more work on the Treasurer's Notebook.
- Created Convention Package Raffle tickets and distributed them at Oregon Intergroup and my meetings; pitched them wherever I went.
- Reviewed and, once they were final, distributed Convention flyers

### **Big or unusual:**

- Did an initial review, then solicited feedback and worked hard with the BFDS committee to propose changes to the existing financial policies to make the policies more precise and understandable, to reflect current best practices, and to reflect the will of the fellowship.
- Provided the allocated and approved PI/PO money to Oregon Intergroup for a movie ad campaign.
- Worked with BFDS and Board to determine if we should support Vancouver Island Intergroup's late request for WSBC delegate funding; decided we could.
- Sorted, trouble-shot, organized, and worked on convention banking/treasurer issues. Attempted to get Calgary folks as signers on the existing (US) Convention account. Set up a US PayPal account linked to the US account. Initially sent the Convention debit card, temporary checks, and bank paperwork to Deb Gibbs, the Convention 2016 treasurer. Deb eventually set up a Canadian bank account for Convention, along with a PayPal account connected to that Canadian account.
- Helped format the Board's Region Planning Calendar for easy reference.
- Contacted 3 people about doing service at the Region level; found a candidate for Vice Chair or Member-at-Large.
- Go over hotel contract for Seattle 2017 with Beverly; filled out direct bill application for them as well.
- Cleared out and sorted my inbox and sent box for Region; that was a JOB!
- Attended Skype Board meeting and all-day strategy planning meeting.
- Asked Margie to set up a mail forwarder for [conventiontreasurer@oaregion1.org](mailto:conventiontreasurer@oaregion1.org), and set up a PayPal account for that email address, so that Convention PayPal is easily transferable year to year, and it is appropriately not connected to a person's SS# (in this case, it has been Rhonda's)
- Worked with Pat and Beverly to get the Convention website cleaned up and working.
- Answered query from Region 7 about how we do our budget.
- Worked on the Intergroup Renewal module about Intergroup Inventories and created a handout.
- Created a "finance jargon" glossary to hand out at Assembly.

### **Concerns**

- None at this time

### **Account balances as of 6/30/16**

Checking	\$5,067.58
Savings	\$3,040.36
PayPal, in US\$	\$4,269.17
PayPal, in Canadian\$	703.56

## Progress against goals

### Physical

Goal	Progress
Continue a slow losing abstinent food plan	Yes
Follow my action plan daily	Yes

### Emotional

Goal	Progress
Survive whatever life throws as me	Yes
Maintain my sense of humor	Yes

### Spiritual

Goal	Progress
Pray and meditate most days	Yes
Attend the quarter and cross-quarter circles with the group I started	Yes

### For my recovery

Goal	Progress
Go to 2-3 meetings a week	Yes
Be a sponsor, use a food sponsor, and use a step sponsor	Yes
Practice the principles in as many parts of my life as I can	I try...

### As treasurer

Goal	Progress
Based on the auditor's feedback, continue to refine reports and data entry	Yes
Do a financial glossary to send out to the fellowship	Yes
Work on the treasurer's notebook	Yes

# MEMBER AT LARGE ANNUAL REPORT

I was appointed the Region 1 Member-At-Large at the March 2016 Board Meeting in Spokane, Washington. This is a new position so the scope was not defined. The position has evolved over the year and will continue to evolve. Here are the activities and events I participated in as your Member-At-Large.

## Board Liaisons

Contacted via phone my assigned Intergroup Chairs. OA is alive and people are so willing to help it grow! The intergroups I contacted are: Oregon, Bitterroot, Pierce, and Central Oregon. Board liaisons to Intergroups is a great way to serve these Intergroups by passing on information from WSBC and Region directly to the Chairs. Also, establishing a relationship one-on-one adds value in understanding the needs, triumphs, and general status of Intergroups. I think this is a real value-added activity for our Region 1 Board.

## WSBC

I was asked to attend WSBC in Albuquerque, NM. It was my second time attending and was a deeply fulfilling experience for me. Here are some of the things I was involved:

- Met and got to know my “green dot” at WSBC. I LOVED her!!! Helped put together welcome bag of goodies for our Region 1 Delegation. It was so fun to work with Pat and Beverly on this in our hotel room....
- Provided an activity for our Region 1 Delegation Meeting on Wednesday. We had 18 people, it was so good to see and meet everyone in a quieter environment than at a dinner. I led an abbreviated 11<sup>th</sup> Step Meditation meeting and handed out copies of the full format for all participants to take back to their Intergroups. I received favorable feedback, thankfully, I was nervous....

## WSBC Conference Approved Literature Committee

- I was elected to chair the subcommittee working on a new publication about body image, sexuality, and relationships. I am working with a committee of 4 people from across the USA. We are currently using a set criterion to review and categorize over 50 stories submitted from OA members and over 26 lifeline articles. The plan is to have this be in book form similar to the “Seeking A Spiritual Path” book. We are titling and sectioning these stories right now. It is quite a big project and takes time to manage and review. We have held one tele-conference meeting so far and plan at least 2 more. This work will be done by October 30 which is our deadline so it can be presented to the WSBC BOT at their February 2017 meeting.



## **Intergroup Renewal**

Met with the entire Board in May to strategize how to roll-out Intergroup Renewal in our region.

- Created a draft survey document based on used successfully in Region 6 in 2014.
- Presented a short presentation in Montana discussing the importance of membership feedback in determining Intergroup goals.
- Will roll out a survey for Assembly participants too complete and provide useful feedback to set priorities for 2017!!

## **Region 1 Committee Assignments**

At our June Board Meeting in Montana I was assigned the following committees: Speaker List and Nominations. Speakers List: Had not been updated since 2014. I am currently in the process of receiving updated information from people listed. I encourage ANYONE within our Region who have recovery to add their name to this list. It is a wonderful way to share the healing message of OA within the fellowship. Contact me at Assembly to add your name! Nominations: We as a Board helped this committee of one to seek interested applicants for board positions. Martha, Pat O’C, and I will coordinate this activity so applications are provided to you in your Assembly Binder.

## **Greater Columbia Intergroup Work**

- June 2016 ended my work as Intergroup Vice Chair. I was elected WSBC Delegate for our Intergroup. In June we had elections and we have a whole board!!! Three new members are on the board with excitement and enthusiasm, I am hopeful this is a turning point for us. They are all open to Intergroup Renewal Efforts!!!

## **Personal Work**

- I continue to call my sponsor 3 times a week and report my food daily. We are currently working on the Traditions.
- Pray and meditate daily
- Attend at least 2 F2F meetings a week and 3-4 telephone meetings weekly. Love [avision4you.info](http://avision4you.info)!!
- Sponsor 3 fellows in recovery. Working the steps strengthens my own recovery
- Reading AA history. I’m currently reading “*Dr. Bob and the Good Ole Timers*”. What an eye opening experience to see how it all started.

It has been an honor and privilege to serve Region 1 as the Member-At-Large these past 6 months. I encourage anyone who is interested to APPLY to serve on the Board at Region 1!! It is amazing the amount of work that is done behind the scenes! If you have a passion for OA and sharing your talents join us!!

Respectfully Submitted: Sue B. - Kennewick, WA - July 12, 2016

## June 25, 2016 Trustee Report

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It continues to be an incredible privilege to serve Region One as your Trustee. I love being able to do this work for you.

I am very excited to see the Region One focus on Intergroup Renewal. This is simply a term and a set of actions which is designed for enhanced recovery and refocusing the Intergroup energy on providing the services most needed for the local OA members. If people want workshops on Sponsorship or how to work a plan of eating or increase the quality of recovery in their area this is "Renewal". Maybe they are having trouble getting people to step up to recovery and be interested in service – so let's make the Intergroup Services more relevant to the needs. We do not need 15 committees -- we need quality recovery and plenty of sponsors.

### **WSBC 2016**

At WSBC, I met with the Web/Tech committee; we set goals including creating how-to documents on Social Media and helping users to know how to protect their own anonymity, creating OA service body websites, and reaching out to other regions. I have had to rotate out of the Web/Tech committee. During this next year I will serve on two Board committees and am the mentor for a new Region Trustee.

WSBC passed proposals including one about allowing OA Service Bodies to use Social Media to encourage participation and outreach, eliminating the special definition for Virtual Meetings thus all meetings are meetings, and passing an OA Step Study format which takes 15 weeks.

### **OTHER TRUSTEE ACTIVITIES**

- Have a workshop scheduled for July 2 to assist and newly forming Intergroup on the Oregon Coast to write up their Bylaws and dream of big things to come through Intergroup strengthening ideas.
- Answered official inquires sent through the OA website about Traditions from OA members in Region One
- Participating in the Region I Board Special Project, planning day on May 20, 2016.
- Answered direct email and phone inquiries.
- Reviewed intergroup bylaws.
- Wrote my story for an upcoming new piece of literature.
  - Sent out many emails to the Yahoo groups (Region One and Oregon Intergroup) to help keep OA members aware of current OA happenings and news.
- Serving on the new Board OA Website Review Committee and the IIC, which reviews and approves all content for *Lifeline*, *A Step Ahead*, and *Courier*.
- Mentoring one of the new Regional Trustees.

- Submitted By: Margie G, OA Region 1 Trustee

## **Anchorage Alaska Intergroup**

I am sorry to report that 2016 will be the first time in many years that the Anchorage Alaska Intergroup (AAI) - which spans from the Kenai Peninsula to the Matanuska Valley to Fairbanks - will not be sending a Representative. We hope to be able to send one in 2017.

February was a busy month for our Intergroup. Unity Day was celebrated this year during our Saturday morning Big Book Study meeting and included readings from Voices of Recovery on the topic of Unity, writing, and sharing our thoughts on the importance of unity for individual recovery and that of all our fellows. And, we also sponsored a Plan of Action Workshop which was well attended and appreciated by our members.

We are already planning an event for I.D.E.A. Day (November 19th) and are thrilled with the enthusiastic support this upcoming event is getting.

Our Newsletter Editor is doing a wonderful job of providing our members with timely Intergroup, Region and World Service news and information, as well as personal stories of recovery from our members and practical information such as times and locations of all meetings. The newsletter can be access through our website at [www.aa-alaska.org](http://www.aa-alaska.org), under the "Media" tab.

This year, we added Twitter to our tool kit and are able to get information to members quickly, as when a meeting had to be cancelled due to flooding conditions which made access to the meeting impossible. We continue to work on updating our website so that newcomers can easily find meetings and learn about the basic principles of our program.

Our Intergroup currently has 16 meetings. Our Intergroup officers positions are all filled, but we continue to have difficulty getting members to represent their groups and chair committees. However, we continue to be an active Intergroup, taking care of business, and trusting that HP will give us all the resources we need to be of maximum service to our fellows.

In Fellowship,  
Paula Z.  
Chair, Anchorage Alaska Intergroup

## BIG SKY INTERGROUP - 2016 REPORT

- We are made up of 5 meetings in various parts of Billings, Montana and 1 meeting in Absarokee, Montana.
- In gratitude we can say that all board positions are filled.
- Our intergroup meets every other month. Average attendance is 10 people.
- On the first Saturday of 2016, we offered a "New Beginnings" meeting. This meeting, done by candlelight, has a special focus on renewed commitment to our abstinence for the coming year.
- One of our members opened a new mtg. in Absarokee, Montana.
- Held a Retreat last September where several members came out of relapse into recovery.
- I was able to serve as a delegate to the Assembly in Bend in 2015. Came away with an understanding of how supported we are by our Region 1 board and able to call on them anytime for questions or help. Also purchased CD's at that time that greatly encouraged our group, especially the one entitled "Imperfect Abstinence."
- This year we are sending a delegate to Assembly in Calgary. It is truly amazing to be able to do this for two years in a row after so many years of not being represented!
- As an Intergroup we encouraged and challenged our members, to write an article for Lifeline as an outreach and service project. We had several take that challenge
- Also had several people willing to serve by their participation in "virtual sponsorship" as there was such a need.
- Our PI Committee is working on renting a bill board to help carry the message.
- Our focus is on recovery and sponsorship.
- Our members are texting and making outreach calls to each other often. I believe it is one of our strengths.

Gratefully submitted by Nadine D. - Big Sky Intergroup Chair

## Catch The Wave Intergroup Report

Today we received good news. Our Bylaws were approved after our workshop with a trustee on the 2nd of July, and we have a number. We really do exist!

About 14 years ago a smart and organized woman, name Gloria, who has since passed, started making calls to feel the pulse for starting up an Intergroup. The intergroup she rallied to get started included groups from Florence to Bandon. Representatives from groups from Coos Bay, North Bend, Coquille and Reedsport had regular representatives.

We met the first Saturday of each month. A member who was a student at the community college served as our secretary and took outstanding minutes. We sponsored 3 marathons and held our meetings regularly. We sent a representative to Vancouver B. C., Vancouver Washington and Eugene. With the generosity of the region, one year, we sent a representative to World Service Business Conference in New Mexico. Our group seemed to be thriving from the outside input and seeing our place in being part of a worldwide network.

Somewhere along the line life started getting in our way. Our secretary moved away, our chair was getting tired and one day announce that she wanted the co-chair to step up and take over the chair's duties. Two weeks later our former chair passed away. Our treasurer lost her husband and then had a stroke. We carried on for sometime despite those losses. Then the chair was spending time alone at the IG meetings and becoming very discouraged. She was driving 50 miles round trip to be at the meetings. One member told her she was quitting and that the traditional OA was not for her. She also told the chair that our group might as well fold as nobody was coming to the meetings. The chair felt pretty backed into a corner but didn't have the insight into trying harder in communicating or seeking help outside the IG, and ultimately just felt defeated and of letting down the group but also feeling the group had let her down. She went back and put her efforts into her own group and as many of tend to do, isolate.

Sometime later the chair tried to get things going again but people were willing to be reps but nobody wanted to chair the group. Once more there was discouragement. Funds were spent for announcements for radio stations and for the local television station.

Much later, with encouragement of Region 1, We looked into being part of another IG. We sent some contributions from our local meeting. At first lots of good info was coming our way but ultimately we no longer heard from anyone and we also were not able to drive the 180 miles on Sunday night once a month to participate in meetings.

Our groups were unaffiliated until our needs and members started to multiply and a few key people got the ball rolling. The newest young woman to our fellowship, went to Twin Rocks retreat. She made more contacts than any of us over the years and most of all she had enthusiasm, and commitment. She started a new meeting in Florence and has had an average of 8-10 people attend each week. One of the contacts she made was a trustee who picked up on our needs and volunteered to take us through the process of setting up a new intergroup.

We met on July 2nd but did lots of footwork first to get as many people from different groups

represented, for our workshop. We did business in the morning by constructing our by-laws and then had a workshop on the 12 steps in the afternoon. The result of all the hard work paid off in having ten participants and now we have groups from Newport to Crescent City California. We also elected officers and a representative to go to Calgary.

More and more work, surfaces, but it seems that we have good people to work together and do their best, as together we can! There is an aura of hope with being connected to others in the south coast area where we live. Our small communities are separated by miles from each other. Our spread of meetings is roughly 200 miles. We have a lot in common with each other and this gives us a chance to build attraction for members in all our communities.

We are planning our next meeting for the morning of Oct. 1st with a panel on sponsorship in the afternoon. After that we plan on meeting regularly every 3 to 4 months and change locations of our meetings so that everyone gets a chance to meet in their own communities. It will be good for as many of us as possible to meet and experience time with OAers within their communities.

Looking back is a good exercise to avoid pitfalls in the future. More support of the past "Catch the Wave" could have been provided by officers and reps. We see now, a monthly meeting was probably way too many for our area. Better communication could have been implemented, and most of all not giving up, even when feeling hopeless. "Together we can!"

----Submitted By Cindy

## WHY CENTRAL OREGON IG ROCKS!

There are countless reasons why our IG Rocks, first of which are the dedicated members. Here are their thoughts:

- We are a small community and we know that OA is our lifeline and without strong meetings, our program would suffer, so we are committed to keeping it strong. For us, that means volunteering, even when we've volunteered before. We have a stake in upholding the traditions, so we discuss them at our meetings and bring those messages back to the individual meetings. We encourage each other's growth from the top down.
- We keep IG open to all OA members. We frequently hold meetings conveniently right after our biggest meeting. We read out loud for a few minutes from the 12&12 at IG meetings.
- "Men under the guidance of reason desire nothing for themselves which they do not also desire for the rest of mankind." Spinoza

We thoroughly adhere to "principals before personalities"; and consistently encourage attendance and input from all meeting groups members. By governing at this level of alignment, we easily *go with the flow* of group conscience. Through open, honest discussion, decisions are made easily for the greatest good and benefit of all group members.

- My thoughts on why our IG rocks are that those with more experience and recovery really encourage everyone to focus on the solution, not the problem. We encourage service by specifically asking certain people to do certain jobs rather than just by announcing the need for something to be done. When our IG takes on a big task (like hosting the Region One Assembly and Convention), we work together. Some are worker bees. Others are mindful of the potential negative impact of over-doing and encourage balance. Once the Convention was over, several longer-time members who had been in support roles actively continued in support roles by doing a lot of outreach to the people who had done the heavy lifting for Convention and who were understandably very tired and at risk of getting burnt out.

- Submitted by Trish

## 2016 Eagle Cap Intergroup Report

### **Intergroup Facts:**

Geographically Located in Eastern Oregon

3 meetings a week - 2 in Baker City, OR and one in Ontario, OR

### **Greetings!**

My name is Cathy, and I am the Intergroup chair for Eagle Cap Intergroup in Eastern Oregon. This was my second year as Chair of Eagle Cap Intergroup. The job was easier, since I already had a year of experience in the job. We meet 4 times a year as an intergroup. The avenue by which we meet changes depending upon the weather. I work with several great people who serve as Intergroup Board members - Dawn - Vice Chair, Julia - Secretary, Guy - Treasurer, & Barbara and Arlene Group reps for their meetings. Everyone who can pitches in.

We use technology to conduct our meetings when we can't meet in person - meeting via skype, conference calls, or even through email.

I was elected as Regional Rep and WSBC Delegate this year as well. As Regional Rep, I attended 2015 Assembly in Bend OR, and hope to attend Assembly this year too (still up in the air as time of report). I attended WSBC in Albuquerque NM. I was blessed with meeting many new OA friend, learning how to "Carry the message to other compulsive overeaters" but most especially I was able to share this time with a special person in my life, my mom, who is also a member of Overeaters Anonymous, who represented her group as well. :)

We are planning an Intergroup BBQ at our summer intergroup meeting in August.

Ontario group was approached last year by the Snake River Correctional Center about the possibility of starting an OA group at the prison. Three of the 5 Ontario members are in the process of becoming certified and going through training with hopes that we will have meetings



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beginning by the beginning of the year 2017. There are lots of specifics we were unaware of when we agreed to do this.

Because of WSBC, and the message about “Carrying the Message back home”, we have opened ourselves up to our community. We always try to remember that we as members are anonymous, but not OA the program. With this thought in mind, here are a few things we have done, or have happened since WSBC:

- We have been contacted by the dietician at St. Al’s Hospital for information. Information was shared, and referrals are being shared. Received several calls requesting more information about meetings.
- We have been contacted by Lifeways in Ontario OR for information, follow up is needed, but will happen this week (this occurred just last week). Lifeways email goes out to the whole Treasure Valley, so we are excited about the possibilities of sharing OA with this organization.
- Posters were put up both in Ontario and Baker City at strategic locations.
- Ontario is in the process of putting together a mail/hand out of the “15 questions” to be given to local organizations and health care providers.
- Continued working with the prison to start an OA group there.

Successes do not come without setbacks. The Tuesday meeting in Baker City is often times not attended regularly. We have a wonderful lady who is very attentive and attends most every week, but often times it is just her and her higher power. There doesn’t seem to be many newcomers to the Baker City area. We keep praying and putting it into HP’s hands.

We reached out to the unaffiliated LaGrande meeting, but no contact was ever made, no phone calls returned. It would appear they are no longer meeting.

Despite our low meeting turnout, WE PREVAIL!

- Submitted by: Cathy Z, Eagle Cap Intergroup Chair

***Emerald Empire Intergroup  
Report to the Region One Assembly  
2016***

The Emerald Empire Intergroup meets every other month. We normally have between seven and 10 people in attendance, and about half of the groups we represent send a delegate to our Intergroup.

We currently have a chairperson, treasurer, webmaster, and a few folks working on public outreach projects. We are in need of a secretary, and that position has been vacant for over six months.

Our Intergroup is in good financial standing and was able to make small donations to Region One and World Service in the last year.

In the last year we have seen the close of two meetings in our area: Tuesday and Wednesday at noon in Eugene. A few faithful servants in our fellowship started a Wednesday evening meeting, but it never got off the ground and closed after a few months. However, there are two new meetings in Corvallis who have sent representatives to our Intergroup, and a new meeting on the coast that the closed Wednesday meeting donated their literature to.

Our Intergroup partnered with Eugene's Saturday morning meeting to host Unity Day. We had two speakers from our Roseburg groups and a Eugene-based member led a workshop. About 25 people attended the event throughout the day (it ran from about 9 a.m. to 1 p.m.).

We were not able to send a representative to WSBC this year. We are hoping to send someone in 2017, although we have not yet identified a representative.

In love and recovery,

Kyra B.

Eugene, Ore.

Chairperson

Emerald Empire Intergroup

## 2016 Yearly Report From Greater Columbia Intergroup (GCIOA)

Greetings from GCIOA,

We have 4 meetings a year. Two are telephone and two are in person. Sue B. sets these meetings up with the phone number to call in and be part of the meeting. This has increased our attendance at most meetings. Meetings usually last 1-1/4 hrs.

We have a lovely quarterly Newsletter that is edited by Katie R.

Sheila L., GCIOA Chair, shares information from WSO on what's new, encourages people to go to oa.org to keep up to date on new information, to listen to a podcast or Sundays' Virtual Workshops, covering topics, steps, literature ( Wednesday Yakima group is using these for their meetings) and readings from A Step Ahead. Also there is a Video **Breaking Out of Relapse**, a new PI Poster, and a new Lifeline book.

Reports from Co-chair, Treasurer's report, Recording Secretary and Corresponding Secretary.

*Saturday monthly telephone meetings with Beverly M., Region 1 Chair*, sharing information from Region 1 and WSO. Good information about how and what Intergroups are doing and suggestions on strong Intergroups, sharing how meetings are retaining members, connections and support for Intergroup meetings, and making Intergroup fun. Beverly asked the members to give suggestions for chairing Intergroup and sent the information to Intergroup Chairs. (I've already passed it on to our new Chair.) Beverly also sends out a summary of the meeting to Region 1 Intergroup Chairs.

Several of us we're able to attend the Convention in Bend September 18-20. It is always wonderful to be together and see friends from past Conventions. CDs were purchased and will be copied to share with all the groups.

We had IDEA Day on November 21<sup>st</sup> in the Tri-Cities with guest speaker Beverly M. from Portland OR, Unity was our topic, about 25 in attendance.

We had Unity Day February 27<sup>th</sup> in Yakima, with guest speaker Margie G. (Region 1 Trustee), topic was "Working All the Steps—The Individual's Responsibility to Carry the Message, about 28 in attendance.

Several were able to attend The OA Birthday Party, CDs were purchased and will be copied to share with the groups. Our group has purchased a duplicator to copy our CDs.

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Election of new officers for 2017-2017: We have a full Board!!

Chair: Marlene K.

Co-chair: Dedra H.

Treasurer: Jannie B.

Recording Secretary: Katie R.

Corresponding Secretary: Kathy K.

Most recent past chairperson: Sheila L.

Region 1 Representative: Diane G.

WSBC Delegate: Sue B.

Sandy N. Newsletter Editor

Kathy K. resigned as the Retreat coordinator—looking for someone to take that position.

GCIOA is in good financial position.

Tri-cities meetings are well attended in day time, less in evening.

Ellensburg 4-6

Yakima meetings fluctuate from 2-5

With OA love & gratitude,

Sheila L. past Chair of GCIOA

## **Greater Seattle Intergroup Yearly Report, as of 7/15/16**

### **Changes within Greater Seattle Intergroup (GSI)**

Good is coming from tragedy. Our normal meeting location, the beloved St. Paul's church in Ballard, had a fire in March, which dislocated our Intergroup meetings along with several OA meetings and many other 12 step meetings. Fortunately, no one was injured, our literature stored there was not damaged, and the church is rebuilding.

This situation did allow and require the Intergroup meeting to find a new spot, at least temporarily, which some Intergroup representatives have been raising for years. After a couple of meetings in public library meeting rooms, a member found a nearby church, Phinney Ridge Lutheran, and we are meeting there for the time being. By early fall, we will decide whether to return to St. Paul's or relocate. Meanwhile this moving around has allowed us to experiment with the time of the meeting (libraries close early!), the experience of moving the Intergroup meeting around, and potentially how the possibility of accessing the internet during meetings for reference and/or Skype connections might improve our meetings.

### **What's new**

1. Donate button on website so individuals and meetings can use Paypal for donations to GSI
2. Secretary writes "Pass It On" notes from Intergroup meeting that reps can easily know what to share with their meetings
3. Treasurer is new, after a three-year term, and making changes to reduce bank fees
4. WSBC Delegates have been assigned to meetings to visit, concentrating on meetings that don't tend to send reps to Intergroup meetings

### **What's working**

#### **Successful events**

Long-standing events in the Seattle area have been sponsored and supported by specific meetings. It has been a great way for those meetings' members to give service beyond their group level and helps people coming to the event discover strong meetings in our area. We are slowly adding to our annual calendar of events in this way.

- Burning Bowl (1st Sunday in January), long-standing,
- I Love OA (2<sup>nd</sup> Monday in February), now in its fourth year,
- Unity Day (4th Saturday in February), long-standing,
- Abstinence and Recovery (Tuesdays in March), first year,
- Sunlight of the Spirit (3rd Saturday in June), now in its second year,
- Freedom from Fear (last Friday in October), now in its third year,
- Attitude of Gratitude (Wednesday before Thanksgiving), long-standing,
- 12<sup>th</sup> Step Within (December 12, as in 12/12), now in its fourth year, and
- Serenity Night (3rd Sunday in December), long-standing.

## Greater Seattle Intergroup Yearly Report, as of 7/15/16

### Revitalization of committees

- Finding a chair for each committee (still somewhat in flux);
- Building out committee membership so that the chair doesn't work alone (still pretty new);
- Providing a generic email so chair's personal name is not on our website (eg: [literature@seattleoa.org](mailto:literature@seattleoa.org));
- Providing time during Intergroup meetings for group representatives to work with committee chairs to develop purpose statements, plans, and write help-wanted ads (as time permits)

### Committee activities

1. Bylaws committee continues to serve the Intergroup keeping documents current and accurate.
2. Directory committee provides hard-copy directories for 3 nearby intergroups 4 times a year, and also keeps a web-based directory up to date.
3. Events committee produces 2 retreats each year and supports several events in town.
4. Hotline committee is analyzing what's working and not working and seeking new leadership to transition from the long-long service of one dedicated member.
5. Literature committee is developing policies about how GSI supports members and groups through providing literature, some for sale at Intergroup meetings, and some given free.
6. OA-HOW committee chairs an annual retreat and provides a speaker list to share the many ways to work OA.
7. PI/PO committee has purchased info packets from WSBO at a special rate, with help from Region 1, which individual members are distributing to their healthcare professionals.
8. Special committee has been formed to plan and host the 2017 Region 1 Assembly and Convention in Seattle (October 4-6, 2017).
9. Sponsorship committee is on hold and sponsorship is now highlighted at events and members are referred to the Region 1 Virtual Sponsorship webpage.
10. 12<sup>th</sup> Step Within committee conducted a survey on "what helped you regain abstinence?" and from there is planning an event focused on recovery from relapse.
11. Ways and Means committee is on hold due to lack of leadership and a dearth of clever ideas. Meanwhile groups are supporting GSI through contributions.

## Greater Seattle Intergroup Yearly Report, as of 7/15/16 (page 3 of 3)

12. Website committee has doubled in size, so our webmaster now has a back-up.

### **About Greater Seattle Intergroup**

Greater Seattle Intergroup is composed of 46 meetings located along the Interstate-5 corridor between Federal Way to the south and Mill Creek to the north. We are close neighbors with Pierce County, South Sound and North Cascades Intergroups, with whom we publish a joint printed meeting directory. Intergroup meetings, held the first Tuesday of each month, typically see about half the meetings represented. Our WSBC delegates visit meetings that don't often send a representative to GSI to encourage participation and share information.

Submitted by: Mary  
Contact: [chair@seattleoa.org](mailto:chair@seattleoa.org)

## Jefferson State Intergroup Report

**Hello Region One Delegates. We are so proud of our Intergroup this year. We will be sending a Intergroup Delegate this year to represent us.** We are so thankful for you support in helping us with the expenses. She is a long time member of OA and is very active in meetings and does all kinds of service.

In general, our intergroup currently supports 11 meetings in the Southern Oregon and Northern California area. Our Grants Pass meetings are all very strong and well attended. They have started a couple topic meetings which people like. Our Intergroup treasury is pretty constant. Our yearly retreat helps that. Plus contributions from our groups. This gives us money to help our groups. One year we made sure that all our groups had a years Life Line subscription. This year at the beginning our Intergroup Chairperson resigned so I took it back after three years, but I am also the retreat Chair person, so I am pretty busy. We recently got a new Communication coordinator. She is doing a great job and working on our Web page and Meetings list to up date them. We also were able to get a new treasurer. I was doing that last year after our treasurer quite, I think you get the picture. But we do have some new blood, thank goodness.

These are some of the highlights of things we did Last year and the beginning of this year

1. Because of our very committed Chair from last year, she got packets of information on how to sponsor an event to help our groups feel like they could do an Event. We handed them out at the retreat and because of the well organized packets, all of the Events had sponsors this year. All of the Events were well attended. One success story from the Birthday Event that I was speaking at, was a member in relapse who just happened to come to that meeting and heard the words sober with food and since has been abstinent.
2. We did lose one meeting because of the meeting location. One of our members who was a Vet started it at the veterans location. It did not turn out to be the best locations. We are saving that meeting time for another location.
3. We our still committed on finishing the Intergroup Service Board Inventory. We have had to postpone it for awhile because of all the changes in our Doard. We hope to pick it up after the retreat.
4. One of our main outreaches is our Retreat. We call it St Rita's retreat. It is at a beautiful facility. It has been going on for 20 years. We hope this to be one of the best years ever. The topic is the A B C 's of Abstinence. The only problem with our Retreat it is usually close to Region One' Conference time. I did get to go to the one in Eugene because it was a little bit early. It was great and I really enjoyed it.
5. We try to do all the out reach events we can in public like health fairs etc. We set up our tables and put out literature.. We usually get lots of questions. I am very glad the Region is focusing on Intergroup Renewal and I hope our Delegate can bring back some good ideas to help us get more interest in service for our members A lot of the people do not even know what the Intergroup is. Thank you for all your work.

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## JUNEAU INTERGROUP REPORT - 2016

- 4 meetings a week, 3 in Juneau, one in Ketchikan. Ketchikan also has a phone in 1/2 hr meeting.
- We held a workshop on breaking the isolation in May 2016.
- We are going to help pay for a member to attend the Region 1 conference next month.
- Our membership is down. The same for 3 or 4 members are involved in Intergroup and rotating service positions. That has been the case for a couple of years.
- We usually have a spring retreat for which we bring up a leader up from the south. This year, we opted out of doing that because it was too much work for our small group.

Submitted by Leslie W.

## **LAKE COUNTRY INTERGROUP JULY 2016**

Currently, our Intergroup consists of 18 meetings in the cities of Spokane, WA; Spokane Valley, WA; Colville, WA, Newport WA; St. John, WA; Ephrata, WA; Bonners Ferry, ID; Cocolalla, ID, Coeur d'Alene, ID; and Post Falls, ID;. Meetings are held on Mondays, Tuesdays, Wednesdays, Thursday, and Saturdays in both morning and evening hours.

As of July, 2016, our Board consists of a Chair, Treasurer, Region One Rep, and World Service Rep. Last summer, the Chair had to step down as she had already served two terms and appointed a Co-Chair to lead the Intergroup from mid-2015 to mid-2016. In addition, a new Secretary and Treasurer agreed to take Board positions. Unfortunately, the Secretary position is vacant again.

Lake Country Intergroup holds quarterly meetings on the second Saturday of the month. Meetings were held in September 2015; December 2015; March 2016; and June 2016. Our website [www.b4recoveryi8.net/lakecountry](http://www.b4recoveryi8.net/lakecountry) provides a wealth of information including the meeting list, newsletter (current and archived), Doard member contacts, and general information about OA for the newcomer. An advisory group is exploring ways to simplify access to the website and make it more user friendly.

Our Newsletter Editor is very committed to her service position, and produces a creative and informative newsletter every month. She emails hundreds of monthly newsletters and flyers to members (and even snails mails copies upon request).

At the December 2015 Intergroup meeting, member proposed the idea of asking the Intergroup to finance a "mobile" Literature Library to be used at all major Intergroup OA events. After much discussion, a favorable vote was decided to set aside \$300 for a trial run of this endeavor. It has been hugely successful, especially providing OA books and pamphlets that are not usually available at individual meetings. In addition, this same member has taken on the service of consolidating group orders to curtail shipping costs.

The Intergroup has been fortunate to have an enthusiast Special Events Chair during the year and organized well attended workshops which included:

September 2015 – Mini Retreat "No Frills" Friday evening and Saturday day

October 2015 – Workshop entitled "Abstinence"

November 2015 – Workshop entitled "Nine Tools to Get through the Holidays"

January 2016 – Workshop entitled "Action Plan"

**March 2016 – Hosted Region One Board Meeting;** Board members spoke on OA's "Three Fold Disease"

April 2016 – Workshop entitled "Obsession of the Mind"

And, the last weekend in April, the Retreat Committee organized the annual retreat held at Camp ‘n Sid Sen on Lake Coeur d Alene with a theme of “Keys to Freedom.” Raffle baskets were donated by meetings to raise money for retreat scholarships in addition to items donated for the silent auction. And, an abundance of clothing was available for FREE at the clothing exchange.

The OA Assembly in Bend, Oregon, was attended by our Region One Rep. This is actually her third Assembly, as she graciously accepted a last minute cancellation by the Rep in 2013 due to a surgery. Lake Country Intergroup has been in a financial position to support payment of the Rep to attend the Convention following the Assembly. Immediately following her experience as Region One Rep, we were so happy to have this person continue doing service, as she flew to Albuquerque, New Mexico in May, 2016 as our Intergroup’s World Service Rep. And, thanks to Region One, a considerable contribution of \$695 helped to defray the total cost of the trip. She is planning on returning as the WSO Rep in May, 2017.

During the year, the Audio Library Chair completed an inventory of all CD’s and found many to be missing. During the June 2016 meeting, several members volunteered to assist in burning new copies of CD’s which will soon be available for loan to all members of the Intergroup.

Our new Treasurer provides a quarterly report to attending members at each Intergroup meeting that details donations made to the General Fund, Delegate Fund, Retreat Fund, Expenditures, and donations to Region One and World Service. Lake Country Intergroup maintains a \$1,000 prudent reserve. A decision was made prior to the retreat this year, to combine for efficiency all money and expenditures for the annual retreat in the same bank account (instead of using a separate bank account as in past years). Also, to save money and time, we are no longer renting a P.O. box at a Spokane Post Office; but, having all mail sent to the Treasurer.

The Intergroup encourages Group Reps who cannot attend the quarterly meeting, especially due to extended travel time, to call in on a conference phone that is set up in the meeting room. This has assisted a few outlying areas at times. We also encourage members to listen to podcasts; and download books on a Kindle if that is their preference.

Lake Country Intergroup is so grateful to welcome our new Chair with many, many, years of experience and recovery. We look forward to an exciting year of fellowship.

Respectfully submitted,

Amy D.  
Lake Country Intergroup Co-Chair, 2015-2016

# NORTH CASCADES INTERGROUP

Here's a run- down on what we do as an Intergroup to carry the message.

**What works:** Quarterly speakers meeting, yearly retreat, meeting list and phone list, business cards with phone meetings listed on it and our own personal recovery.

**What doesn't appear to be working:** Posters, meetings closed due to not working.

**What we could do:** Inventory our intergroup, use 12 step within.

**Our strengths:** Good speakers, strong intergroup, we have grown. Our retreats focus on BB recovery.

**Our weakness:** We have a large geographical area to serve, have small isolated meetings.

Thanks,  
Kate T.

## **Northern Lights Intergroup (NLI) 2016**

In the past year there has been an increase in membership in many meetings. We have a new meeting starting up which is exciting. Our elections to the NLI board has shown an increase in participation. Recovery is happening on many levels. Several OA 'birthdays' were celebrated.

Our bylaws were revised in August 2015. Our intergroup participated in 'Recovery Day' September 2015 (a public information event for various recovery groups/services in the community.) We are planning on having a booth again this year.

Our May retreat was well attended. We have dates and rooms booked for next year in advance. Our next local event is a sponsorship workshop in August and rumour has it that Ft. McMurray will have a retreat this fall.

Since Region 1 is in Calgary this year I hope to see many from Edmonton attending. We are planning on having two delegates in attendance.

Mary Jane B.  
NLI Chair

## Oregon Intergroup Annual Report July 2016

Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area. We currently have 56 weekly meetings, including a newcomer meeting. We also host a monthly speaker meeting. Find us online at [www.oregon-oa.org](http://www.oregon-oa.org) or call (971) 317-6343.

### Happenings:

- Host two annual Serenity Retreats: March and July
- Publish a monthly newsletter: A Serving of Hope
- We strive to host a recovery event every month. Topics included Sponsorship, Unity day, Enjoying an Abstinent Holiday, 12 Step Within, Loving Yourself from Relapse to Recovery, Treasures of Recovery, and Living in the Solution.
- We also hosted 2 fun events: Halloween Dance Party and a Picnic in the Park.
- With funding help from Region 1, we placed outreach ads in movie theatres throughout the Portland/Metro area in December 2015. Although it was difficult to measure the impact, we are sure that we planted many seeds for those who will find their way to our fellowship.
- Created a CD Binder lending library. Our IG Reps pick up a binder at our intergroup meeting and bring them back the their meetings where members can check out a set of CDs. Reps return the binders to IG each month for distribution to another meeting.
- In the process of updating our Bylaws.
- Created a QR code for our Intergroup. When you scan the code, it takes you to our website.
- One of our goals for the upcoming year is to offer an online option to the fellowship who cannot physically attend our monthly Intergroup meetings.

### Open Board Position:

- Co-Chair

### Tips:

- Ask, Ask, Ask: invite a member to attend your intergroup meeting. Offer a ride or help arrange a ride.
- We have a Greeter who welcomes everyone to Intergroup as they arrive and helps anyone who is new or has a question.
- At intergroup meetings, after we have done our Step/Tradition/Concept readings, we go around the room and introduce ourselves. This gives everyone a chance to speak and feel they are a part of the meeting.
- As the Chair, I encourage questions and give plenty of time for a member to find the courage to speak up.
- We held a brainstorming session on what our Representative want to see our intergroup do over the upcoming year. We came up with quite a list! At a later meeting we chose our top 3 projects: Support outlying groups, retention of newcomers and attracting a more diverse fellowship.

Submitted by: Alice, Oregon IG

[www.oregon-oa.org](http://www.oregon-oa.org)

Peninsula Intergroup – Linda S., Chair

Intergroup Report

We have our meeting reports from eight different areas:

Bainbridge Island  
Bremerton  
Port Angeles  
Port Hadlock  
Port Orchard  
Port Townsend  
Poulsbo  
Sequim

Our intergroup is helping – we carry the voice many different ways. We invite our groups to attend, even if they're not the representative. We have added an extra event to our year. We now have four events with our inter group meeting after.

We got funds for WSBC and were able to send a member. We will also send someone to Assembly.

Our meetings are growing. I think it's the advertising and the awareness of OA in our community with the extra event. We have literature tables at our meetings and events and it goes fast. Many of us use the journals and do the questions.

We have an automated phone line with information and call back. We also advertise in the local papers and the library. There's currently a group reviewing the Bylaws. We rotate positions to get more members interested and able to carry the message besides their own program.

## Pierce County Intergroup 2016 Report

1. Special Events:
  - a. Our Marathon was held on February 27, 2016 ***Leaping into Recovery*** with over 30 people in attendance.
  - b. In the final planning stage is our Retreat at Pilgrim Firs, August 19-21, the theme of which is ***The Best Is Yet to Be***. We are very excited to have a speaker coming from Minnesota.
2. Meetings: Our meetings are growing slowly but surely. We have one new meeting just beginning next month, and over 20 regularly attending a Saturday meeting in Tacoma. Our other meetings vary in attendance from 3 to 12 persons participating.
3. Board: All of our board positions are filled at this time.
4. Finances: Our finances are doing well and we have a small reserve.
5. Assembly: Our Delegate and Vice Chair will be attending Assembly.

We sometimes struggle with convincing members to participate outside of regular meetings. Those of us who sponsor others, have begun strongly encouraging sponsees to offer service, even if it is only in a small or one-time assignment.

Most of the board members are new, so we are trying to educate ourselves on the bylaws and history of Pierce County Intergroup.

Respectfully Submitted,

**Laurie**

Laurie I.

Chair, Pierce County Intergroup 1



## Intergroup 2016 Annual Report

Currently we have 21 meetings being held in the Lower Mainland (Vancouver and surrounding cities), Chilliwack in the Fraser Valley and White Horse in the Yukon Territory. Our meetings vary in size from four members up to twenty-five members. However, most groups hover between 4-10 members.

- ❖ Over the last 12 months we have held our annual retreat at Rosemary Heights last November 20 - 22 and are having this year's Retreat on October 14 – 16. Our beautiful retreat centre is closing so we are relocating to Chilliwack for this year's event. It is usually well attended with 45 to 55 participants. In addition, groups have sponsored an annual Holiday Candlelight Meeting each December, and a Unity Day Marathon Feb, 27th. We were unable to send a representative to Whitehorse this year. The Aurora group there held a Spring retreat and we were able to provide some seed money for that event.
- ❖ This year our Intergroup is committed to putting on an annual retreat. It will be held in a new location and time; October 14<sup>th</sup> to 16<sup>th</sup> at Charis Camp, outside of Chilliwack.

Positions that were not filled for the 2015 year:

- ❖ Chair (There were rotating Chairs until January 2016 when Serena G. took over as Acting Chair)
- ❖ Vice Chair
- ❖ Newsletter Editor (left for personal reasons)
- ❖ Public Information Coordinator
- ❖ Literature Coordinator
- ❖ 12<sup>th</sup> Step Within Chairperson

On June 25<sup>th</sup>, 2016 intergroup had elections and the following service positions were filled:

- ❖ WSD (World Service Delegate)
- ❖ WSD Alternate
- ❖ Newsletter Coordinator
- ❖ Meeting Information Coordinator
- ❖ Telephone Committee Chairperson

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- ❖ Chair, Vice Chair
- ❖ Treasurer, Assistant Treasurer
- ❖ Literature Coordinator, Assistant Literature Coordinator
- ❖ Public Information Coordinator
- ❖ 12<sup>th</sup> Step Within Chairperson and Secretary

For the past few years we have had a wonderful person give service by managing our website. Serena G. will continue to be Acting Chair until December 2016 or until someone wants to take on the service position.

Over the past few months, intergroup representatives have put forward motions in an attempt to increase and renew intergroup participation.

A motion was recently passed to find a new location that would be more accessible for people without vehicles and for people with disabilities

Two other motions that affect by-laws were introduced and are in the final waiting stages (as stipulated in the by-laws)

\* *Motion #1* (to be voted on by the Sea to Sky Intergroup on Saturday, July 30th)

\* – that **be it resolved that Sea to Sky Intergroup change from a monthly meeting to a meeting held every other month.**

- intent is that quorum has been hard to maintain on a regular monthly basis
- Affects By-Law 5.1.1

• *Motion #4* (to be voted on by the Sea to Sky Intergroup on Saturday, August 27th)

– that **By-law 5.1.3 be changed to 51% if quorum (2/3 number of registered groups) is not met at a meeting**

- intent is to prevent lack of attendance of delegate, reps, from limiting day-to-day actions of Intergroup.  
Affects By-Law 5.1.3

A motion was passed on June 25<sup>th</sup> to waive service requirements with the hope that people, who previously did not qualify will be willing to take on service positions.

Our WSD and possibly our Alternate Delegate will be travelling in September to the Region 1 Conference.

Our groups are doing well for the most part despite our difficulties filling Intergroup positions. There is good recovery in many of our groups. We have a website which is becoming more popular as more members discover it. <http://oaseatosky.com>

**Serena, Acting Chair and Faye D., Delegate**

## Intergroup Liaison Report –Snake River IG, contacted by Beverly on 7/30/2016

I spoke with Pat, the new Chair of Snake River IG. This intergroup combined with Oasis IG this year to gain strength by working together. There are nine meetings in the Boise area and three in the Twin Falls area; driving distance between the two areas is approximately 2.5 hours. There is a new meeting in Hadley, Idaho.

**Intergroup meetings:** SRIG meets every two months, alternating between Twin Falls and Boise. They are also meeting after their workshops so that they can get a workshop and an intergroup meeting in the same trip.

**Bylaws:** Bylaws revision is in process. The Bylaws are well-written, but haven't been updated in a long time. Updates are needed and the geographic definition of the intergroup needs to be changed to reflect the combining of Oasis IG with Snake River IG.

**Public Information & Professional Outreach:** There is renewed energy in for PIPO, and they are getting flyers out to hospitals and doctor's offices. I told her how to apply for funds from Region 1 for PIPO projects.

**Newsletter:** The intergroup is starting a newsletter, and anticipate the first issue will be out by the first of September! They are also in the process of designing a logo for use on the newsletter and on correspondence.

**Workshops:** The "Day in OA" workshop in May was a big success, with 31 attendees! The topic was *Abstinence vs. Food Plan*, using the format available from OA World Service. There were three speakers. In October there will be a Sponsorship workshop in Boise, with a panel and ask-it-basket.

**Website:** SRIG looked at creating a website, but it was costly, and they believe the Region 1 and OA websites are good ways to get the word out.

**Recovery:** There is good recovery in the area, and also some struggles. Pat would like to start a 12<sup>th</sup> Step Within Committee to provide hope for those still struggling, and perhaps start a TSW meeting.

**Region Representation:** Their Region One Representative, Dave O., got a new job, so cannot get the time off to attend Assembly this year. Pat was interested in attending Assembly, but the passport created an obstacle, so it's not going to work out this year. However, she asked about the date and location for next year's Assembly and Convention (Seattle, October 4-8, 2017), and said she thought several people would be able to attend.

## SOUTH SOUND INTERGROUP REPORT, 2016

South Sound Intergroup represents 11 meetings weekly in Olympia, Shelton, Yelm, Aberdeen and Chehalis, Washington. Our meetings vary from 2 - 15 (and sometimes 20) attendees. Our board positions are filled. We have recently added a PUBLIC INFORMATION OFFICER position, which is also filled. This is an improvement for us. I found myself elected Chair at my first Intergroup meeting (with consultation with my sponsor) and worked to get the remainder of positions filled. We are a mostly wholly new board but past board members attend as meeting representatives and are guiding us forward.

Two meetings have grown in strength, in terms of leadership. Others are encouraged to grow but we find that we have a smaller group of "long-termers" and newer people are coming and going.

We held a marathon in October 2015, entitled "Fellowship: Heart of the Holiday," and April 2015, entitled "Crossing the Bridge: From Relapse To Recovery. We flew in a speaker from Sacramento, CA, with the hopes of offering some "new life" into our well-known group of people in recovery. Attendance was decent, the day was deeply appreciated, but we were disappointed both in numbers and in the lack of new attendees (Yes, a few deaths and moves to other parts of the country).

Intergroup has chosen not to hold a fall marathon, rather we are formulating plans (with help from a larger Intergroup that has also taken on this topic) on focusing on sponsorship development, ways to encourage fellow sufferers to keep coming back to meetings, and ways to reach out to relapsers. This feels like a significant need for us. Just what are we inviting newcomers to? How do we effectively call relapsers back into the rooms? And how do we support them?

My own observation is that we are recovering - and recovering nicely - from the unexpected death of a longtimer who gave endlessly - officially and unofficially - to the twelve step world. I think he already knows we'll be fine.

Laura S  
South Sound Intergroup Chair - 2016

## **SOUTHERN ALBERTA INTERGROUP**

### **It Works if you Work It**

When asking members of our intergroup what attracted them and kept them coming, we brainstormed a variety of things, some from our intergroup and some from other intergroups that we're interested in trying out locally. Points that were raised where:

**-Encouraging groups to send group reps to the board meeting.** This is an easy entry point for OA members: there isn't a large commitment of time or effort, and it allows members to see the vital part intergroup plays in supporting local meetings.

**-Full, healthy boards create interest in the intergroup.** When intergroup positions are filled, this creates a healthy, vibrant board that has differing opinions and hopefully avoids the concept of personality before principles. Unfortunately, when intergroup positions are not filled, this can lead to long time members or more vocal members dominating the decision making process. Also, having positions filled creates the mentality of service being an honour that people seek rather than an obligation that members dread.

**-Sponsors encouraging sponsees to serve.** Having sponsors suggest sponsees take on service positions is invaluable to both the sponsee and the board.

**-Creation of committee work.** While it may sound antithetical that creating more work creates a stronger board, one member pointed out that by encouraging members to work on committees together outside of board meeting times, it creates a chance to socialize and get to know fellow board members better. This creates more cohesiveness, and allows people with certain skill sets to utilize them. For the Region One Convention this year, our intergroup headed the 'Ways and Means' committee, which allowed artistic and creative people (or those that could manage a glue gun) to get together and have fun.

**-Creation of a monthly marathon/retreat calendar.** SAI encourages each group to host a marathon or retreat, and has a calendar that groups can sign up for, with the goal of having one event a month. As a result, we are seeing more OA members attend meetings they normally would not, and some continue to attend a group after going to the marathon.

July 15, 2016

## **SOUTHERN BC INTERGROUP CHAIR REPORT**

Southern BC Interior Intergroup (SBCII) has had many changes and challenges in the past year.

Our three groups in Kelowna have been thriving and growing. We have many committed members who are abstinent and working the 12 steps. We struggle to get participation in service at the group level and intergroup level.

Currently, we have a chair and treasurer and no group members. One other long-time OA member suggested we let our intergroup fold.

I have participated in three different intergroups in the past 40 years and I see the benefits of belonging to an intergroup and have a give and take relationship with Region 1 and the World Service Office. I am not willing to give up. I am hoping that the Calgary convention will boost our members to get involved in service.

I truly believe "We can do what I can't do!"

I have put up some Public Information posters around Kelowna.

One of the changes I would like to have suggest to our intergroup is that we meet in person our current three times a year and on the months where we don't meeting person we have an hour long either free conference call or Skype call. I feel we are not connecting with our members - that is one reason we can't get people passionate about service. The more frequent contact will increase our productivity and make us more of a priority in member's minds.

Thank you for choosing to put strengthening intergroups as this year's priority. I am looking forward to discussing this topic at assembly.

In loving service

Theresa S.

**Southern BC Interior Intergroup**

Vancouver Island Intergroup report July 17, 2016

**What your intergroup has been up to this year:** Like most things in life it's been an interesting ride. We've had a workshop with an out of town guest speaker hosted by a local group. Intergroup hosted a successful annual spring retreat in Nanaimo and have booked the same venue for June 9 - 11, 2017. Come and join us!

**What it has done to carry the message?** We created a 5 x 7 poster, ordered 300 of the "To The Healthcare Professional" & "OA's 15 questions" pamphlets to be distributed to the medical community in centers on Vancouver Island as a Public Information strategy. We have a new PI chair in place so the packets can be collated and distributed to groups throughout our intergroup.

We have a website [www.oaviig.org](http://www.oaviig.org) with a local meeting list, Anchors OA our newsletter with previous publications plus information about OA events on the islands, intergroups close by, Region 1 and WSO and much more. Check it out.

**Are your Intergroup board positions filled, and any tips you may have for other Intergroups that are struggling?** We have 2 open positions, our chair stepped away from OA and our Vice Chair is filling in for now. We also have a Region 1 Representative position open, as the person has resigned. We have filled the Secretary and Public Information positions with members eager to do service.

Our new Public Information chair has started by posting an advertisement on Kijiji in Victoria (Kijiji is free ad space. It has a link to an OA video advertisement). <http://www.kijiji.ca/v-view-details.html?adId=1179727617&posted=true&adActivated=true>

One area we're struggling, is the absence of group representation. Our intergroup is geographically large with several groups on islands off Vancouver Island, so ferry costs, time and mileage are a concern.

We currently have 9 meetings a year in rotating locations:

- 3 in Victoria,
- 3 in the mid or North part of the island, often in Nanaimo
- 3 conference calls. We are going to try Skype for our conference call in August due to the conference call number costs for some of our members.

What I love about Vancouver Island Intergroup is the connection we have to get the work done in a cheerful and positive manner.

Submitted by Lorri B. - Region 1 Representative for VIIG

## **ASSEMBLY BINDER REPORT**

**Committee Members: Cathy Z. and Nadine D.  
In close coordination with Region One Chair, Beverly M.**

- Our team has met once a month to strategize and organize.
- Our goal is to streamline the binder as much as possible for effective, easy communication.
- Files are uploaded to Google Drive. They are then organized into sections, and documents are uploaded to the appropriate sections. Once in sections, a “section document” is created, and ultimately all section documents will be made into the “assembly binder document.” (We were currently working on this step at the time this report was created.)
- We have made sure that the Assembly Binder is available to view on line ahead of time as sections are finished.
- To more effectively put future binders together, we uploaded, organized and edited all assembly documents using Google Docs. This will make the editing of the binder easier, allowing access to share documents. We are hoping that this solution will make it easier for future Assembly Binder Committees in their editing endeavors.
- Also, to streamline the binder and make it easier to read, it would be helpful in the future to request that all reports be using a standardized font throughout the region before being submitted. (This would not hold true to reports like the Treasurer's report and those similar that need to be in a spreadsheet PDF format.)
- We have included an “Instruction manual” of sorts to help future Assembly Binder committee members to better understand the process, and understand how it was set up. (People think differently!) This would be especially helpful if the outgoing committee members are unable to help the incoming ones.

It's been so great to have each one of us work within our individual strengths:

- \* Cathy – Fabulous computer know-how, and “I will do it” attitude.
- \* Nadine – Loves to connect people, answer questions, and not afraid to “bug” all of you for your reports.
- \* Beverly – Understands Assembly rules, procedures and what's gone on in the past. Digs in to do her part so that the binder makes sense to all using it.

Respectfully submitted by Nadine D. Assembly Binder Chair, 2016



Audit committee report  
Region 1 Assembly 2015

This year's audit, while somewhat less thorough than prior years, was indeed undertaken. Our committee-of-some, despite recruitment efforts, turned into a committee-of-one. This is not recommended. I felt much perfectionism, yet with coaching from Treasurer and Liaison I was encouraged to persevere!

I compared bank statements with a good random sampling of deposit and expense receipts and found entries for all. There was good accounting for reimbursement with Board Members and others doing a good job of supplying receipts. Our Region 1 Treasurer does a fine job of organizing, maintaining and keeping record of our sometimes complicated transactions.

Finally I compared our 2015 Budget numbers to our actual Income and Expenses. We were about \$5000 under our budgeted Income due to about \$2500 fewer Intergroup donations and the same amount shorter than we'd hoped in net Convention income. Our expense discrepancy was about the same, about \$5000 less than budgeted, and this difference was made up with a transfer from savings shortly before Assembly to meet the abundance of Assembly expenses.

Respectfully submitted,  
Sara H  
Peninsula Intergroup

## **Region One Budget Finance and Delegate Support Committee Annual Report July 15, 2016**

Joan N., Oregon Intergroup

Morrie S., Pierce County Intergroup

Robyn S. stepped down from the committee due to health reasons.

Since last year's Assembly, the Budget, Finance and Delegate Support committee (BFDS) has been very busy. We met after Assembly to decide how to allocate delegate support funds for WSBC 2016 and set up a monthly conference call, in addition to calls as needed to discuss the policy revisions and budget. We considered a late request for support for Vancouver Island IG to go to WSBC, and approved it, if it was within reason.

One big job this year was reviewing the existing policies that have to do with finances and suggesting appropriate revisions to the Bylaws committee so the policies are more precise and understandable, in line with the will of the fellowship, and reflect existing best practices.

Our other big job (as every year) has been to flesh out a proposed budget for 2017 to be presented at Assembly. We have tried to project income (difficult as the main source is the Convention which hasn't happened)—we try to keep it conservative. Expenditures seem a bit easier to reasonably project. We began with monthly phone calls and then biweekly and then weekly until we did it. We discussed the budget line by line and took into consideration several things when making decisions, including the proposed amount for the previous year's budgets vs the actual spent and the cost of living in the cities hosting Assembly and Convention and what form of transportation was necessary to arrive there. Since Region One covers such a large geographical area, the ability to drive vs. air transportation greatly affects the number of Intergroups able to fund all or a portion of their representatives to Assembly. Another consideration is how donations are for OA as a whole and are the individual groups supporting Region in the 60-30-10 plan.

This is Morrie's last time serving on the committee or at Assembly as he moved to California. This message is from him: "Working with Deborah the past two years and Beverly last year and this year with Joan has been a great experience for me (as service always proves to be). I say thank you!!"

## Region 1 Bylaws Committee Annual Report 2016

Members: Alice W. from Oregon Intergroup (Chair), Cathy Z. from Eagle Cap Intergroup , and Board Liaison Beverly M. from Oregon Intergroup.

This year the Bylaws Committee created a motions template and sent out a motions template to all Intergroups in Region 1 with a submission deadline of July 15th. We received and reviewed 7 motions, giving feedback to clarify the wording so the process will go smoother during Assembly.

The Bylaws Committee submitted 3 motions:

- a Bylaws motion to clarify the role of Robert's Rules during Assembly, and
- two policy changes to support the Member at large position that was created at Assembly in 2015.

With help from Margie (Region 1 Trustee) and Karen (our Parliamentarian), the Policies document was reformatted, including the addition of section numbers. This change makes the document much easier to reference. You will see the changes in the motions presented at Assembly.

We also made changes to the standing rules to better reflect how we do business at Assembly.

Special thanks to everyone who submitted a motion. Our annual Assembly is the one time we can make changes to better serve the fellowship. I am so appreciative of those who take the time to make our program better.

I would also like to thank Cathy and Beverly for their focus and dedication over the past year. We only missed one of our scheduled monthly meetings and worked well as a team. I believe our work will have a significant time-saving impact at Assembly. Thank you for your service and dedication to OA.

Respectfully,

Alice W.  
Bylaws Committee Chair

**1. PLANNING:**

What worked well for your committee?

- Committee core worked well together. People were able to have “real lives” and still be part of the planning process.
- Ruth was very helpful as liaison. She was always kind and supportive. If she did not know the answer, she found it.
- What worked well for me were the monthly, bi-monthly, and weekly meetings for planning and organization. I believe this helped make the convention a success.
- Portland, Alaska and Emerald IG’s were asked to help and were a great help.
- Morning Yoga & Mediation were VERY well received.

What would your committee have done differently if you knew then what you know now?

- Parts of Convention Manual need to be updated. A revised version is in development.
- Region 1 Board Members expected to speak. Convention Chair was not aware of this expectation.
- Assign a job versus requesting assistance. People might not be able to come to a meeting or volunteer, however, are willing to help if asked to do a specific job.

What suggestions do you have for next year’s Convention Planning Team?

- Make sure the indoor pool is operational for early morning class, weather is too unpredictable consider using the outdoor pool.

**2. HOTEL:**

What worked?

- The hotel provided good rooms with a very tranquil environment along the river.
- There were comments about the beauty of the convention center.
- The high ceilings and entry area openness made for a very welcoming ambience.
- The main meeting room was large and comfortable. The hotel was accommodating with changes.
- The Banquet Food was very good and overall it was received well.

What would you have done differently if you knew then what you know now?

- Boutique visibility was an issue, and it should be close to registration and the convention entry area.
- Main Meeting Rooms should be the dinner room and stay set as the Dinner Room for the remainder of event.
- Hospitality Room needs to be available for fellowship in the same area as workshops, a place for people to visit and relax. People want these breaks provided for them in a room close by. People wanted semi-organized fellowship.

- Locations for Yoga and Meditation should have stayed in same locations. Hotel change was arbitrary and not communicated well.

What suggestions do you have for next year's Convention Planning Team?

- The Riverhouse was the only hotel in Bend available to meet the needs of a convention of this size. Choose a hotel where meeting room and hotel rooms are in close proximity. The Riverhouse shuttle to and from convention center did not materialize.
- Insure that all amenities will be available. Swimming pool closure was an unexpected inconvenience.
- Hospitality Room should be close to Meeting Rooms
- Salad, croutons, and cheese should be "on the side". We tried, but...

### **3. REGISTRATION:**

What worked well for your committee?

- Having one person receive/log incoming registrations worked well.
- Consolidating the mail-in registrations with the on-line registrations to one alpha list simplified finding registrants.
- Speaker's names were highlighted, easy to check that they did arrive at convention.
- Having a team (Alice – Alaska had a good plan) at the Registration Desk gave registrants someone to talk with without a long wait. Scholarship recipients were VERY helpful with this form of service.

What would your committee have done differently if you knew then what you know now?

- Speakers should be instructed to connect with speaker committee chair to insure all is ready for their presentation.
- Passport did not include Friday Night's Schedule. This was our oversight.

What suggestions do you have for next year's Convention Planning Team?

- Registration form needs Emergency Contact Information. One registrant died just before the event. If this had happened during Convention, this would have been a MAJOR Issue.
- On-line Registration Spreadsheets and Mail-in Spreadsheets should match for easier consolidation. Some food restrictions/needs were missed because of reporting issues.
- Strict enforcement of registration cutoff dates is necessary.
- Late registrations: Registration at the door SHOULD BE at a higher cost. If pre-registration is \$100, onsite registration should be \$125. It creates increased work.
- Partial Registrations could easily be allowed (as a courtesy to the hosting IG), ex: if pre-registration is \$100, Friday or Sunday could be \$30 each, and Saturday could be \$65, with no meals.

**4. KEYNOTE:**

What worked well?

- The message had value.

What would you have done differently if you knew then what you know now?

- Listen to a CURRENT Pod-cast of potential speakers.
- ALL COMMITTEE MEMBERS listen to ALL proposed speaker pod-casts before selecting three to forward to Region 1 for final speaker selection.
- Would two Keynote speakers be an option?

Suggestions:

- Three names were given to Region 1 for final choice of speaker; we wish Region 1 Board and COIG had known that the current presentation style would have been SO DIFFERENT from the pod-cast available.

**5. BOUTIQUE & RAFFLE BASKET TICKET SALES:**

What worked well for your committee?

- Clothing “priced” as a donation, offered the opportunity to pay based on value, and gave the opportunity for those with a limited budget to acquire needed garments.
- Boutique room size made it possible to display items in a way that encouraged casual and repeated shopping.

What would your committee have done differently if you knew then what you know now?

- Locate Boutique very close to Registration and main meeting rooms.
- Move Raffle Baskets from Boutique to Saturday Dinner site & Sunday Morning Session.
- Raffle Ticket Sales need visible sales people walking around “offering” tickets for sale.

What suggestions do you have for next year’s Convention Planning Team?

- Limit the amount of time spent on mementos, they are a bonus, not a vital item.
- Have emcee introduce “specialty items” and clothing often and creatively.
- Literature was a popular item, especially the newest OA Books. Bookmarks, book covers, smaller inspirational rocks, and Fork Pens were items that people want to take home.

## 6. WORKSHOPS:

What worked well for your committee?

- Contacting speakers ahead of time gave speakers time to plan. Two speaker collaborations per workshop would be the goal.
- We had a great turn out for our speakers, see Workshop Comments for details.
- The topics were excellent; there is a list of new topics suggested by attendees

What would your committee have done differently if you knew then what you know now?

- Speakers were identified (highlighted in yellow) at registration. Speaker coordinator should have a "Speaker Meeting" on Saturday morning to insure that everyone knows where and when they are to speak. One Workshop Speaker did not show; she was at the Convention, but???
- Workshop Titles were "cute" and connected to Convention Theme. Typo error did not print BOLD "true workshop title" as designed.

What suggestions do you have for next year's Convention Planning Team?

- Workshops were initially difficult to arrange because there was a random email search for speakers. It would be helpful if Region 1 kept a running list of volunteer workshop speakers.
- Many requests were received to have two speakers per workshop.
- Last minute speaker volunteers (sign-up at registration) should be used as back-up only, ex: if a speaker cancels at the last minute.
- Limit the number of workshops to eighteen or so, twenty-four was overwhelming.
- Many people want interactive groups, not a speaker. They want to talk about a subject with a moderator.
- Workshops are the heart of the week-end; more time needs to be focused on the workshops than anything else.
- Keep workshop "shares" to three minutes.

## 7. QUILT:

What worked well?

- The quilt was beautiful and well made.

What would you have done differently if you knew then what you know now?

- Asked that the Quilt Theme be the same as the Convention Theme.

What suggestions do you have for next year's Convention Planning Team?

- Quilt Theme SHOULD support Convention Theme!!!

**8. SATURDAY NIGHT:**

What worked well?

- Emcee did a great job. She was flexible and reassuring regarding last minute changes
- Skit was outstanding and inspiring.

What suggestions do you have for next year's Convention Planning Team?

- OA presentations (musicians, etc) should be limited due to time constraints.
- Next year's Convention Presentation should focus on "Why come to ... city for an inspiring OA Convention". This year, it felt more like a history lesson than an invitation to the 2016 Convention. The presentation needs to be kept to 15-20 minutes.
- Keynote speaker speak only one hr on Saturday night, and leave time for entertainment and community building, etc.
- No dance, have coffee, tea, etc. for conversation, add tables for games, interaction and other forms of semi-organized fellowship

**9. TREASURER:**

What worked well for your committee?

- Bank of America account was easier to establish. B of A already had Corporate Documents, and only a copy of the Region 1 Board minutes listing approved signers was needed.

What would your committee have done differently if you knew then what you know now?

- Research a lower cost on-line payment system. The cost of PayPal seemed to be expensive, Region 1 paid \$303+, and attendees paid an additional \$394+.
- Update on-line registration format and spreadsheet. It should be easier to tally meal requests, special needs and scholarship donations.
- Emergency Contact information should be added to all registration forms. One registrant died shortly before convention. If someone had a medical emergency during convention, we should have emergency contact info to help them.

What suggestions do you have for next year's Convention Planning Team?

- See above.
- Give Convention Committee a suggested Budget. We needed to know if the amounts we selected were appropriate or not.

**10. SUNDAY MORNING WRAP UP:**

What worked well?

- Recordings were ready for distribution on time!!



What would you have done differently if you knew then what you know now?

- Better visibility for final sales of raffle tickets, all types.

What suggestions do you have for next year's Convention Planning Team?

- Sunday's session should address "re-entry". Someone who knows how to guide people back to the real life after being in the "cocoon" of convention.

#### **11. LINDA'S NOTE:**

- I used the convention manual and timeline, for the most part, it was helpful. It will be a helpful tool when it is revised.
- Each committee chair knew their job and at the time of convention had volunteers to help accomplish that job.
- Ruth D helped keep me apprised of duties when we talked regularly.
- Registration ran exceptionally well due to Terri.
- Ali did a wonderful job of obtaining speakers and timers for the workshops.
- Jackie E went above and beyond my wildest dreams with the skit!
- Jackie E's skills in creating the Passport and all of the printing jobs were wonderful.
- Trish gave her all as the MC, and her all was wonderful!
- Thanks to Trish for the Contra Band and Caller, unfortunately the late hour kept many away.
- Marie and Janice did an exceptional job managing the Boutique and Raffle sales.
- This convention would not have happened without Terri's attention to detail with registration and treasury duties, and also picking up other's jobs when needed.
- A special thanks to Jacque E. in setting up and maintaining the website, which wasn't an easy job! She has some suggestions for next year.
- Special thanks to: Mikki, Jason, Naomi, Willow, Alice and everyone else who helped make this event happen.
- Unfortunately, due to my duties as chair, I was unable to attend many workshops however, the experience of chairing this event gave me a new sense of the bond between and among the members of the committee and the COIG. Stronger friendships were forged, and I was able to interact with so many others in OA that I look forward to future OA gatherings.

#### **12. TERRI'S NOTE:**

- Linda L. kept us focused and marching towards our goals in her soft spoken manner. She always encouraged us to challenge our beliefs and expand comfort zones to meet the needs of the convention. She was the right person in the right job.
- Ditto for Linda's comments on other items

Respectfully Submitted;  
Linda L.  
2015 Convention Chair

Terri R.  
2015 Convention Treasurer

## CONVENTION BINDER REPORT - 2016

We are still working on this document.

We have finished the Convention Manual, but there will be appendices to create.

Our team has taken a break over the summer.

Xx  
Merry

### Nominations Committee Report 2016

The Nominations Committee became a committee of one early on after Assembly. However, the Board considered the search for candidates so important, they all contributed to personal recruitment.

This involved putting our "SEH" together to create as long a candidates list as possible. Then the names were divided up for phone calls and personal appeals. This worked well as most existing vacancies on the Board were filled. In addition, most of the positions up for election/confirmation at Assembly have one or more names of people willing to step up to Region service. Hurrah! Their applications are in the Assembly Binder.

This personal recruitment approach works well, but there is always room for more volunteers. If you feel called to a position on the Board, you can place your name in nomination at Assembly. You are welcome!

Submitted by: Martha J. & Pat O.

Public Information/Professional Outreach (PI/PO) Committee Annual Report 2016  
Members: Debi L., Alice W. Board Liaison - Pat O'C

This year the PI/PO Committee was instrumental in supporting an Intergroup with a BIG project. Oregon IG applied for supplemental funding to conduct a movie theater ad campaign over December, 2015 - January, 2016. Slide Ads ran in 9 theaters for four + weeks. The theaters also placed printed cards in their lobby with the same graphics as the slide ad. The campaign should have resulted in about 91,000 views over that time frame but several of the theaters were running the new Star Wars movie so the audiences were even larger than normal for the busy Holiday movie season.

Oregon IG spent a total of \$1663 on the ad campaign. Region one contributed \$443.99.

Oregon Intergroup conducted before and after meeting attendance surveys to gauge if the campaign had any immediate effects. They also looked at the before and after numbers on Info Line Calls, Newcomer meeting attendance and web hits. The conclusion from the data is that there was NO measurable effects seen from the ads in the short term. The benefits that the Intergroup thought they gained from the exposure is that more people know OA exists and volunteers thought their efforts to get the printed materials out resulted in some valuable community networking.

The 2016 Budget contains \$2000 specifically for PI/PO projects. The \$443.99 granted to Oregon IG did not tap those monies as there was a carryover targeted fund that had that amount in it which was finally used for the purpose for which it was designated. It has been zeroed out.

Other IGs have expressed an interest in applying for a PI/PO support. The committee is following up to encourage that. A format for applications is available.

## REGION 1, QUILT COMMITTEE 2016 REPORT:

The quilt is still in process, here my experience so far:

I suggest that the Quilt committee be made up of at least one contact person from Canada to handle the mailing and receiving of the quilt sections, this is a very important part of the project. I was lucky to find Claire B. from Canada, at the North Cascades Retreat to take on this important task.

It would be helpful if one committee person is good at computer tasks/ to start gathering the current contact information for all the intergroups/to send out the 1<sup>st</sup> letters and let us know the # of groups who wants to be a part of contributing to the quilt/ to be the one to be ready to handle the raffle ticket sales. They may or may not want to also be simultaneously involved with the committee selecting the quilt theme & fabric. (See the 2nd included report from the person who did the contacting of the groups this year). I relied on Robin from the Woodinville meeting and Cindy C., from GSI to help with the contacts/computer tasks.

The 3<sup>rd</sup> person would hopefully have interest on the artistic side, to help with colors, fabric, and theme for the quilt. Some experience with any craft would be great. Putting together the quilt itself is like a giant puzzle, everything needs to fit together. The person who does the quilting may not be the same person who sews the top quilt sections together. This was my area of interest and as I expected I learned quite a lot while enjoying this task. I was also very overwhelmed when I realized how involved it was. I relied on many people from the Woodinville meeting especially Kathy F, and Mari S who helped with the quilt colors & pattern.

Fabric: \$170.43

Batting/Thread/Binding: \$60

Quilting: \$175 est.

US Mailing: \$40

Canadian Mailing so far: \$42.59. We are waiting on one outstanding section.

Estimated total: \$488.03

Thank you to all who participated with their lovely creative sections.

I trusted HP to guide my way. This has been a wonderful experience for my OA program learning to ask for help and to trust.

Debbie F.

In general, intergroups need to be better about updating their information online! The easiest thing to keep updated correctly will be addresses, because they are usually associated with fairly permanent locations. So I recommend that all intergroups make that their highest priority.

Based on my experience, here are recommendations for next quilt group:

1. **Start as early as possible.** I think I saw a “schedule” in a binder; it would be good to have a schedule and to emphasize the importance of starting early and trying to stick to the schedule. First time committee members will be learning a lot as they go, even committed participants run into life snags, character defects like procrastination, etc. This applies to the groups who choose to participate as well. Initial responses were very slow in coming from most groups, even those who were very eager to be involved.
2. **Quilt design should be flexible, so that it does not depend on a particular number of responders’.** We had a beautiful design that was quite different from the typical quilts. It seemed like such a good idea. The response time can be very slow. Our quilt team went from fearing we would never have enough squares for our design, to having to turn groups away because we received too many responses, which was not always well received. In addition, even groups who committed fairly early in the process ran into snags and were unable to complete their squares.
3. **Mail a letter to get quilt contacts, volunteers to each intergroup.** I thought it would be much easier to contact people by email, when possible or by phone. But that information was often unreliable.
4. **Get a main point of contact for each intergroup for the project.** The group may not have a quilter readily available. Getting a point of contact allows the quilt committee to send information regarding schedule, updates, etc. without waiting for the group to find a quilter.
5. **Get multiple contact sources to communicate with contacts.** The letter sent to each group should ask for the name, phone number, and email address that the contact would like to use for further communications. Email was the easiest way for me to communicate, but not everyone had email. Even when email is available, there are times that a phone call is necessary, to answer detailed questions. Also, the intergroup contact may not be the quilter. Make sure to get contact information for the quilter: Name, email, phone number, preferred physical mailing address.
6. **Keep track of contacts and quilters in a spreadsheet.** It was very helpful to keep track of all the contact information for the contact and the quilter in a spreadsheet. Any time we needed to communicate further, I had all the information in one spot. Also, it’s easy to hand off tasks to other group members when the information is readily available. I also kept track of what communication I had sent to each group, when I sent it, when I had received a response, and what the response was. Eventually, I split the main spreadsheet into two, one just with contact information, and a separate one to track communication and responses.
7. **The quilt committee needs to have one member who resides in the US and one who resides in Canada - or at least a contact from each country who is willing to participate in mailing activities.** Mailing the initial letters between the two countries is not overly expensive. **Mailing packages between the US and Canada is extremely expensive.** We handled it by finding one Canadian contact that was willing to receive a package containing all the quilt material and mail it out to all participating Canadian groups. Each Canadian quilter then sent their completed squares back to the central Canadian contact, who in turn, sent all the quilt squares back in one package. Another reason for starting the process early!
8. **Keep track of expenses, maybe even in the spreadsheet?**
9. **It can be expensive to talk between the US and Canada unless you have a Canadian/US calling plan.** Try to find members that have that ability to help facilitate necessary phone conversations.

2<sup>nd</sup> Report from Robin the Contact/Mailing support person:

## 2015-2016 Virtual Sponsorship Committee Annual Report

Have gotten applications from various parts of the world in addition to Region 1 and the US and Canada. There has been a wider range of reasons than just living in an area with no meetings and/or sponsors. One person was living in a small metropolis, yet only able to get to one meeting and that one had four members and one sponsor who was full. Another wanted a virtual sponsor because she felt she would be more honest and do more sharing than with a face-to-face sponsor. A third member was not comfortable with the available sponsors in her meetings.

From Sept/15 until June 21 there were 31 applications to sponsor; 70 applications to be a sponsee and 66 matches. Some sponsees left; many sponsors took more than 1 sponsee. Filling time for request was normally about 1 day to 3 weeks even though there were periods with several available sponsors and no sponsees and, at other times, the reverse.

There were some things that are awkward or not doable with the software (and the software is doing all that it can do). Also, Jenny and I are not phone compatible (she is in Canada and I am in the US.) We alternated months of responding to applications and that seemed to work well enough. It would have been a gift to have actually talked together.

Possibly when delegates contact their respective meetings, they could put a plug in for virtual sponsorship. Both advertising at meetings and asking individuals if they are interested in sponsoring have been successful in obtaining recruits.

Respectfully submitted  
Jenny and MerleAnn  
Virtual Sponsorship Committee

## **Region One Ways & Means Committee Annual Report July 15, 2016**

Phyllis L., Northern Lights Intergroup  
Kack, Pierce County Intergroup

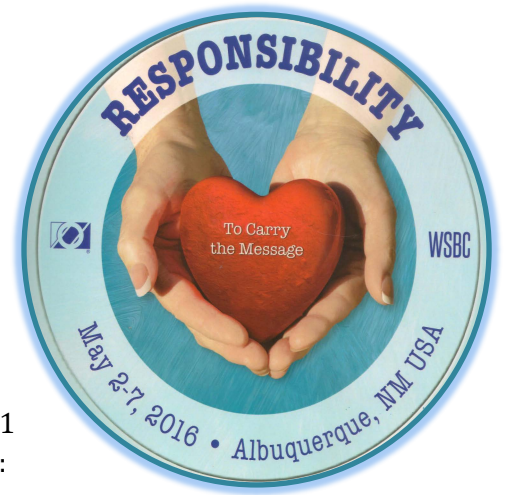
Phyllis stepped down from the committee early in 2016, as she no longer considers herself a member of OA. There was no contact from Kack despite several people reaching out. So there was no action from this committee during this past year.

To help meet our budget, the Board made copies of CDs of past Convention workshops, with permission from Bob Bidle who recorded them, and sold the CDs at WSBC. We also sold them at the board meeting/weekend in Anaconda, Montana and they will be available at Assembly and Convention.



# Region One Delegates To WSBC 2016: Highlights from Reports

---



18 members from Region One attended WSBC 2016, representing 11 of our Intergroups! Here are a few highlights from their experience:

- ♥ It was incredible to be around 199 people in recovery, from 19 countries. I was surrounded by active, vital recovery and I can't begin to explain what it was like. It was such an incredible learning experience to see the Traditions of OA in action at such a level. We did a lot of business in a very short time with grace and levity and a liberal sprinkling of the serenity prayer. *Debi – Greater Seattle IG*
- ♥ Everyone was so welcoming and any questions I had were welcomed with a helpful answer. I was matched with a mentor ahead of time and met her in person on my first day. We hit it off and a friendship developed. *Kym – Oregon IG*
- ♥ On Wednesday morning, all delegates attended the Forum, dividing into groups and presenting skits around the theme of "Carry On", or "Responsibility – To Carry the Message". I participated in a skit about carrying the OA message to a college student struggling with over-exercising and under-eating. A fellow skit member was elected two days later as a General Service Trustee. *Cindy – Greater Seattle IG*
- ♥ Taking care of the business of OA ensures the program will be here for years to come. And for me, without OA, I would have died of this disease years ago. *Alice – Oregon IG*
- ♥ I met people of all ages, shapes and sizes, diverse experiences, cultures and languages. There is one important thing we DO share – our compulsion. *Pat – Oregon IG*
- ♥ Throughout the conference all meetings were conducted with organization, humility and humor. I have a newfound respect for Roberts Rules of Order and their use in a roomful of two hundred spirited compulsive overeaters. *Cindy – Greater Seattle IG*
- ♥ The Delegates voted to amend OA's Statement on Public Media, opening the door for the Fellowship's participation and presence on social media websites and networks. The new statement reads: "While Overeaters Anonymous has no opinion on outside issues, including social media, the

delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members. Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.”

*Greta – Sea to Sky IG*

- ♥ Strategic Planning – Focus for next few years: 2017 - Unity, 2018 - Recovery, 2019 - Growing membership. *Debi – Greater Seattle IG*
- ♥ WSBC was an amazing experience. The amount of time and energy that is being put into OA is huge. For instance, I take for granted the literature. Each piece, whether large or small, jumps through many hoops before it is published. Luckily, I have been appointed to the Conference Approved Literature Committee, so I will get to see some of how it works from the inside.

*MerleAnn – Oregon Intergroup*

- ♥ This was the hardest workweek I have had in years. It helped having been a Delegate previously and having been abstinent for the last 15 years. It was also a joy; a wonderful exercise in democracy and OA has been the passion of my life. Thank you; thank you for allowing me to participate in this conference. *Greta – Sea to Sky IG*
- ♥ I am grateful and humbled, and I came away with a new respect and appreciation for OA, for recovery and for my fellows. I suggest that we encourage as many people as possible to start getting service experience above the meeting level, so that they can attend WSBC. *Debi – Greater Seattle IG*
- ♥ My first sponsor strongly encouraged me to give service as a way to get my thoughts out of the obsession and focus on how I can help others. This simple direction was and remains the key to my abstinence. *Alice – Oregon IG*
- ♥ Conference literature goals for the coming year– Small meetings literature being developed, workshop in body image and sexuality being done, revision to the teen pamphlet. Maintaining a healthy body weight brochure in the works. *Debi – Greater Seattle IG*
- ♥ In my Professional Outreach Committee, there was wonderful commitment. Members stepped up right at the get go, from note taking to formulating ideas and taking personal responsibility for the ideas that spoke to their passion and love of OA. One group committed to get their piece done right there at WSBC while they were together, and did! *Pat – Oregon IG*

♥ As Delegates from around the world, we conducted the business of OA with our commitment to abstinence, recovery and carrying OA's message, taking part in decisions that affect the entire OA Fellowship. Monday evening ended with the workshop "Responsibility Pledge: To Extend the Hand and Heart of OA". The theme of this conference was "Responsibility – To Carry the Message".

*Greta – Sea to Sky IG*

♥ As the week rolled along and the meetings and workshops got interesting, my room turned into the place to gather for lunch, dinner and evening conversations. My normal introverted patterns were challenged and a part of me that I don't show often emerged. I was having fun! *Kym – Oregon IG*

♥ After a long first day, the ten regions met separately following the dinner break. The Region 1 board planned a much needed Step 11 meeting for its 18 delegates, including a guided meditation. *Cindy – Greater Seattle IG*

♥ **Region 1** is the only region that has virtual sponsorship! There were a lot of people interested in how that works. **Region 3** is completely paperless. They digitized their archives and are happy to talk about how to do this. **Region 4** has a goal to get all of their groups affiliated, and are working hard to do so. **Region 6** has been having intergroup renewal workshops, to which they have dedicated a large part of their budget. They also did a PI blitz program, which I would like to find out more about. **Region 7** attended the gay pride parade. They attended a youth summit arranged by high school students. **Region 8** is attempting remote voting, are still in the process of working it through. **Region 9** had speakers via Skype as part of 12 step within. (Great idea!) **Region 10** did a 2 hour Skype workshop that was well-attended. *Debi – Greater Seattle IG*

*Thank you to ALL of our Region One Delegates—your service makes OA strong!*





## 2016 Region One Assembly Notebook

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# Project Teams

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# Region One Project Teams: A New Approach for 2016!

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What are your hopes for worldwide OA? For Region One? For your Intergroup? For your meetings? For your own recovery? For your sponsees? For the newcomer?

At Assembly 2016, we're asking you to help create a strong focus for Region One in the coming year.

- We'll ask you to share your hopes for OA, your ideas for carrying the message, and what you need from Region One. We'll talk about why we're here—why we exist as a Region. (Hint: see below!) This discussion will shape the mission of Region for the next year.
- We'll decide together which projects to focus on in the coming year, looking at each piece of our past committee structure and to see how (or if!) it fits in our mission.
- We'll ask you to join a Project Team that sparks your enthusiasm, interest or passion!
- Each Project Team will meet to set goals and create an action plan for the coming year.
- Project Teams will share their plans with Assembly and make requests to the Treasurer for funding in the coming year.

“The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and intergroups from which it is formed.” *Region One Bylaws, Article II - Purpose*

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.” *Step 12*

“Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.” *Tradition 5*

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

# Region One Project Teams: Purpose and Action Plan “Starting Points”

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The following information is from the 2014 Region One Committee Manual, and may be of some assistance to Project Teams as a “starting point” when setting goals and tasks for the coming year.

## **ASSEMBLY BINDER PROJECT TEAM (Board Liaison - Chair)**

Purpose: To provide a complete, accurate, and easy-to-use Assembly Notebook for next year’s Region One Assembly.

Action Plan:

1. Following the Assembly Notebook template, update standard documents as required with date and location of upcoming Assembly.
2. Gather Board, Project Team and Intergroup Reports.
3. Determine appropriate placement within the binder.
4. Insert page and section numbering as required.
5. Provide completed notebook in WORD format, electronically to Chair, at least 30 days before Assembly.

## **AUDIT PROJECT TEAM – (with Board Liaison)**

Purpose: To audit Region One financial records, including annual Region One Convention.

Action Plan:

1. Audit and submit a written report of general (non-Convention) financial affairs of Region One’s revenues and expenses, to be presented at the second regular Board meeting following Assembly. Report will also be included in Assembly Binder in the year of the audit.
2. Audit and submit a written report of revenues and expenses for each Convention, to be presented at the second board meeting following Convention. Report will also be included in Assembly Binder in the year of the audit.

## **BUDGET/FINANCE/SCHOLARSHIP PROJECT TEAM (Board Liaison - Treasurer)**

Purpose: To assist the Treasurer in the review and management of the financial health and well-being of Region One, encourage representation at Assembly from as many intergroups as possible by reviewing and approving (within the approved budget) qualified applications for Representative Support.

Action Plan:

1. Liaise with the Treasurer in the quarterly review of the current budget.
2. Researching options/opportunities available to non-profit organizations.
3. Assist in the annual filing of regulatory documentation.
4. Assist in the development of an Annual Budget for presentation to the Region One Board and to Assembly for approval.

5. Advocate donations to the Scholarship Fund.
6. Facilitate the process of applying for and awarding scholarships to Intergroups when funding is needed for a Representative's attendance at Assembly.
7. Send out scholarship applications to all Intergroups in Region at least 115 days prior to Assembly.
8. Determine eligibility of applications received and how available funds shall be allocated, based on established guidelines and policies.
9. Submit recommendations to the Treasurer for approval, prior to the third Board meeting.

#### **BYLAWS PROJECT TEAM (Board Liaison - Chair)**

Purpose: To review and propose changes (if needed) to Region One Bylaws and Policies, to assist those submitting motions to Assembly, ensuring that motions brought before the Assembly are clear and presented in proper form. If possible, serve on the Reference Committee at Assembly.

#### Action Plan:

1. Provide an electronic form and instructions for submitting motions to Region One Assembly. This form should be available on the Region One website and provided to the Region One Secretary for sending out with the annual notice of Assembly.
2. Encourage early submission of motions to allow for time to provide assistance to those submitting motions.
3. Number motions in a clear and consistent manner (for instance, BL-1 for Bylaws motions, P-1 for Policies motions).
4. After ensuring that all motions are in order and presented clearly, provide electronic copies to the Assembly Binder Project Team.
5. If attending Assembly, be available to serve on the Assembly Reference Committee, if needed, to clarify motions referred by the Chair, motions which receive three or more amendments, or Emergency New Business motions.

#### **CONVENTION BINDER PROJECT TEAM (Board Liaison - Vice Chair)**

Purpose: To review the Convention Binder and ensure information is current and any suggestions for additional information have been incorporated.

#### Action Plan:

1. Following the Convention Binder template, update standard documents as required with date and location of upcoming Convention, if known.
2. Review Convention evaluation forms to identify feedback that may be useful to future Convention Project Teams; incorporate this information into the Binder.
3. Collect feedback from outgoing Convention Project Teams, incorporating useful information into the Binder.
4. Provide an electronic copy of the Binder for the Region One website, and encourage Convention Project Teams to access this resource.



### **CONVENTION PROJECT TEAM CHAIR (Board Liaison – Vice Chair)**

Purpose: To oversee all aspects of an annual Region One Convention.

#### Action Plan:

1. Review the Convention Binder.
2. Following the Convention Binder template, work with the hosting Intergroup to determine Project Teams required, their duties and appointment of Project Team chairs.
3. Coordinate with the Region One Vice Chair.
4. Prepare an agenda and preside at all Convention Project Team meetings.
5. Is the ex-officio of all Convention Project Teams:
  - Venue/Hotel
  - Ways & Means
  - Registration
  - Program – Keynote, Workshops
  - Convention Treasurer
  - Miscellaneous – Decorations, entertainment, etc.
6. Work with Region One Vice-Chair and Region One Treasurer to develop a Convention budget.
7. Work with Region One Vice-Chair and Registration Project Team to develop registration form.
8. Report monthly to sponsoring Intergroup(s).
9. Submit monthly progress reports to Region One Vice Chair.
10. Keep all receipts for money expended; turn in to Region One Treasurer for reimbursement.
11. Submit a list (minimum of 3) of possible hotel sites and dates available to the Region One Board for review. The Convention Project Team shall have the final selection.
12. Present for approval a Ways and Means plan before or at the spring board meeting preceding the Convention, specifying for each component the proposed source of funds and disposition of net profits.
13. Receive a list of possible speakers from the Region One Board. The Project Team may add speakers to the list for consideration. The Region One Board will narrow the choice to three speakers. The final decision will be determined by the Convention Project Team.
14. Complete, organize and supervise all arrangements for meeting room rentals, meals, decorations, program, workshops, impromptu meetings and entertainment.
15. Maintain written records, finances, invoices and notes, submitting a final, written report to the Region One Board.

### **MEMBERSHIP OUTREACH/TWELFTH STEP WITHIN PROJECT TEAM (with Board Liaison)**

Purpose: To coordinate information and ideas of how to assist the still suffering compulsive overeater within the fellowship and to communicate these ideas and information to groups and Intergroups within Region One.

Action Plan:

1. Work in cooperation with Region One Board, Intergroups and groups, utilizing and sharing the resources of the WSO Twelfth Step Within Committee.
2. Encourage formation of group and Intergroup Membership Outreach and Twelfth Step Within Project Teams.
3. Contact Region One OA groups requesting assistance and communicate with isolated groups.
4. Share ideas for Membership Outreach and Twelfth Step Within events.
5. Post articles with ideas for membership outreach and twelfth step within events to the Region One Yahoo Group, and/or to the Region One website.

### **NOMINATION PROJECT TEAM (with Board Liaison)**

Purpose: To publicize Board positions open for election at Assembly, solicit and encourage nominees for those offices, and assist in the election process at Assembly.

Action Plan:

1. Post downloadable application forms for Board positions on the Region One website 3-4 months prior to Assembly.
2. Review applications received for eligibility requirements and notify any applicants who do not meet the qualifications for office.
3. Provide electronic copies of applications received to the Assembly Binder Project Team.
4. Arrange to copy and distribute at Assembly applications resulting from nominations from the floor.
5. Obtain volunteers from guests attending Assembly to serve as scrutineers/counters of ballots.
6. When requested, announce applications received for each position open for election.
7. Gather ballots when required; count ballots with assistance of at least two volunteers; provide ballot results to Assembly body as required.

### **PROFESSIONAL AND PUBLIC INFORMATION (PIPO) PROJECT TEAM (with Board Liaison)**

Purpose: To share and generate ideas for carrying the message in newspaper, radio spots, television, and other media and to spread the word to professionals and help individual Intergroups do the same.

Action Plan:

1. Contact Intergroups and Professional and Public Information Project Teams and help them with Information events.
2. Help locate newspapers that will run ads or feature stories for compulsive overeaters.
3. Link-up groups and Intergroups, so that Professional and Public Information people can be shared within the Region.
4. Review and approve (within budget and guidelines) applications from Intergroups seeking Region funding for PIPO projects.

### **QUILT PROJECT TEAM (with Board Liaison)**

Purpose: To coordinate making of the Region One Quilt, to be raffled off at the Annual Convention.

Action Plan:

1. Select colors, fabric, and theme for quilt.
2. Mail material and instructions to each Intergroup.
3. Collect the completed squares and make into quilt.
4. Provide raffle tickets for sale; mailed to all Intergroups in Region One, and posted on the Region One website.
5. Sell tickets and oversee quilt raffle at Convention.

### **VIRTUAL SPONSORSHIP PROJECT TEAM (with Board Liaison)**

Purpose: To connect members willing to sponsor by email/Skype/online/telephone with those wishing to be sponsored.

Action Plan:

1. Receive and respond to requests for sponsors or from those willing to sponsor.
2. Collect completed application forms electronically.
3. Match sponsors with sponsees based on information provided in application forms.
4. Promote virtual sponsorship with assistance from other Region One Project Teams, your own Intergroup and meetings, and the Region One Board.
5. Maintain a record of comments and suggestions received to help continue to improve this service.

### **WAYS AND MEANS PROJECT TEAM (with Board Liaison)**

Purpose: To research, develop and circulate fundraising ideas for groups, Intergroups, marathons, retreats and Convention. To develop and carry out fundraising projects for Region One.

Action Plan:

1. Contact the outgoing Ways and Means Project Team Chair to obtain any templates, ideas and materials.
2. Forward contact information to Communication Coordinator so link can be updated on the website.
3. All information should be obtained in electronic format.
4. Initiate contact with all Intergroup Chairs and request information on their fundraising ideas. Review all Region websites and request fundraising ideas.
5. Create list of ideas with electronic photographic examples.
6. Implement fundraising projects for Region One at the World Service Business Conference and Region One Convention.
7. Encourage and assist with ongoing Region One fundraising projects, such as journal sales.

# Region One Project Team Goals

---

Project Team: \_\_\_\_\_

Project Team Members: \_\_\_\_\_

Project Team Leader: \_\_\_\_\_

Project Team Secretary: \_\_\_\_\_

Region One Board Liaison: \_\_\_\_\_

*Goals and Related Action Plans (to be completed by September 2017)*

<b>Goal 1:</b>			
<b>Action Plan</b>	<b>Assigned To</b>	<b>Resources</b>	<b>Deadline</b>

<b>Goal 2:</b>			
<b>Action Plan</b>	<b>Assigned To</b>	<b>Resources</b>	<b>Deadline</b>

<b>Goal 3:</b>			
<b>Action Plan</b>	<b>Assigned To</b>	<b>Resources</b>	<b>Deadline</b>

<b>Goal 4:</b>			
<b>Action Plan</b>	<b>Assigned To</b>	<b>Resources</b>	<b>Deadline</b>

Communication Plan:

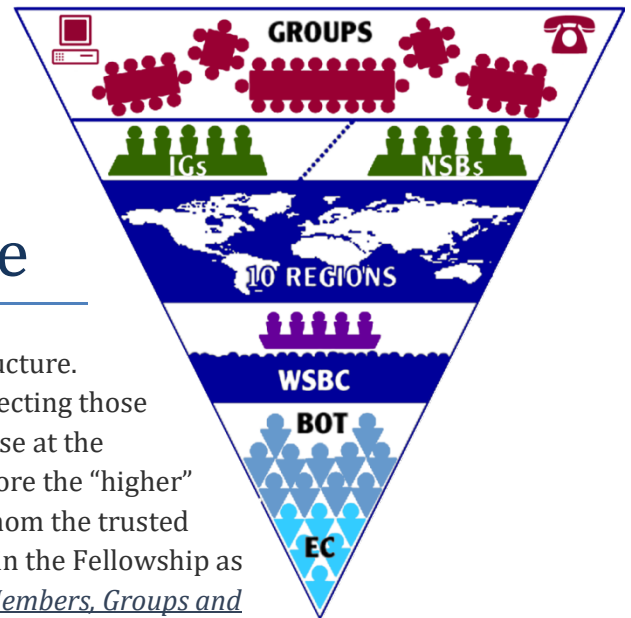
Reporting Plan:

Thank you for being a part of this Region One Project Team! We ask that each of you commit to working together on these goals from now until Assembly 2017, even though individuals may “rotate out” of being a Representative mid-year. Thanks for your commitment to carrying the message!

# The Remarkable OA Service Structure and our Primary Purpose

---

“OA’s “Inverted Pyramid” describes our unique service structure. Unlike a traditional business that has tiers of managers directing those “below” them, OA’s Board of Trustees is accountable to those at the region, intergroup/service board, and group levels. Therefore the “higher” the position a trusted servant holds, the more people to whom the trusted servant is accountable. Our primary goal is to serve those in the Fellowship as we progress in the recovery process.” – *OA Handbook for Members, Groups and Service Bodies*, p. 65.



## Interesting...but what does that mean for me, my group, intergroup and region?

---

Look again at that last sentence: “Our primary goal is to serve those in the Fellowship as we progress in the recovery process.” That means that the purpose of every one of those service bodies—and the goal of the OA members in those service positions—is to help those above it on the diagram progress toward recovery!

## Wow! That’s a lot of people pulling for me in my recovery!

---

Yes! Have you heard about OA’s Strategic Plan? It’s completely focused on bringing recovery resources to the entire fellowship. The Strong Abstinence Checklist, 12 Stepping a Problem worksheet, Working the Steps Workshop (out soon!) and those *amazing* podcasts on oa.org are all results of a Strategic Plan dedicated toward strengthening OA for all of us.

## What can I do to help the fellowship?

---

You absolutely *do* help the fellowship by abstaining and carrying the message of recovery in your meetings, family and community. You play a vital role by being a sponsor, helping others abstain and work the steps.

And, awareness of our Primary Purpose and the inverted pyramid service structure tells us what we can do whether we are participating in our home group’s monthly business meeting or sitting on the Board of Trustees. *Most of the work we do in OA should be focused on providing recovery opportunities and resources to our members—carrying the message.* And, that’s exciting, fulfilling work!





## 2016 Region One Assembly Notebook

### Section 8:

# Intergroup Renewal

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## Intergroup Renewal: What is It?

---

Simply put, Intergroup Renewal (IGR) is the process of turning Intergroups into training organizations to supplement sponsors—providers of opportunity for strengthening personal recovery. **In essence, Intergroup Renewal moves Intergroups toward being primarily focused on Tradition 5 work.**

Tradition 5: “Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.”

This refocus on helping members with their recovery has a “ripple-effect” throughout OA as a whole. Here’s why:

### **Increased personal recovery**

**= more sponsors, more service**

**= more attracting & retaining newcomers**

**= OA growth**

**= carrying the message to more suffering compulsive eaters**

**Intergroups** are in the best position to inform, educate, organize, suggest, energize and provide opportunities for OA members to strengthen their personal program and carry the message to the still-suffering compulsive eater.

**Regions** are in a position to help Intergroups in this effort.

Below is a basic outline of IGR. With your help, we will be applying this process to Region One at Assembly this year, and hope you will try this in your Intergroups, as well. And, although this process is called *Intergroup Renewal*, the same principles can be applied to any service body in OA, even individual groups or project teams!

## Intergroup Renewal Model

Basic requirement for getting started: A dedicated **leader or core of leaders** living in recovery; people who walk the walk and talk the talk and attract through their physical, emotional and spiritual recovery.

1. Intergroup **inventory**.
2. Membership **survey**.
3. Create the "cause" based on results of inventory and membership survey.
4. **Recruit**. Go out and talk to other members in physical, emotional and spiritual recovery to get them to buy into the cause; one-on-one conversations with people in recovery from as many different meetings as possible.
5. Kickoff meetings to talk about what to do about the cause. As many members as possible. Everyone has a voice. Common cause.
6. Establish a clear **vision** (based on inventory and survey and other information).
7. Establish a clear set of **goals/priorities** (to work toward vision).
8. Set a clear set of **activities** to accomplish the goals.
9. Set **responsibilities/commitments/accountability** – with a budget for each.
10. Through this process a "team" has been created. Individuals have "ownership" because they have been involved. Individuals have a high stake in carrying out their commitments as well as the team meeting its overall objectives.
11. **Distribute information** (newsletter/email) to ALL members and meetings explaining group conscience determined vision, goals and activities planned, appealing for everyone's involvement. One possible theme: Freedom isn't free.
12. Set a clear beginning and clear ending of the plan, for example the calendar year.
  - **Review progress** at each intergroup meeting/articles in newsletter/other channels.
  - Celebrate achievements -- have fun.

Let's look more closely at six major elements of IGR:

LEADERSHIP

RECRUITING

INVENTORY

MISSION/VISION

SURVEYS

GOALS/PLANS

# Intergroup Renewal: Leadership in OA

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## Personal Recovery and Leadership:

I must be before I can do. The doing is the expression of the being. Strong recovery is the first requirement of leadership. Clearly, the most important thing I can do each day is to try to help another compulsive eater, and the first and most important part of that is to be an example. I need to be before I can do.

First comes my own recovery. If I'm not living the 12 step program of OA, including being abstinent, working the steps, passing it on, etc. I am not going to be a good leader in OA. Role modeling is a big factor in leading, facilitating, getting cooperation and most importantly - attracting people to intergroup. Humility, gratitude, self-respect, and confidence are everything.

If I feel OK about my own recovery, then I need to do an inventory of my own assets and liabilities as they pertain to leading a group of disparate compulsive eaters. What aspect of relationships do I need to work on? Thin skin? Self-centeredness? Controlling? Intolerance? Emotionalism? What new skills do I need to cultivate, if any? Not just emotional, but administrative as well. What do I need to work on changing in me, or adding to my assets? Do I have any attitudes about OA or different philosophies in OA that I need to reframe?

All important in Intergroup leadership is acceptance, patience and tolerance toward all. I need to stop any judging and criticizing, instead accepting, opening my mind, and being flexible. I need to cultivate gratitude and humility. Intergroup leadership is a great training ground for relationships!

## Literature Quotes about Leadership:

- "...when we let go of our need to control people and simply allow our HP to serve others through us, we receive an abundance of joy and strength." - *OA 12&12*, p. 106
- "Trust God and focus on service." - *Voices of Recovery*, August 14
- "A leader in A.A. service is a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us naturally want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own - well, he really isn't a leader at all. - *As Bill Sees It - The A.A. Way of Life*, p. 224.
- "All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness." - *Alcoholics Anonymous*, 3<sup>rd</sup> edition, p. 567.

## Good leaders lead by:

example

service

organizing

energizing

informing

training

asking questions

Good leaders in OA:

- Create an atmosphere for honest communication. We need to be able to courteously tell each other what we are thinking about the issue at hand -WITHOUT FEAR. This is a value system set by the leader. The leader's patience, tolerance, kindness and love sets the tone. Without this, people are always worried about looking stupid or being criticized.
- Motivate by creating a compelling vision.
- Facilitate, but don't micro-manage, within the framework of the IG's vision and goals and OA's steps and traditions. All activity should in some way be related to the vision and goals.
- Allow for mistakes, and are available to help an individual or committee overcome obstacles when they need help. Be an ex-officio member of every project team, but a member of no project teams!
- Take no credit. It's always the group. "I help organize and energize, but other people do all the work, not me!"
- Are always wearing their recruiting hat, on the lookout for recovery and skills that could be useful to Intergroup.
- Help people volunteer to do things they love. They will give their time to do things they love, or which they feel it could be really useful to OA or to members.
- Treat intergroup meetings as an event, focused on helping groups and members, where there is a high return-on-investment for attendees.
- Are PASSIONATE! Enthusiasm breeds enthusiasm. Leaders cultivate gratitude in themselves and others that is just waiting to be paid forward! OA leadership is about waking up and organizing the gratitude in grateful people.

OA leadership is about waking up and organizing  
the gratitude in grateful people.

# Intergroup Renewal: Intergroup Inventory

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## What?

An Intergroup Inventory, sort of a 4th step for your service body.

## Why?

It's the first step in the renewal process.

The answers to the inventory questions naturally lead to the question of what we can we do about the issues raised, and help refine the structure and mission of your Intergroup.

An Intergroup inventory, followed by member surveys, is critical to raising awareness, arousing interest and helping people identify and take ownership of the Intergroup. It helps us become a true "we."

The ultimate goal is to bring all members to the point of understanding that we are all part of Intergroup and Intergroup is part of us, whether we go to Intergroup meetings or not.

## Who?

Invite every OA that the Intergroup serves (not just the Intergroup regulars). This helps build enthusiasm throughout your organization and allows the "we" to become solid, so everyone knows they are part of Intergroup.

## How?

Start with the Intergroup Inventory form from World Service. Find it at <https://www.oa.org/pdfs/IntergroupInventory.pdf>.

Invite everyone, and then gather as many people as are willing to work through the questions in the document.

## When?

It's most effective to have a special 3-4 hour session totally devoted to the inventory. It is best not to just do a little at each Intergroup meeting. So schedule a time that is likely to allow the most participation, but don't let perfect be the enemy of good enough.

## And then what?

Meet.

Sometimes Intergroups ask a third party to facilitate the discussion, but you don't have to.

Someone needs to take notes, so you remember what you talked about and can create an action plan once you are finished. If the note-taker feels it would be helpful, you might record the session, but do delete the recording after the notes are finished.

Remind everyone to participate with honesty and objectivity and with a spirit of patience, tolerance, kindness and love. There will be disagreements, and (almost always) disagreement and a diversity of opinions lead to the most creative and useful ideas.

Go through the questions. Summarize the results. Create action plans from those results.

Publish the summary and action plan widely. Ask everyone what they think. This is, in essence, the member survey. The basic question is: "How can Intergroup help you?" Follow up after you get reactions and responses to the action plan.

## Intergroup Renewal: Surveys

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IG inventories followed by member surveys are the most critical part of raising consciousness and awareness, arousing interest in doing something, and building a cause with which people can identify and eventually take ownership of. It becomes a true “we” or “our” OA. Intergroup inventories and member surveys touch every member and raise awareness of Intergroup in a positive way.

After summarizing the results of the inventory, the next step is action plans. One of those action plans has to be to publish the results of the inventory to the membership and then ask them what they think.

**That’s the member survey which is basically, “How can we (IG) help you?”**

**Organizations stick around for a long time if they are “learning organizations.”** That means they have a mechanism in place to get continual feedback from “customers,” and to learn from the feedback their customers give them. These organizations make adjustments, keep up-to-date, do new things.

Lack of attendance at intergroup is feedback. Non-attendance is the same as a written survey. If an Intergroup learns nothing from that, ultimately it fades away.

Member surveys are the grass-roots tool for getting member involvement and eventually ownership for OA’s health in their area. Surveys:

- Establish communication with the groups.
- Help build community with a “to and from” flow.
- Generate interest.
- Stimulate service.
- Focus Intergroup efforts on the highest priority needs of groups and members.
- Become the basis for
  - Strategic Plans: long range objectives
  - Operating Plans – current year’s priorities and budgets.

**Consider making use of electronic survey tools:** The survey on the next page was a paper-and-pencil survey with open-ended questions, manually distributed and collected. It involved lots of footwork and visiting of meetings to maximize the numbers of completed surveys getting back to intergroup. And the many open-ended questions meant reading and categorizing endless words expressed in the vocabulary of each individual. Needless to say, the tabulating of results was lengthy. Today it can mostly all be done electronically.

## **EXTRA! EXTRA! EXTRA! Member Survey Underway!**

See your Intergroup rep for a copy, or print out the survey from\_\_\_ (website).

**EVERY person's opinion is needed - newcomer or long-timer, in recovery or in relapse.**

OA suggests that every intergroup and group periodically take an inventory of itself. Your Intergroup recently completed this self-assessment. One of the strong conclusions was that Intergroup would like to increase its level of service to member groups, if possible. As a first step in doing this it needs to know what each of you think. Following is a 26-question member survey designed to provide several things:

1. Information about the overall health of OA in the area;
2. Your ideas on things that might strengthen your individual recovery;
3. Your ideas on things that might help carry the message to more people;
4. Information that could help OA stay vital and growing in our area.

This is an **anonymous** survey. The more people who participate, the greater the value of the information gained. Every person's opinion counts, no matter how long he or she has been in OA. A summary will be published in a future newsletter. Survey results are expected to serve as the basis for setting our Intergroup priorities in the coming years.



## Intergroup Renewal: Mission-What are we Aiming At?

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**The idea is to make Intergroups a center of recovery activity.** Ask your IG: What is our Mission?? Keep it focused and short. Establish your Intergroup's overriding theme and print it on your agenda every time. Keep it simple. For example:

Working the Steps, Carrying the Message, Grow OA, Make OA KNOWN, Make OA strong, or whatever mission speaks to your members.

Training Prop: a bunch of Arrows. No focus - all scattered.  
Gathered together - focused in a single way strong and powerful. Bulls eye!

There are a few core functions that need to happen to make OA more viable in an area: a web site, a list of meetings (paper/online), a phone contact line, public information to announce newcomer events and workshops, publicity about the availability of OA (free and paid), supporting recovery workshops, sponsor training and Step and Tradition Studies. Your IG may be a certified non-profit. How we do these things can vary greatly depending on the available resources. **But Bylaws and Policies and formal committees don't take us forward unless they support a core mission that is crystal clear.** All of these functions will be enhanced if they are powered by a clear mission and we tap in to our members' passion to help OA.

**Writing Exercise - Consensus Building - Choosing our Mission** –Intro to Bull's eye. Supplies: Post it notes, Bull's EYE target, pens, timer. Time: about one hour.

Activities/Timeline:

1. Take 60 seconds (real time minute) think and pray for an open mind and heart.
2. Write down a simple short and sweet MISSION for your IG.
3. Moderator collects and posts all the Notes on the Target.
4. Each person comes up and grabs a note NOT their own.
5. Break into groups of 5-7 persons each. We need a discussion timer/moderator for each group.
6. Each group has 15 minutes - Go around the group. Read each post it note suggestion and explain what it means to you. (one minute each). Even if you don't like the idea you have, put it in the best light you can. No criticism of an idea. After everyone has presented, moderator asks for input on the idea that appeals most to the group - choose a top contender from your group via discussion. The person who spoke on the idea selected presents it to the whole group. (2 minutes each)
7. The most appealing ideas from each of the groups are presented to all. (3-5 ideas) All are posted on the outside of the target. Heads down vote show of hands for each idea in turn about moving it onto the target. Then repeat with any ideas that move on to the target as needed to move ideas closer to the BULL'S EYE. Finally, shares for 15 minutes (2 - 3 minutes each) what the remaining ideas mean to you. Lastly open consensus (vote head nodding whatever seems to be arising) on which is the MISSION statement we feel is best for us now - the one that hits the BULL'S EYE.

Choosing a mission is powerful. Once you have agreement and buy in, the next phase is to generate activities that support the mission. **Ask: HOW do we support our mission? Hold up everything you do in IG to the mission: is it aligned?**

There's a quote from an Irish statesman Edmond Burke that says, "The only thing necessary for evil to triumph is for good men to do nothing." I translate that into: The only way for OA to fade away is for people whose lives it has saved to do nothing. - Don C. IG Renewal Manual

## Intergroup Renewal: Strategic & Operating Plans

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The word *strategic* typically means long-range, and the word *operating* typically means current year.

Pain inspires action; hope inspires action; dreams inspire action; goals inspire action. It's the same with IG as in our personal life. Goals motivate. They give us a destination. Without goals we are adrift. Goals also drive attraction and intergroup is an organization of attraction.

**Visions, goals, a cause, the opportunity to feel really useful – all these drive intergroup attraction.**

Once goals and action plans are in place, they “pull” people into action. They energize, empower, focus and allow people to feel useful. The whole renewal process starts out with a cause. The phrase that has motivated the most effort by members in all the intergroups I've chaired: *Provide opportunities for members to strengthen their recovery.*

More detail:

We need to have clearly defined goals and action plans. Without goals and plans (and budgets to implement the plans) the intergroup is adrift. Having goals and plans focuses our attention and energy on getting where we want to go. Without them we wander around meeting to meeting in a “reactive” mode. Goals and plans put us in a proactive mode. **Goals not only steer the ship, they inspire action.**

When creating something new we start with the vision. Then we make a plan to get there. Then we pull together all the tools we need for the process. We set interim short-term goals (follow-ups) to keep us focused rather than scattered, as well as “pull” us forward. Members can't be pushed, but they certainly can be steered and pulled in a direction that aligns with their recovery.

Sometimes defining a vision can be useful to attract and raise awareness. A vision is a broad, clear direction/intent of what we want to do. Creating a vision can be an important part of the journey. People need to be able to visualize the desired outcome. **One that I have used successfully is basically Tradition Five – the reason we exist: “Save Lives Through Carrying OA's Message to the Still Suffering.”** My mantra through my years of leading IG's has always been Tradition Five. Intergroup shouldn't be doing anything that doesn't in some way relate to that.

Goals – sometimes called objectives - can be long term (multi-year strategic plans) or short-term (single year). Goals put meat on the vision and inspire action. Having no goals leads to drift and lethargy, a reactive organization rather than a proactive one. Goals define how we will seek to fulfill the vision.

Here's an example of goals that are strategic in nature that have been in all the intergroups I've chaired. These strategic goals appear on every intergroup meeting agenda to keep us focused on why we're here. We don't do anything that is not related in some way to these strategic goals.

1. Help members strengthen their personal recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Inspire people to give more service
7. Increase Outreach activities, including professionals

**Goals:** A goal without an action plan is simply a wish. Action plans specifically define what projects or activities we will undertake to achieve the goals. Sometimes the word “priorities” is used interchangeably with goals or action plans, but more often than not it sorts out the dozens of action options we might use to achieve a goal.

**Here’s an example from my most recent intergroup of the priorities set for a particular year.** They looked at 20-25 potential actions suggested by members, then selected the following. All, of course, were designed to help fulfill the strategic goals above.

1. Working and Living the Steps Workshops. These were five three-hour workshops on Sunday afternoons covering various groupings of steps. Three speakers speak on the topic (the topic, not qualify), then the audience is divided into discussion groups with each speaker leading a group. These are discussion groups, not sharing groups. Participants raise personal issues or problems on the steps being discussed that day members of the group who have experience with that particular problem or issue share how they solved the problem, or got through the issue. Example of a common question: “I’m stuck on step 3. I can’t get through the God thing.” People share how they got through the God thing. The format makes each group discussion a learning experience. Five of these were held with average attendance of about 70-75. They were free.
2. Booklet. The group voted to organize the writing of a local booklet on How I Got Abstinent and Stay Abstinent written by as many local members as we could get with one year or more of abstinence. About 30 people wrote 500 word articles answering the question. Two hundred fifty copies of this “local literature” booklet were distributed free to all members (one each).
3. Marathon events including IDEA Day, and Unity Day.
4. Quick Step Studies. Groups of 10 members were guided through the 12 steps over 4 weeks using the Big Book. The number of groups would depend on how many members signed up. We ended up having six sessions (60 people).
5. Retreat. A weekend retreat on Sponsorship Training.
6. Sponsor training. Monthly training at three different sites for NEW sponsors. One hour training using existing OA literature on the subject.

Plans and goals are ways we keep our attention focused on where we want to go. Goals “pull” rather than “push”. Where we want to go is to have a strong and thriving OA fellowship that helps us recover, supports us in recovery, and attracts new people who need our help.

The value of Intergroup is measured by its  
usefulness to members and meetings.

Usefulness is our main product.

Here's a summary chart that brings all the planning pieces together:

### **Intergroup Refocus Example**

**Vision:** High Value Intergroup that:

1. Serves Membership and attracts
2. Strengthens OA as a whole

**Strategic Plan:** Priorities:

1. First Priority: Create training/educational activities/opportunities to help members recover or strengthen their recovery. Supplements sponsorship. Helps close sponsor gap. From more personal recovery comes more sponsors, more attraction, more retention, stronger IG and OA.
2. Second priority (but required): ongoing IG admin tasks, e.g., meeting lists, hotlines/answering service, PI/PO, reps to Region & WSBC, Unity Day, IDEA Day, etc. etc.
3. Third priority: Proactively train/teach/assist meetings on administrative matters, e.g., formats, organization (job descriptions), group conscience, job descriptions, treasury, inventories, etc. This would facilitate and increase member service at the meeting level, strengthen meetings, and facilitate ease of movement from group service to IG service.

**Goals:**

1. Help members strengthen their personal recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Inspire people to give more service
7. Increase outreach and public information activities

**Action Plans to Achieve Goals:**

1. Working and living the steps workshops
2. Create local literature booklet: "How I Got Abstinent and Stay Abstinent"
3. Marathons events – IDEA Day and Unity Day
4. Quick Step Study groups
5. Retreat on sponsorship training
6. Monthly one-hour sponsor training meeting

## Intergroup Renewal: Targeted Recruiting

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There are two fundamental points here:

1. Our resource base is our entire membership, not just the people who come to Intergroup.
2. Don't wait for people to volunteer for anything. Go get them.

**Few volunteer, but many say yes when asked.** The targets are people in recovery. While the Chair is the primary recruiter for the officer and committee chairs or co-chairs, the committee chairs or co-chairs are the recruiters for their committees.

There are many people who want to help, but can't come to intergroup for various reasons. People don't have to come to Intergroup to be part of the Intergroup team. They want to help their friends, OA, the still suffering, and if they see IG as doing that kind of work, recruitment is easy.

A key point is that almost all committees are ad hoc committees, not the traditional standing committees laid out in the bylaws. Ad Hoc committees are formed yearly to execute whatever the various projects are for that year. Then they go away to be replaced by whatever committees are needed for the new year. A lot of members of these various committees – other than the Chair or Co-Chair of the committee – don't ever come to intergroup. Our resource base is our entire membership, not just the people who can attend intergroup.

**Clarity of task and resources:** When recruiting, ask people to do specific tasks, not just come to Intergroup and provide service. No one responds to general requests to do service. Acceptance is directly proportional to the clarity of the task. Clarity includes a clearly defined beginning and end. This clarity puts a nice box around your proposal, which makes it much easier for your candidate to fully assess impact on herself, her family, or other commitments.

Another important factor is whether or not this particular task has been done before. If, for example, you're organizing a workshop that's been done before where processes and procedures are already in place – or at least a previous chair will pass on exactly how she did it – this also increases the odds that your candidate will say yes.

Of course, the idea of **clarity of task assumes the Intergroup has a clearly defined plan** so people can see exactly where they fit into the bigger vision.

*“Someone with solid abstinence who is working the program has a very hard time saying no to a specific job request, especially if it is a one-time, ad hoc committee request, as so many are. What I have done consistently over five IGs is go after the long-timers in recovery for special projects. Almost all used to do a lot of service, but got tired or for whatever reason drifted away from IG. None of these are going to sign on for long term IG positions or just come back to do general service. But when asked to take on a concrete task, with beginning and ending, they can't say no. This is where their gratitude comes in. Whether they realize it overtly or not, there is the grateful quiet voice within whispering that here is a do-able opportunity to pay it forward.”*

There are also many grateful, newer people who haven't yet done any service beyond the group level. Many of these new people are fearful they don't have "skills" to offer IG, or they aren't good enough. They have the urge to help, but hold back. Let them know that we share a common disease and a common solution, but each of us is unique in the contribution we can bring to the table. Tell them "We need what you can bring!" I explain some of the things that need to be done with which they might help – from the complex to the manual work, and let them choose.

*"Our Intergroup had about 100 cover letters, the enclosure materials, the addressed envelopes and stamps for a mailing to health care professionals. I mentioned during announcements at a Wednesday morning meeting that we needed to have all this stuff ready in the next few days, and I wondered if anyone would be willing to stay after the regular meeting next week and help us get everything ready for the post office. Several people said yes. At the end of the following week's meeting I pulled out all the materials and virtually everyone in the meetings quickly organized themselves into an assembly line. The task was done in 20-30 minutes. I sat back and watched in amazement."*

**Much of this process is about relationships.** Recruiting is at the core of developing one-on-one relationships to form a team and get things done. Recruit like-minded people who want to help OA and strengthen their own recovery.

A few good people in recovery at Intergroup can recruit, organize and inspire huge numbers of members to do service work.

Our resource base is our entire membership, not  
just the people who attend Intergroup.





# 2016 Region One Assembly Notebook

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# Region One Resources

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**“Chat with the Chair”** – Conference call for Intergroup Chairs and the R1 Chair. Connect, share information and solutions. First Saturday of each month at noon Pacific Time. Email [chairr1@gmail.com](mailto:chairr1@gmail.com).

**Assembly Representative Support Funding** – We want your Intergroup represented at R1 Assembly! Applications are due by July 15 each year, and are available on our website. Email [RegionOneTreasurer@yahoo.com](mailto:RegionOneTreasurer@yahoo.com).

**Conference Call Line** – R1 has a free conference call line for use by the Board and Region Project Teams. Intergroups may request use of this line by emailing [board@oaregion1.org](mailto:board@oaregion1.org). The calendar is posted at <http://www.oaregion1.org/call-calendar.html>

**Convention!** Our Region Convention is an amazing recovery opportunity! This annual fall event is a solid weekend of OA, with a keynote speaker, OA meetings, fun activities, and a full day of topic workshops on Saturday. <https://sites.google.com/site/region12015convention/>. Head’s up –our next Convention will be hosted by Greater Seattle IG, October 6-8, 2017!

**Events** – List your OA event or get information about other events in R1. There’s also a listing of upcoming virtual workshops! <http://www.oaregion1.org/events.html>

**Intergroup Liaisons** – Each intergroup (and Project Team) has a R1 Board Liaison, who shares information and resources to help your intergroup thrive. Liaisons are listed at <http://www.oaregion1.org/contact-us.html>.

**Intergroup Renewal Board Visits** – The Region Board wants to visit each of our Intergroups at least once in the next two years! Two Board members will lead your workshop, marathon, or retreat on a topic chosen by your intergroup, and will lead a 2-3 hour workshop on Intergroup Renewal. Fill out the application in your Binder, or email [board@oaregion1.org](mailto:board@oaregion1.org).

**Journals** – Daily format for morning and evening review. Available at [http://www.oaregion1.org/store/p9/Region\\_I\\_Journals.html](http://www.oaregion1.org/store/p9/Region_I_Journals.html)

**Men's Contact List** – We are creating a contact list for men in R1 to make it easier to connect. Email [mal@oaregion1.org](mailto:mal@oaregion1.org).

**PIPO Funding** – Region has money to help your intergroup with Public Information and Professional Outreach projects. Section 5.5 of our Policies contains guidelines for these grants: [http://www.oaregion1.org/uploads/1/4/0/4/14047174/region\\_one\\_policy\\_manual.pdf](http://www.oaregion1.org/uploads/1/4/0/4/14047174/region_one_policy_manual.pdf). Or email [regiononesecretary@gmail.com](mailto:regiononesecretary@gmail.com).

**Recordings** – Check out the podcasts and Convention recordings on our website at <http://www.oaregion1.org/oa-media--bookstore.html>

**Speaker List** – Need a speaker for your event? Would you like to be on the R1 speaker list? Email [mal@oaregion1.org](mailto:mal@oaregion1.org).

**Traditions Help** – Contact our Region Trustee or any Board member if you have a Traditions question. Email [board@oaregion1.org](mailto:board@oaregion1.org).

**Virtual Sponsorship** - Are you looking for a sponsor or sponsee, but can't find one in a face-to-face meeting? Fill out an application at <http://www.oaregion1.org/current-member-services.html> or email [region1virtualsponsorship@gmail.com](mailto:region1virtualsponsorship@gmail.com).

**WSBC Delegate Support Funding** – We want your intergroup to send Delegates to World Service Business Conference! 2017 applications for R1 support are due by September 7. Email [RegionOneTreasurer@yahoo.com](mailto:RegionOneTreasurer@yahoo.com).

**Yahoo Group for Intergroup Chairs** - Join this loop to connect with others in Region 1, share ideas and flyers. You don't have to be a current chair to participate. To request an invitation to join this loop, email [chairr1@gmail.com](mailto:chairr1@gmail.com).

**Yahoo Group for Region One** – This loop is for sharing news that will benefit all members of R1. Subscribe by sending a blank email to: [oaregion1-subscribe@yahogroups.com](mailto:oaregion1-subscribe@yahogroups.com).

## OA Technology to Boost Recovery

- A group of OA Members locally formed a group text system. They check in with each other throughout the day, giving them an easy outlet for asking for help or venting about life.
- Texting newcomers to welcome them and invite them to text or call. It seems less invasive than a call from someone they hardly know.
- Telephone and on-line meetings. Using telephone or on-line technology OA members from around the world may attend meetings together.
  - From the OA website click on "[Find a Meeting](#)" and select the type of meeting you are looking for. You may select face-to-face, telephone or online meetings.
- Podcasts using the OA website – you can get a meeting anytime you need it. Another reference is: [www.oalaig.org](http://www.oalaig.org) where you can listen to hundreds of OA speakers from around the world.
- Virtual Sponsorship is an extremely helpful way to find a sponsor or to sponsor someone on-line.
- Monthly on-line newsletter for your region sharing testimonies and info on future events to enhance recovery.
- Using facetime, Skype or some other modality to bring solidly abstinent member(s) into a struggling a meeting to share ESH or to bring members who are sick, have young children, car problems etc. to the meeting.

Any more there is no reason not to get to a meeting and for sure there are many different "flavors" and times and modalities to attend meetings virtually.
- The World service committee is dedicated to finding ways to improve our abstinence using technology. This year they adopted a motion that would allow institutional social media pages to educate and inform the general public and remind OA members about what OA has to offer.
  - Some ways to do this would be by being involved with things like Facebook and YouTube to help carry the message.



\*\*\*We would like to remind members that they are responsible to maintain their own anonymity. Being mindful and considerate of others' anonymity is also important as we utilize technology to carry the message and nourish our own recovery. By carrying the message we keep our own recovery strong.

# Region One Conference Calls

<http://www.oaregion1.org/call-calendar.html>

Check the website for updates

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**U.S. LINE: 641-715-3836**

**PIN: 282586**

*BACKUP LINE FOR CANADA: 559-546-1400*

*(try U.S. Line first. PIN is the same)*



All times listed are Pacific Time

Call schedule as of August 2016:

**Board Call**

Second Wednesday of month at 1:15 PM

**Convention Binder**

Third Sunday at 3 PM

**Intergroup Chairs**

First Saturday of month at 12 noon.

**PI/PO Committee**

Third Monday of month at 7PM

**BFDS Committee**

Third Sunday of month at 4PM

Your Project Team can use this free conference call line. Request a time by emailing [Webmaster@oaRegion1.org](mailto:Webmaster@oaRegion1.org).



Region One asked the Region Chairs and Board of Trustees to respond to the question:

**"If you were speaking to a new intergroup chair, what are some of the "Do's and Don'ts" you would suggest they keep in mind in order to be an effective chair?"**

*Here, in no particular order, are their wonderful responses!*

- I would suggest they get a copy off the website of the how to be an effective trusted servant document. [https://www.oa.org/pdfs/trusted\\_servant.pdf](https://www.oa.org/pdfs/trusted_servant.pdf)
- The most valuable tidbit I have to offer is to always have a printed agenda (copy for all present) and follow the agenda.
- As for a new intergroup chair my first thought is please never forget Rule 62- never take yourself too seriously!!
- Each IG meeting we spend a few minutes reading from the pamphlet "OA Handbook for Members, Groups, and Service Bodies." It is one of the best pamphlet we have. It describes everything any OA member needs to know. By reading a few pages each intergroup meeting we finish the whole pamphlet about once a year. Each month we learn something new.
- I find it helpful for each sponsor to expect/recommend/ask their sponsees to give service at the IG level. At least try. Or go to a meeting, just to check it out.

- I once chaired an intergroup that went from a dysfunctional group to one that really thrives. Here's some of our Do's and Don't's:
  - Do make abstinence important; support one another in our personal recovery
  - Do create abstinence requirements for service
  - Don't be scared!
- It's good to hear of an area where there is enthusiasm around the Intergroups. That really makes things feel easier.
- My suggestions are have an agenda and follow it. People are far more willing to give service if it doesn't get bogged down in long winded discussions that lead nowhere.
- Have reports due ahead of the meeting and sent out in advance. Then the meeting time doesn't have to be taken up with the giving of reports. Use the time to discuss projects or for committee breakout meetings.
- Have a time when the IG reps can bring up questions or share about their group.
- Begin and end on time.
- How to run a meeting well: Have an agenda, listen, be patient, be flexible, know that everyone there has the good of OA in their hearts, be honest, be open minded, and be willing to let go our your ideas and let others "do it their way." Guide rather than direct. Suggestions go a long way.
- Handling the time commitment: God's put you in this position to use your talents but also to keep it simple and in balance. Ask yourself "How important is this?" Or...are babies dying over this? Watch the time commitment and learn to say "no" nicely.
- Use of Robert's Rules: Use more or less depending upon group size. When it gets contentious use them a bit more. And remember that a group conscience deliberation and decision include HP.
- How to fill empty service positions:
- Ask people personally. Encourage them to use their ESH and let them know others are available to help them as they learn. (God doesn't call the qualified - he qualifies the called.) Be a "service pusher" and let others know how doing service is smashing it for your recovery.

- Do's:
  - Keep it simple and balanced.
  - Ask for help when you need it.
  - Memorize and call upon the "group handbook" - it can be your best friend.
  - Do look for solutions in the grey area rather than our addict "black and white" tendency. Ex: Let's try this for two months and see how it works. (Rather than let's make a new Bylaw about that right now.)
  - Learn to let go and let others do tasks their way.
  - Be enthusiastic about service and positive about carrying the message and resolving issues with the traditions.
  - Look for the spiritual solution to issues.
- Don't:
  - Make a decision until you hear all sides.
  - Let your service work replace your recovery work.
  - Despair when others do something differently (or in your mind not as well) than you do.
- Remember our Primary Purpose in all things you do and lead the IG to do. Ask yourself and the group frequently if what you're doing or thinking about doing will help the still suffering compulsive eater. A lot of times service bodies get bogged down in administrative tasks and lose focus of the bigger picture of why we exist as an organization.
- Keep the focus on personal recovery. Encourage officers and committee chairs to work on their personal recovery. The IG won't be effective or attractive if recovery is not present among the members who are in leadership positions. Take time to find out how the IG can help its groups focus on the recovery of its members
- A good way to discover how the IG can help foster recovery is by doing an IG survey and then inventory. It's important to find out what the unique needs of YOUR IG are, as they may differ from other groups.
- Don't just do things because "that's the way they've always been done" or because that's what your predecessor did - keep putting all actions through the litmus test of "does this help us carry the message?" You may encounter resistance if you decide to change things. Refer to the traditions, especially Tradition 5 (are you sensing a theme yet?) to help guide your actions and responses.



- Recruit your OA buddies at the meeting level to come support your IG efforts. This will be especially important if you are trying to implement changes.
- Bring recovery to the IG meeting to help you lead (the change of focusing on recovery) by example: have a speaker share their recovery story before or after the IG meeting, pair the IG meeting with an OA meeting or workshop, etc.
- Spend 5 minutes of the IG meeting to have your officers share on what they are doing to strengthen their personal recovery
- Ask the previous IG Chair to serve as an ex-officio Chair for a period of time to help ease the transition
- Use a standardized meeting agenda & send it out ahead of time so members know what to expect before each meeting & can prepare accordingly.
- Start and end the meeting on time. This was HUGE in my IG, as a lot of people had stopped attending when previous chairs let the meeting run late. Not knowing when the meeting will end has a negative effect on everyone and reduces people's willingness to return.
- Concentrate on what the IG can do to support the OA meetings in carrying the OA message of recovery.
- Do have some basic ground rules for participation in the meeting. As you grow you may need more and may need to use Roberts Rules.
- Try to run a 'recovery event / workshop' on the same day as the IG meeting. In my view this is crucial – it brings service & recovery together and sends a very basic message that service is part of our recovery. Members that want the workshop may attend the IG as a visitor and it's a good way of introducing members to service that they might not otherwise look to. Try to cover the traditions & concepts as part of some of these workshops.
- Ask members in a group to give a lift to other OA members to the meeting – encourages participation and fellowship.
- Useful to have an 'IG Newsletter' of one page length after each meeting, with the 'bare bones' of info that you want to be conveyed to the groups. Catchy colours / clipart etc. is useful – see attached for an example.
- Where there is a workshop attached to the IG meeting – try to get members to adhere to basic sharing details that the IG agrees to as a whole – see attached as an example.
- Have abstinent members in service positions. Abstinence requirement should be stated in the bylaws.

- Basic bylaws perhaps drafted from the WSO website:
  - [https://www.oa.org/pdfs/bylaws\\_overview.pdf](https://www.oa.org/pdfs/bylaws_overview.pdf)
  - [https://www.oa.org/pdfs/sample\\_ig\\_bylaws.docx](https://www.oa.org/pdfs/sample_ig_bylaws.docx)
- Keep your IG details up to date with WSO <https://www.oa.org/pdfs/igregform.pdf>
- Have the treasurer read the guidelines [https://www.oa.org/pdfs/ig\\_treasurer\\_guidelines.pdf](https://www.oa.org/pdfs/ig_treasurer_guidelines.pdf)
- Review for good measure as a 'good' trusted servant
  - [https://www.oa.org/pdfs/trusted\\_servant.pdf](https://www.oa.org/pdfs/trusted_servant.pdf)
- Good idea to be inclusive as you can <https://www.oa.org/pdfs/UnityWithDiversityChecklist.pdf>
- Firstly I would explain that a Chairperson to facilitate the meeting reminding everyone that they only have a voice thru the Chair - ie the Chair will keep record of who was due to speak next according to when they indicated they wished to speak. *They DO NOT govern, nor do they have an "opinion".*
- Also I would encourage the candidate to read up on a simple system of Robert's Rules and uses these as well as the Traditions to keep the meeting focused and peaceful. *This avoids chaos.*
- I would suggest they become familiar with the Service Board By-law and Policy Manuals. *These are often referred to and should be available for all attendees.*
- *Often the serenity prayer will get you past some tricky moments.*
- Take it one day at a time
- Helpful to work with your Board and create a vision/theme for your year/term. Do you choose the Principles, Traditions or a one word theme of 'Unity'
- This is a great opportunity to reach out to other Intergroups in your Region to see what they do
- If you feel even more brave, you can reach out to another Region Chair and get a couple of other Intergroup Chair names and numbers of contacts (Great way to build your OA community)
- Learn to Delegate as best as you can
- Have regular board meetings prior to the Intergroup meetings to give and share updates and ideas

- Remember why you stepped up to do this awesome service and know that HP equipped you with what you need to lead
- Use the documents section of [oa.org](https://www.oa.org) – oodles of awesome free documents and ideas - <https://www.oa.org/documents/>
- HAVE FUN
- One of the most important things I learned as IG chair was to give everyone who wishes a chance to share. Some are reluctant and I try to find ways to help them feel safe speaking up. Not always easy I agree. Sometimes I had to cut off discussion because we ran out of time for us to reach consensus at one IG meeting. Very few decisions need to be made urgently. A long time member suggested that a close vote means there is no consensus and I agree. It does take more time, but it is well worth it in the long run.
- Also check out the consensus guidelines here: <https://www.oa.org/pdfs/consensus.pdf>
- We're all in this together and none of us is in charge! Just because you're the IG Chair doesn't mean you know more than the person next to you. We can't do this perfectly, but you were willing to take on a leadership role....it may be new to you, but that's how we develop new skills.
- Live and breathe by the Traditions! It might make sense to have your Region Board present a Service/Traditions/Concepts workshop.
- Keep the meeting focused and on time—this is critical!
- Don't be afraid to ask for help! Just like our recovery, we won't always know what to do....ASK! Ask the previous IG Chair, ask your Region officers/trustee, ask your sponsor....just ASK!
- The [oa.org](https://www.oa.org) website has lots of resources available to you....handling disruptive members, how to be effective trusted servants, etc. The OA Handbook is also a valuable resource.
- Remember to acknowledge and appreciate everyone who comes to intergroup, AND those who are not able to attend, but take other service positions and help keep groups going strong! We are ALL part of intergroup!
- Check in with people in service positions—ask them how it's going and if they need any help. If someone is feeling overwhelmed, get them help, even with small parts of their job. Make sure people know they have backup and they will have an alternative to “stepping down.”

- Make intergroup meetings interactive, rather than just the board talking. Ask for input, ideas and solutions. Ask for help with small tasks. Our intergroup has a listing of “Service in Small Packages” on the agenda, with the last item being “Does anyone else need help?” Offering small service opportunities allows people to feel a part of, even if they’re not up to holding an office.
- Start and close meetings on time. This is respectful of the time members are giving to come to intergroup.
- A good agenda:
  - Is published in advance of the meeting
  - Is clear about what will be discussed, and the time allotted to each item
  - Allows for group input / interaction
  - Includes the exact wording of any motions being brought to the meeting
- Don’t feel like you have to fill the agenda with business! It’s wonderful to have program-focused presentations, as well.
- Help the group move along to a decision, especially on minor items. Sometimes we can debate even the smallest issues for a long time, and that can get frustrating. However, sometimes issues are very important to people, and there are strong feelings involved. It’s important to know when something needs more time, thought and discussion. It’s usually ok to postpone an item of business to next month.
- Remember that you’re not alone. Meet with your fellow board members to discuss how things are going and what new directions you want to explore.





# Region 1 Speaker List Application

Speaking is a way to give back and help others. If you are interested in offering this service, please complete this form. Your information will be included in the Region 1 speaker list and held in confidence by Region 1. It will be provided only to those groups seeking a speaker who specifically ask for this information.

This is an interactive form, which means you can type information on the form, then save the file and email it to [mal@oaregion1.org](mailto:mal@oaregion1.org). Or, you may print and mail it to:

Attn: Sue B.



Date of Application \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Length of time in Program \_\_\_\_\_ Abstinence Date \_\_\_\_\_

Willing to travel: 100 miles? \_\_\_\_\_ Within R1? \_\_\_\_\_ Any? \_\_\_\_\_

Willing to lead: One-day workshop? \_\_\_\_\_ Weekend retreat? \_\_\_\_\_ Convention? \_\_\_\_\_

Favorite topics \_\_\_\_\_

By submitting this form, I certify that I have a least one year of current abstinence, that I have a sponsor, that I sponsor at least one other member of Overeaters Anonymous, that I regularly attend OA meetings, and that I actively work the twelve steps. I will notify Region 1 of any changes to the above information and my ability to serve as a speaker.

Thank you for your willingness to serve!



# 2017-2018 Region Board Intergroup Outreach Travel

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The Region Board is excited to offer a restructure of our intergroup outreach travel—instead of sending all of our Board members to visit only four Intergroups each year, we'd like to use the same travel dollars to visit *all* of our Intergroups at least once over the next two years, sending two Board members on each visit.

Here's what we can offer:

- Two Board members visit for the weekend (Friday arrival, Sunday departure) to
- Lead a marathon, workshop, or retreat on topics chosen by your intergroup, and to
- Present a 2-3 hour interactive workshop on Intergroup Renewal.
- Region covers travel costs to and from the event, and
- Proceeds from all Intergroup raffles, registration, etc. are retained by the Intergroup.

We ask the Intergroup to:

- Provide meeting space,
- Create and distribute a flyer to get the word out about the event,
- Invite members from nearby Intergroups to attend, and
- Provide an overall structure and timeline for the event.
- Cover registration fees (if any) for Board members, and
- Allow Region One to offer journals, quilt tickets, and/or Convention raffle tickets for sale.

We hope you'll invite us to visit!

Please talk with your Intergroup and complete the following:

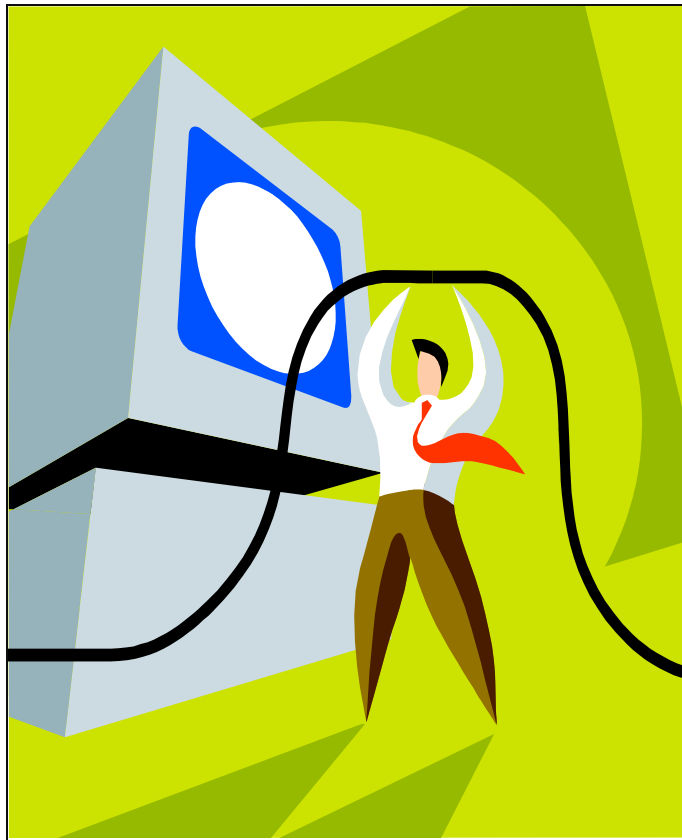
Intergroup _____	We would like R1 to visit: (mm/year)
Location (State/Prov) _____	First choice _____
Contact Name _____	Second choice _____
Email _____	Third choice _____
Phone _____	Has your IG ever hosted R1? _____
Address _____	If so, when? _____
Address _____	Comments _____
	_____

Thank you! Please return this form to [board@oaregion1.org](mailto:board@oaregion1.org) or mail it to:  
Region One, P.O. Box 23235, Tigard, OR 97281, USA.  
We'll get back to you soon!





*Overeaters Anonymous Region 1  
Virtual Sponsorship  
by  
Email, Phone, Skype*



- **Become a Virtual Sponsor**
- **Find a Virtual Sponsor**

*For more information:*

[Region1VirtualSponsorship@gmail.com](mailto:Region1VirtualSponsorship@gmail.com)

*or*

<http://www.OARegion1.org/current-member-services.html>

## OA Responsibility Pledge:

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

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## Virtual Sponsorship -- by Email, Telephone, Skype, Online...

Are you looking for a sponsor or sponsee but can't find one in a face-to-face meeting?  
WE CAN HELP!

<http://www.oaregion1.org/current-member-services.html>

- Complete the online Sponsor or Sponsee application form.
  - To be a sponsor, choose the **sponsor** link; If you need a sponsor, choose the **sponsee** link.
  - The Virtual Sponsorship Committee will ALWAYS protect your anonymity.
  - Only contact information will be shared with your "match," all other information is only used to help "match" sponsors to sponsees.
- When you press **Send to Region 1 Virtual Sponsorship Committee**, your completed application goes to the Virtual Sponsorship Committee. They will respond to explain the details of the process.

### What happens next?

Based on your responses, the Virtual Sponsorship Committee will try to spot a potential "matching" sponsor/sponsee combination. If this happens, each of you will be sent only each others' names and email addresses. The two of you can interview each other and take it from there. The Virtual Sponsorship Committee will contact you in a week or so to find out whether you are still looking.

No matter what happens, the Virtual Sponsorship Committee will keep your information confidential. Your anonymity will not be broken.

??? Questions ???

Contact the **Virtual Sponsorship Committee:**

[Region1VirtualSponsorship@gmail.com](mailto:Region1VirtualSponsorship@gmail.com)

Thank you for being willing to sponsor a fellow OA member  
from Region One.

"Together we can do what we could never do alone."



# Format to Request R1 Funding for a Professional Outreach/Public Information Project

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*(see Region 1 Policies & Procedures, Section 5.5 for full guidelines)*

Intergroup(s):

Contact Person (name, phone, email):

Complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices:

Target audience and projected number of people to be reached:

Projected total cost of the project, including direct and indirect costs, the amount the intergroup intends to cover or receive from other sources, and the amount of the grant requested:

Intergroup / other funds available:        \$

Amount requested from R1:                    \$

Total cost of project:                         \$

Project timeline, including starting and proposed ending date:

Proposed method of measuring results:

Will any project materials be useful to other R1 intergroups?

Signature of Intergroup Chair(s)