

# Region One Assembly of Overeaters Anonymous



2019 Assembly Binder

**Each One, Reach One – Share the Hope!**

*Let us take a moment to remember those, both in and outside of these rooms, who still suffer.*

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

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# Section 1 – Welcome to Assembly!

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## 2019 Region One Assembly – Agenda Summary (Tentative)

Our final agenda will be available at Assembly and will be posted on the Region One website before Assembly. **The summary provided here is subject to change.**

Our 2019 Assembly will be held at: The Monarch Hotel, 12566 SE 93rd Ave, Clackamas, Oregon. All sessions will be held in **Sandy/Willamette**, unless otherwise noted.

### **WEDNESDAY, OCTOBER 16 (EVENING)**

- 3:30PM "EARLY BIRD" OA MEETING IN HOSPITALITY SUITE.
- 7-9:15PM ASSEMBLY KICKOFF:  
PICK UP MATERIALS, ICEBREAKER, PARLIAMENTARY PROCEDURE PRACTICE / "MOCK" MOTION.

### **THURSDAY, OCTOBER 17 (MORNING)**

- 7AM-8AM OA MEETING IN HOSPITALITY SUITE.
- 7:45-8:15AM REGISTRATION / PICK UP MATERIALS (IF JUST ARRIVING).
- 8:25AM - NOON BUSINESS SESSION:  
WELCOME, EXPLANATIONS, APPOINTMENTS, ADOPT STANDING RULES, VOTE ON CONSENT AGENDA, REPORTS AND CELEBRATIONS, **WORKSHOP: SHARING HOPE - WHAT ONE MEMBER CAN DO.**
- NOON-1:15PM LUNCHEON AND SPEAKER: SOUP & SALAD BAR (VEGETARIAN OPTIONS AVAILABLE)

### **THURSDAY, OCTOBER 17 (AFTERNOON)**

- 1:40-5:30PM BUSINESS SESSION:  
CALL FOR NOMINATIONS, FIRST PROJECT TEAM MEETING, 2020 BUDGET PROPOSAL – LAST OPPORTUNITY FOR INPUT AND QUESTIONS. PRESENTATION OF NOMINEES AND SPEECHES WITH Q&A. INTERGROUP SHARING SESSION.

### **THURSDAY, OCTOBER 17 (EVENING)**

- 7-7:50PM **WORKSHOP: SHARING HOPE IN OUR MEETINGS.**
- 8-8:30PM FINANCE TEAM MEETING TO FINALIZE 2020 BUDGET PROPOSAL, IF NEEDED. ROOM TBA.
- 8-8:30PM BYLAWS / REFERENCE TEAM MEETING, IF NEEDED. ROOM TBA.
- 8PM-10PM HOSPITALITY SUITE OPEN.

### **FRIDAY, OCTOBER 19 (MORNING)**

- 7AM-8AM OA MEETING IN HOSPITALITY SUITE.
- 8:25AM-NOON BUSINESS SESSION:  
PRESENTATION OF REVISIONS TO 2020 BUDGET PROPOSAL, VOTE ON 2020 BUDGET PROPOSAL, BYLAWS MOTIONS, POLICY MOTIONS, 7<sup>TH</sup> TRADITION COLLECTION.

### **FRIDAY, OCTOBER 19 (AFTERNOON)**

- 1:30-3PM BUSINESS SESSION:  
ELECTIONS, **WORKSHOP: SHARING THE HOPE AT THE INTERGROUP LEVEL**, SECOND PROJECT TEAM MEETING, ANNOUNCEMENTS, APPRECIATION, CLOSING.
- FRIDAY, 4PM, TRAINING AND ACCOUNT SETUP FOR NEW BOARD MEMBERS – ROOM TBD. BRING YOUR LAPTOP IF POSSIBLE.

SATURDAY 4:15PM, POST-ASSEMBLY BOARD MEETING (ALL WELCOME) – ROOM TBD.

# Welcome to Region One Assembly 2019!

**Thank you** for being a part of Assembly! Whether you are a returning Representative, a “Green Dot” Representative or a visitor, you are vital to the strength of Region One. I truly appreciate the time you have set aside for this service.

## **“Each One, Reach One: Share the Hope!” is our focus for 2019-2020.**

Assembly 2019 workshops will be centered on how we can carry the message of HOPE on personal, meeting and intergroup levels. **Recovery is our business and our Primary Purpose in Region One!**

**Our agenda is full!** Region One (unlike most other regions) only has one Assembly per year, so we cover a lot of ground when we’re together. We’ll spend time on “business,” but also on activities and workshops aimed at strengthening our meetings, intergroups and personal recovery. Thursday and Friday will be full days. Please read ahead in your Assembly Notebook so you’ll be ready for our discussions, and be sure to take care of yourself by getting enough sleep. Some early morning and evening activities on the agenda are optional.

**Project Teams** set meaningful goals for projects that make a real difference to members in Region One. Each Rep 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. Visitors are also welcome and encouraged to be on a Project Team! Our agenda includes time at Assembly for teams to meet and get a jump start on their projects.

**We hope you’ll raise your hand for service!** This year we’ll elect a Chair, Treasurer, and Member-at-Large. We will also affirm our nominee(s) for Region One Trustee to stand for election at WSBC 2020. Job descriptions and applications can be found at [www.oaregion1.org/2019-assembly.html](http://www.oaregion1.org/2019-assembly.html). Don’t miss this amazing level of service!

## **Remember:**

- Region has no power structure, only a service structure.
- We are all here as volunteers--trusted servants who love OA.
- Don’t hesitate to call for the Serenity Prayer if you feel it is needed.
- Take time to connect with other OA members from around our Region.
- Abstinence first and self-care!

Thank you so much for giving your time and energy to OA! I look forward to connecting with you at Assembly.

*Beverly M.*

Region One Chair  
[Chairr1@gmail.com](mailto:Chairr1@gmail.com)

## Region One Statement of Purpose & Mission

**“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*

**“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*


**“Inspire Recovery!”** was chosen by 2016 Assembly Representatives as our Mission for 2016-2017.

**“Connect for Recovery!”** was chosen by the Board as the focus of our 2017 Assembly, and as our mission for the following year.

**“Spark Recovery: Strong Intergroups, Strong Meetings, Strong Personal Recovery”** was chosen by the Board the focus of our 2018 Assembly and for 2018-2019.

**“Each One, Reach One: Share the Hope!”** was chosen by the Board the focus of our 2019 Assembly and for 2019-2020.

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



Clarity of Purpose  
enables us to set  
meaningful goals  
and tasks directly  
related to fulfilling  
that purpose.

# Region One Assembly General Information

Please visit our Assembly webpage at [www.oaregion1.org/2019-assembly1.html](http://www.oaregion1.org/2019-assembly1.html).

**AGENDA & ARRIVAL TIMES:** Please familiarize yourself with the Assembly Agenda. Part of the Chair's responsibility is starting each session on time. You can help by arriving and finding a seat a bit early. Thank you.

**ASSEMBLY BADGES & ANONYMITY:** Each Representative will receive a special badge, to be worn at all Assembly sessions. Visitors will receive a badge of a different color. Guests of the hotel not associated with OA may ask about our badges, and some members may see this as a 12<sup>th</sup> Step opportunity to share information about OA. If you feel this would be a break of your personal anonymity, please remove your badge between sessions.

**ASSEMBLY BINDER / NOTEBOOK:** A printed copy of the Binder is included in your registration fee. Extra copies may be ordered when you register for Assembly, or through Amazon. The Binder contains a wealth of information about Assembly, our intergroups, and Region One. You may want to use tabs and highlighters to mark areas of interest or about which you have questions. Please write your name on the cover and be sure to bring your Assembly Notebook to every session. **This year's Binder includes special resources and workshop outlines for our Assembly focus: "Each One, Reach One, Share the Hope!" We hope you will share these resources with your intergroup and meetings when you return home.**

**ASK IT BASKET:** This is an opportunity to ask questions about service, traditions, or other items of interest. Put your questions in the Ask It Basket in the box at the back of the Assembly room. Questions may also be asked from the floor if time permits. Our Trustee will answer these questions Friday afternoon, if time allows. If we run out of time, we will follow up on these questions after Assembly via email.

**ASSEMBLY EVALUATIONS:** Please let us know about your experience of Assembly so that we can learn what works and what doesn't! Watch for a Survey Monkey link in your email after Assembly.

**BUDGET PROCESS FOR THE COMING YEAR – FINE-TUNING BEFORE THE VOTE:** The Budget/Finance/Delegate Support Team (BFDS) has created a budget proposal for next year. **All Representatives are asked to attend one of the pre-Assembly budget input conference calls on Sunday, September 29 at 4pm (Pacific) and Thursday, October 3 at 7pm (Pacific).** There will also be at one input session during Assembly. The BFDS Team will review and do their best to incorporate input on Thursday evening at Assembly. On Friday morning, the final proposal will be available. The BFDS Team will briefly review any changes made from the original proposal and will make a motion to accept the revised proposal as the 2020 Budget.

**CONNECTION / CONTACT LIST:** Our roster will not be published in the online version of this Notebook, but a contact list will be available at Assembly. We have also created an email address that will easily

forward to all of this year's Assembly Representatives. We encourage you to connect with others before and during Assembly, and to continue this connection throughout the year.

**EMERGENCIES / ILLNESS:** Please call 9-1-1 in the event of any life-threatening emergency. Let us know if you are ill, in need of assistance, or if you must leave Assembly. You may contact any Board member in person or email [board@oaregion1.org](mailto:board@oaregion1.org). Be sure to tell us if your emergency contact information has changed since you registered for Assembly.

**GREEN DOTS:** Green Dots are Intergroup Reps here for their first Region One Assembly, or who have not attended in the last ten years. **Green Dots are encouraged to attend the pre-Assembly information calls on Sunday, September 22 at 4pm (Pacific) and Thursday, September 26 at 7pm (Pacific).** Having a green dot on your badge at Assembly 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! Everyone – please help our Green Dots settle in, and thank them for their service. ☺

**GREEN DOT MENTORING:** Green Dots who are pre-registered for Assembly by October 1, 2019 will be matched with returning Representatives as part of our Mentoring program. Green Dots and Mentors are encouraged to connect by phone before Assembly to get to know one another and talk about what to expect at Assembly. They may also choose to sit together at the Assembly Kickoff and during the first business session, if possible. Although Green Dots will have an “official” mentor, they are welcome to ask any member of the Assembly for help, or come to the center microphone with questions.

**LUNCHEON & SPEAKER:** The Thursday luncheon is included in the registration fee for all Representatives. Visitors are welcome, and may purchase a luncheon ticket. The menu will be a soup and salad bar, including vegetarian protein options. There will be a speaker during the luncheon; all OA members are welcome to come to hear the speaker, whether or not they have purchased a luncheon ticket.

**MICROPHONES:** Please use the microphone any time you speak during Assembly. Wait to be acknowledged by the Chair, and begin by stating your name and intergroup. Please do this even if you feel you can “project” or that everyone already knows who you are. Assembly is being recorded to assist with minutes.

**OA MEETINGS:** There are scheduled OA meetings on the Assembly agenda. If you'd like to schedule additional OA meetings, ask the Region Vice-Chair about available space.

**PARLIAMENTARY PROCEDURE / ROBERT'S RULES:** The Bylaws Team will present a fun “mock” motion at our Assembly Kickoff on Wednesday evening. This is intended to help you become comfortable with Robert's Rules, and to understand how we use this tool to find a balanced, informed group conscience. Please do not be intimidated by Parliamentary Procedure; if at any time you feel “lost,” come to the center microphone to ask for clarification.

**PROJECT TEAMS:** What would you like to see happen in Region One? Our Teams are divided into two categories: “Nuts-n-Bolts” and “Recovery-Focused.” You will receive an email before Assembly asking for your Project Team preferences. Choose a Project Team that calls to you! There will be time during Assembly for Teams to meet, but we encourage you to meet informally if you want to get a jump start



on your project while everyone is together. Most 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.

**REPORTS FOR YOUR INTERGROUP:** You may want to keep notes during Assembly to help you write a report for your intergroup. A format is available on our Assembly webpage to give you some ideas of what you might include in your report. **Please share your personal reflections and great ideas heard at Assembly!** Your Region Chair would appreciate being copied on your report at: [chairr1@gmail.com](mailto:chairr1@gmail.com). Thank you!

**STANDING RULES:** It is very important that each Representative be familiar with our Assembly Standing Rules (available in the binder). Please read these before Assembly. There will be an opportunity to ask questions and make amendments to the Standing Rules before we vote to adopt them for Assembly.

# Proposed 2019 Region One Assembly Standing Rules

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 two-thirds 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. Questions will be limited to 10 minutes for each motion.
12. Representatives are expected to be present during business sessions and should abstain from voting if they were not present during all debate for a current issue. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position and vote, provided the Alternate has been present during all debate on the current issue. The Alternate must wear the Representative's badge [while voting](#).
  13. Any business not completed by the last business meeting of Assembly shall not be considered. The motion may be resubmitted to a future Assembly.
  14. A Minutes Review 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.
  17. The Secretary will take attendance at the opening of Assembly. This will be used to create the Credentials Report. The Credentials Report will be updated if a voting member checks in after the start of Assembly, or turns in their credentials prior to the close of Assembly.

## The Twelve Steps of Overeaters Anonymous

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

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

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.**

## Spiritual Principles in the Twelve Steps

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

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

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



# How to be an Effective Trusted Servant

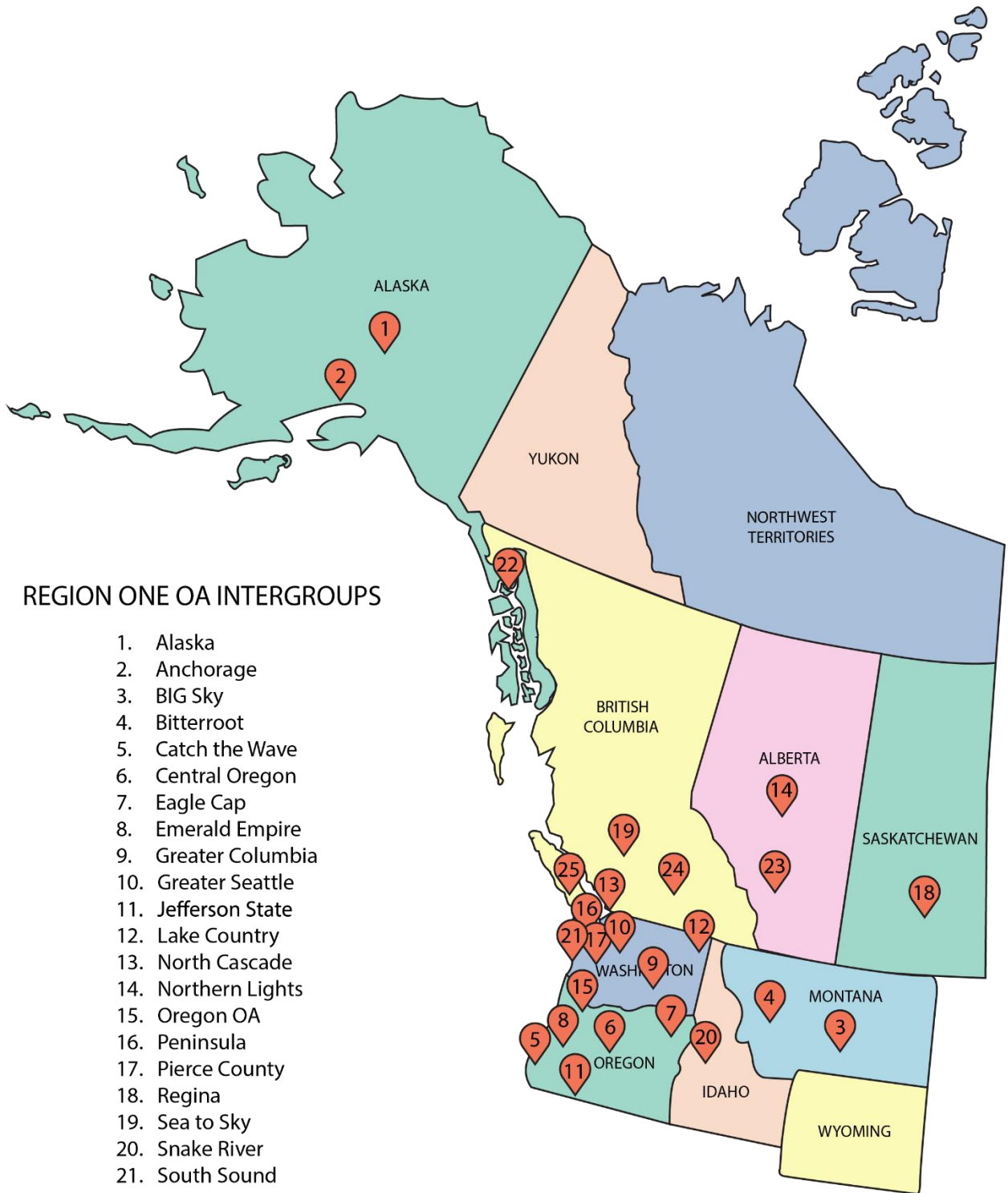
When we take on the responsibility of service beyond the group level there are principles that will enhance the service experience which are connected with both the Traditions and the Concepts. Our service bodies do have business to conduct each time they meet. Understanding and practicing these spiritual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

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# Section 2 – About Region One



## REGION ONE OA INTERGROUPS

1. Alaska
2. Anchorage
3. BIG Sky
4. Bitterroot
5. Catch the Wave
6. Central Oregon
7. Eagle Cap
8. Emerald Empire
9. Greater Columbia
10. Greater Seattle
11. Jefferson State
12. Lake Country
13. North Cascade
14. Northern Lights
15. Oregon OA
16. Peninsula
17. Pierce County
18. Regina
19. Sea to Sky
20. Snake River
21. South Sound
22. Southeast Alaska
23. Southern Alberta
24. Southern BC Interior
25. Vancouver Island

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## 2018 – 2019 Region One Board

Name / Office / Email	Term	Liaison to:
Beverly M. Chair <a href="mailto:chair1@gmail.com">chair1@gmail.com</a>	Elected Assembly 2015 for 2-year term (first term). Re-elected Assembly 2017 (second term).	<b>Project Teams:</b> Audit, Assembly Binder, Budget/Finance/Delegate Support (with Leslie). Unaffiliated Group Outreach.  <b>Intergroups:</b> Alaska, Central Oregon, Emerald Empire, Northern Lights, Southeast Alaska.
Sue B. Vice-Chair <a href="mailto:vicechair1@oaregion1.org">vicechair1@oaregion1.org</a>	Elected Assembly 2016 for 2-year term (first term). Re-elected Assembly 2018 (second term).	<b>Project Teams:</b> Convention, Convention Binder, Nominations (with Margie).  <b>Intergroups:</b> Eagle Cap, Lake Country, Oregon, South Sound.
Leslie W. Treasurer <a href="mailto:treasurer@oaregion1.org">treasurer@oaregion1.org</a>	Elected Assembly 2017 for 2 year term (first term).	<b>Project Teams:</b> Budget/Finance/Delegate Support (with Beverly).
Cindy C. Secretary <a href="mailto:secretary@oaregion1.org">secretary@oaregion1.org</a>	Interim appointment July 2018 to Assembly 2018. Elected Assembly 2018 (first term).	<b>Project Teams:</b> Bylaws.  <b>Intergroups:</b> Bitterroot, Greater Seattle, North Cascade, Peninsula, Southern BC Interior.
Margie G. Communications Coordinator <a href="mailto:webmaster@oaregion1.org">webmaster@oaregion1.org</a>	Elected Assembly 2017 for a partial (one year) term. Re-elected Assembly 2018 for a 2-year term.	<b>Project Teams:</b> Nominations (with Sue), Strong Recovery/Member Retention. Journal sales.  <b>Intergroups:</b> Anchorage, Big Sky, Catch the Wave, Pierce County, Southern Alberta.
Nadine D. Member-at-Large <a href="mailto:mal@oaregion1.org">mal@oaregion1.org</a>	Elected Assembly 2018 for a partial (one year) term.	<b>Project Teams:</b> Newcomer Retention (with Pat), Sponsorship. Speaker list.  <b>Intergroups:</b> Greater Columbia, Jefferson State, Snake River, Vancouver Island.
Pat O’C. Trustee <a href="mailto:regiononetrustee@gmail.com">regiononetrustee@gmail.com</a>	Appointed for partial term June 2017 to WSBC 2018. Elected for remaining 2-year term at WSBC 2018.	<b>Project Teams:</b> Carrying the Message/PIPO, Newcomer Retention (with Nadine). Intergroup Renewal and Board Outreach Visit Coordinator, New Group Outreach.  <b>Intergroups:</b> Regina, Sea to Sky.

## Region One Intergroup Roster, as of September 2019

	<b>Intergroup</b>	<b>Chair</b>	<b>Website</b>	<b># of Meetings</b>
1	Alaska (Palmer, Alaska – north of Anchorage)	Randy		4
2	Anchorage Alaska	Liz M.	<a href="http://www.oa-alaska.org/">www.oa-alaska.org/</a>	9
3	Big Sky IG (Eastern Montana)	Rotating		5
4	Bitterroot (Western Montana)	Rhonda S.		16
5	Catch the Wave (Southern Oregon Coast)	Cindy T.	<a href="http://www.catchthewave.coffeecup.com/index.html">www.catchthewave.coffeecup.com/index.html</a>	7
6	Central Oregon (Bend)	Janice K.		4
7	Eagle Cap (NE Oregon, Baker City)	Cathy Z.		4
8	Emerald Empire (Southern Oregon, Eugene)		<a href="http://www.oaeugene.org/">www.oaeugene.org/</a>	9
9	Greater Columbia (Central Washington)	Deidre H.		9
10	Greater Seattle	Jon O.	<a href="http://www.seattleoa.org/">www.seattleoa.org/</a>	38
11	Jefferson State (Southern Oregon, Phoenix)	Vickie N.	<a href="http://www.sooa.org/">www.sooa.org/</a>	10
12	Lake Country (Eastern Washington, Northern Idaho)	Heather S.		12
13	North Cascade (Washington, North of Seattle)	Claire H.	<a href="http://www.oa-nci.org/">www.oa-nci.org/</a>	15

14	Northern Lights (Edmonton, Alberta)	Bev S.	<a href="http://www.oaedm.com/">www.oaedm.com/</a>	15
15	Oregon (NW Oregon, SW Washington)	Liz S.	<a href="http://www.oregon-oa.org/">www.oregon-oa.org/</a>	55
16	Peninsula (Washington, Bainbridge Island)	Sara H.		12
17	Pierce County (Washington, Tacoma)	Becky L.	<a href="http://www.piercecountyoa.org/">www.piercecountyoa.org/</a>	12
18	Regina (Saskatchewan)	Candace M.	<a href="http://www.oaregina.com/">www.oaregina.com/</a>	10
19	Sea to Sky (British Columbia)	Carlos C.	<a href="http://www.oaseatosky.com/">www.oaseatosky.com/</a>	26
20	Snake River (Southern Idaho)	Jo Ellen R.		15
21	South Sound (Washington, Olympia)	Greg B.	<a href="http://www.oasouthsoundintergroup.org/">www.oasouthsoundintergroup.org/</a>	10
22	Southeast Alaska (Juneau)	Cassie J.		4
23	Southern Alberta (Southern Alberta, Calgary)	Alanna C.	<a href="http://www.oa-southernalberta.com/">www.oa-southernalberta.com/</a>	12
24	Southern BC Interior (British Columbia, Kelowna)	Theresa S.		10
25	Vancouver Island (British Columbia, Victoria)	Lauren N.	<a href="http://www.oaviig.org/">www.oaviig.org/</a>	19
Total <u>affiliated</u> meetings in R1				356
Total <u>unaffiliated</u> meetings in R1				11
Total meetings in R1				367

# Region One Unaffiliated Groups

<u>Number</u>	<u>Day</u> <u>Time</u>	<u>Address</u>	<u>Contact</u>	<u>Phone</u>	<u>Closest</u> <u>Intergroup</u>
53211	Sat 10:00 AM	Noel Wien Public Library 1215 Cowles St, Room 4 Fairbanks, AK 99701	David	907-687- 2776	Anchorage or Alaska
52751	Wed 5:30 PM	Fairbanks Lutheran Church 1012 Cowles St. Fairbanks, AK 99709	David	907-687- 2776	Anchorage or Alaska
56710	Sat 11:00 AM	Northern Montana Hospital 30 13th St, 4th Floor, Room 4A Havre, MT 59501	Angi	406-262- 3988	Big Sky
54491	Sat 10:30 AM	Shalom Church 1052 Valley Mall Pkwy, Prayer Room East Wenatchee, WA 98802	Kathy	509-423- 0031	Greater Columbia
54802	Mon 6:00 PM	Nazarene Church 2530 Elmway Okanogan, WA 98840	Terry	509-322- 6729	Lake Country
52357	Wed 6:00 PM	Lions Den Exabition Dr Prince Albert, SK S6V 7B7	Kathy	306-764- 8329	Northern Lights
47035	Fri 11:30 AM	St Peter the Fisherman Lutheran Church 1226 SW 13th St, Meeting Room Lincoln City, OR 97367	Winona	503-801- 8309	Oregon
52250	Tue 12:00 PM	WA Edwards Family Centre 333 4th Ave N, Community Seminar Room Saskatoon, SK S7K 2L8	Barb	306-230- 7979	Regina or Northern Lights
51533	Tue 7:00 PM	Melville United Church 148 5th St E, Basement Melville, SK S0A 2P0	Sami	306-760- 1309	Regina or Northern Lights
56220	Tue 10:00 AM	City Government Offices 436 E 22nd Ave B, Community Conf Room 156 Torrington, WY 82240	Amy	307-338- 0622	Region 3 - N Colorado IG
53946	Thur 5:30 PM	Christian Science Church 1152 Nicola St Kamloops, BC V2C 2S3	Cheri	250-879- 0728	Southern BC Interior



## Reasons for your OA Meeting to Join (Affiliate with) an Intergroup in Region One

- ✓ Affiliated groups are **“in the loop” to receive information** about workshops, retreats, and other events offered by the intergroup, Region One, and the OA World Service Office (WSO).
- ✓ Affiliated groups have **access to resources from the intergroup** – newsletters, meeting lists, speaker lists, seed money for workshops, retreats, public information ideas, etc.
- ✓ When a meeting is connected with an intergroup, it has **a voice in how OA works** on the local, regional, and international levels. Your experience, strength and hope can make a difference to OA as a whole!
- ✓ Connection to an intergroup not only strengthens the group, **it strengthens personal recovery.**
- ✓ Affiliation offers **a connection to the rest of the OA Fellowship** so that has a personal, immediate means of answering questions or working through difficult situations.
- ✓ When your group affiliates, the intergroup will add it to their printed and online meeting lists, which can help **bring newcomers to your meeting and help your meeting grow!**
- ✓ Many intergroups provide **special assistance to help groups get started,** and also assign an outreach person to connect specifically with your group.
- ✓ **Intergroup’s job is to help your group thrive!** When groups are stronger, individual recovery is stronger. The primary purpose of intergroup is to help its groups carry the message.
- ✓ **OA is a WE program.** Just as in our individual recovery we do best when we work with others, groups benefit greatly by connecting with other groups. The way we do that in OA is by affiliating with an intergroup. We are stronger together!



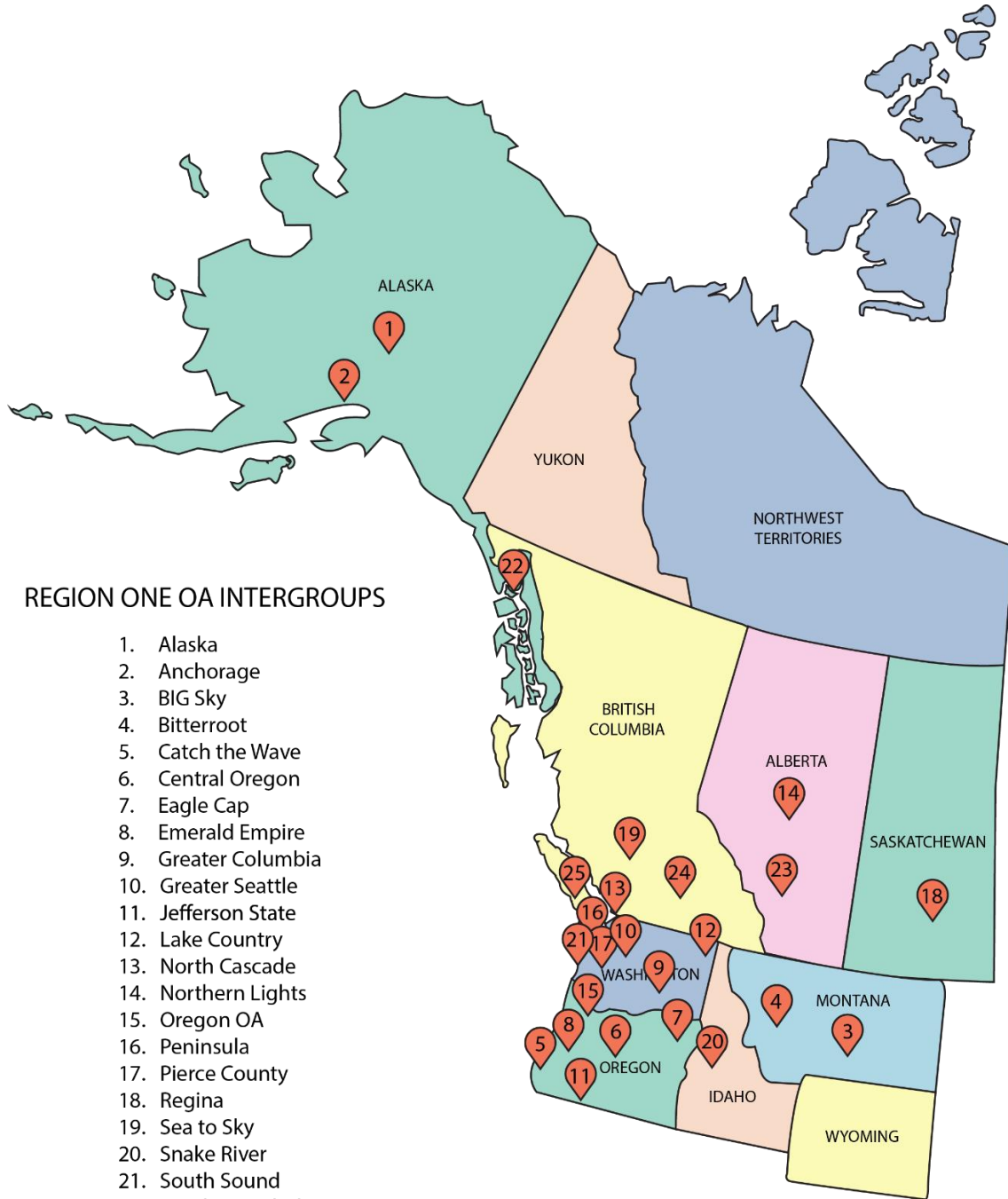
Region One OA includes: Alaska, Alberta, N.W. Territories, Saskatchewan, Yukon, British Columbia, Oregon, Idaho, Washington, Montana and Wyoming. There are 25 Intergroups within Region One. (See map on next page).

Please reach out to your nearest Intergroup! Contact information is available at

[www.oaregion1.org/intergroups.html](http://www.oaregion1.org/intergroups.html).

Or, contact our Region Chair at [chairr1@gmail.com](mailto:chairr1@gmail.com).

# About Region One



## REGION ONE OA INTERGROUPS

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**Contact information** for Region One Intergroups may be found at [www.oaregion1.org/intergroups.html](http://www.oaregion1.org/intergroups.html). Unaffiliated groups may affiliate with any intergroup, but most often choose the intergroup that is geographically closest to their meeting place.

## How to Encourage Unaffiliated Groups to Join an Intergroup in Region One

1. Be sure you have information about the UAG group available for easy reference and notetaking.
2. Call the group's contact person. You could also visit the group during their meeting time. Telephone or in-person contact is usually more effective than email communication.
3. When you make contact with the UAG member, you can say something like:

“Hi, \_\_\_\_\_. I'm \_\_\_\_\_, a member of OA from the \_\_\_\_\_ Intergroup Outreach Team. I'm calling to connect with you about your group in \_\_\_\_\_, which is in our intergroup's service area. Is this a good time to talk?”

4. Ask the following questions. Keep track of the information they give you.
  - How is your meeting doing?
  - What day, time, and place are you meeting? (*Verify that all information listed on the OA website is correct – even if the group does not choose to affiliate, you can offer to help update any out-of-date information or give them directions on how to do so themselves.*)
  - Are you still the contact person for the meeting? (*If not, get new contact information.*)
  - Do you know that your meeting is registered with OA World Service, but that it is not affiliated with an Intergroup? (*Some groups do not realize they are unaffiliated.*)
  - Tell them about your intergroup, and explain the advantages of being affiliated. Invite them to become a part of your intergroup. (*If the group is interested in becoming affiliated, assist them in the process of “Editing an Existing Meeting” online at the OA website.*)
5. Share information and make follow-up plans, as appropriate:
  - When finished contacting your assigned groups, let your Intergroup know how the contact went and if any information needs to be updated.
  - Ensure that the Intergroup knows that the group has affiliated, so that they can include the group in their meeting list and “information loop”.
  - Notify Region One that the group has affiliated.
  - *Whether or not the group chose to affiliate, make a calendar note to connect within the next month or two, if appropriate. Consider ways to support this group, regardless of affiliation.*

If you need any help with this process, please email [chairr1@gmail.com](mailto:chairr1@gmail.com).  
Thank you so much for your time and service!

## How to Edit a Meeting on the OA Website to Affiliate with an Intergroup in Region One

It is suggested that intergroups have an outreach person contact unaffiliated groups in its area and invite them to affiliate, explain the benefits of affiliating, then help edit the meeting on the World Service website if the group does decide to affiliate. Unaffiliated groups may also wish to reach out to an intergroup to discuss affiliation.

### Often, groups remain unaffiliated because they:

- 1) Don't realize they are listed as unaffiliated,
- 2) Are quite a distance from the intergroup meeting, and don't realize they can affiliate even if they are not able to attend the meeting (or that they may be able to attend using technology),
- 3) Don't know about the resources available to them via connection with an intergroup,
- 4) Or, they simply don't know about the existence of the intergroup.

### How to edit an existing meeting with the OA World Service Office:

- 1) First, gather the information you need to affiliate your meeting with an Intergroup:
  - Meeting number *OR* meeting location (country, state, city); location; day of the week; and time
  - Choose Intergroup: Determine which intergroup your meeting would like to join. Usually, this is the closest intergroup, but meetings may choose to affiliate with a different intergroup.
- 2) Edit the meeting online:
  - Go to [www.oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/](http://www.oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/)
  - Choose the type of meeting you want to edit (Face to Face, Online, or Telephone)
  - Edit the existing meeting online by selecting the appropriate meeting and then following the prompts, checking to be sure all information is up-to-date.
  - Select the appropriate intergroup from the drop-down list. (Note: many intergroups are active in more than one state or province, and the address on file with World Service may not be in the state or province you might expect. If the intergroup you wish to select is not visible, try changing the state or province and check the intergroup list again.)
  - Select Region 1 from the drop-down list (if not already selected)
  - Check the "I am not a robot" verification
  - Click submit
  - You will receive a verification email from the World Service Office, but changes may not show on the website immediately.

If you need any help with this process, please email [chairr1@gmail.com](mailto:chairr1@gmail.com).  
Thank you so much for your time and service!

## Section 3 – Region One Assembly of Overeaters Anonymous Bylaws

As adopted October 19<sup>th</sup>, 2018

### 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:

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.

## THE TWELVE TRADITIONS<sup>ii</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.

## THE TWELVE CONCEPTS OF OA SERVICE<sup>iii</sup>

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.

## Article III – Membership

### Section 1 – Members

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;

The definition of an OA group as of September 2016 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) Composition:
  1. A group may be formed by two or more persons meeting together, either
    - i. In the same physical location (face-to- face);
    - ii. Through some form of electronic device (virtually); or
    - iii. Both.
- 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, 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:

- 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 – Meeting

### 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.
- F. Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to- day business, or be willing to learn how to use them.

## 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 shall serve no more than two (2) full consecutive terms in any one Board position.
- 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, teleconference, or other electronic means, provided that the meeting is conducted by technology which allows all persons participating to hear each other at the same time.
- 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 One 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 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

All meetings of the representatives shall be conducted in accordance with the latest edition of Robert's Rules of Order, Newly Revised, where not in conflict with the law, Articles of Incorporation, these bylaws or special rules that the representatives 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.

- 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.

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

<sup>iii</sup> *Copyright 1996-1998, Overeaters Anonymous, All Rights Reserved, reprinted with permission.*

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## Section 4 – Policies and Procedures

### 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, Intergroup Chairs, and be posted on the Region One website.
- 3.3. The Board shall meet at least four times per year. The Board shall hold an in person meeting each fall immediately following 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. Assumes responsibility for planning of Assembly.
- 4.2.9. After elections at Assembly, assigns all Board members to Region One committees and intergroups, to serve as liaisons for the coming year, and communicates with them as needed.
- 4.2.10. Coordinates production of Assembly Notebooks.
- 4.2.11. 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.
- 4.3.5. Negotiates the hotel contract for Assembly and Convention. The contract is to include hotel room rates and amenities, meeting rooms, audio-visual and other equipment, catering, and any other needs specific to Assembly and Convention.
- 4.3.6. Recommends the final contract to the Board for approval. Co-signs the approved contract with the Chair, and provides the Treasurer with written notice of when hotel deposits are due and ensures that a direct bill application is completed, if necessary.
- 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 an up-to-date 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. Maintains the Convention checking account and issues reimbursements in a manner consistent with Region One policies.
- 4.3.13. Works closely with the Convention Committee to ensure no additional expenses are incurred without prior Board approval and that financial accountability is maintained.
- 4.3.14. Works with Intergroups to generate bids for Region Convention.

4.3.15. Serves as resource and liaison for Convention Chairs and for Intergroups hosting Board meetings, providing guidance, clarifying expectations, keeping the Board informed of all major decisions and asking for approval/assistance as necessary.

4.3.16. 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:

- 4.5.1. Assume office immediately, but allow sixty (60) days after election to work with the previous Treasurer to balance books and receive all materials for the position.
- 4.5.2. Maintain a mailing address to receive donations. Retrieve the mail at least every two weeks.
- 4.5.3. Maintain bank accounts in U.S. funds.
- 4.5.4. Record receipts and disbursements.
- 4.5.5. Reimburse Board members and Committee Chairs for approved expenses.
- 4.5.6. Record donations by group number.
- 4.5.7. Complete government forms as required, including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.
- 4.5.8. Maintain up-to-date financial information including balancing checking accounts monthly.
- 4.5.9. Submit financial statements prior to each Board meeting and Assembly.
- 4.5.10. Provide reports and all supporting materials, paper and electronic, to the Chair of the General Audit Committee for an annual audit by March 31.
- 4.5.11. Provide reports and all supporting materials, paper and electronic, to the Chair of the Convention Audit Committee within 45 days of the close of Convention.
- 4.5.12. Work with the Budget, Finance and Delegate Support Committee to create a budget proposal for the following year. This proposed budget is submitted to the Board for discussion at the June Board meeting. Submit budget to Assembly for approval.
- 4.5.13. Review Budget and Finance policies annually.
- 4.5.14. Provide members with expense and donation forms as requested.
- 4.5.15. Act as Liaison to Committees and Intergroups, as assigned.

#### 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 a current backup of Region One digital assets, including the website, any shared file resources or databases, at least monthly.
- 4.6.5. Oversees user account and password security for Region One accounts.

4.6.6.Promotes Lifeline.

#### 4.7.MEMBER AT LARGE RESPONSIBILITIES:

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.

4.7.2.Support special projects and Intergroup Renewal efforts within Region One, as requested by the Chair.

4.7.3.Update and maintain the Region One speaker list. Actively recruit throughout the year to build the list, and share information when requested by OA members or service bodies.

4.7.4.Update and maintain the Region One sponsorship and contact list. Actively recruit throughout the year to build a diverse list, and share information when requested by OA members or service bodies.

4.7.5.Act as Liaison to Committees and Intergroups, as assigned.

#### 4.8.REGION ONE TRUSTEE RESPONSIBILITIES:

4.8.1.Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.

4.8.2.Keeps Region informed of current business concerning Region One and OA as a whole.

4.8.3.Attends Region One Board meetings, being a link between Region One and WSO.

4.8.4.Is available to speak throughout Region One as schedule permits and within allowable finances.

4.8.5.Serves on Nominations Committee during Assembly elections (if not running).

4.8.6.May maintain a blog on the Region One website.

4.8.7.Assists Intergroups with service and traditions related events.

4.8.8.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, the Chair and the Vice-Chair shall be authorized signers on Region One accounts.

5.1.3.1. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.



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 which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year, to be presented at the annual Region One Assembly.

5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention, and shall be included in the Assembly Notebook materials.

5.1.6.2. All other audits shall be completed in time for inclusion in the Assembly Notebook materials.

## 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.Half way through the fiscal year, the Budget, Finance and Delegate Support Committee may review the current year's budget and suggest spending reductions if necessary to the Region One Board.

5.2.5.Region One shall annually use excess funds as follows:

5.2.5.1. Up to 30% to be used for Board Special Projects

5.2.5.2. Up to 30% to be used for Member Outreach to our members, groups and Intergroups

5.2.5.3. Up to 15% to be used for Representative Support

5.2.5.4. Up to 15% to be used for WSBC Delegate Support

5.2.5.5. The remainder to be sent to the World Service Office of Overeaters Anonymous

Excess funds are calculated as follows: fund balance less prudent reserve, less targeted expenses for the coming year.

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 available 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

5.2.7.2. The next available officer as designated below in (5.2.7.3), who is eligible to be registered as a delegate from their intergroup shall 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.

In such a case where WSBC designates this region as being eligible to send another Region One Delegate to the next WSBC, the second board member sent shall fulfill that position as a voting delegate. If no officer is eligible to serve as a delegate from their intergroup (or when appropriate a Region Delegate) to the WSBC, the officer will register as an Alternate Delegate.

5.2.7.3. The order of the officers will be the following, : Chair, Vice Chair, Secretary, Treasurer, Communications Coordinator, and Member at Large.

5.2.7.4 Funds available for sending these officers shall be listed in a separate line item in the budget as "WSBC Representation."

5.3.1. A Prudent Reserve of six months' operating expenses shall be maintained in a separate account. Prudent reserve shall be calculated annually by taking an average of the prior three years' annual operating expenditures and dividing by two. Dedicated funds such as scholarships shall not be included in this calculation. If the prudent reserve falls below the required level, a minimum of \$500 per quarter shall be 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. REPRESENTATIVE AND DELEGATE SUPPORT

### 5.4.1. Representative Support

5.4.1.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at Region.

5.4.1.2. Support for Representatives is awarded only to Intergroups registered for the Assembly and may only be used for expenses incurred for the Assembly by the Representative.

5.4.1.3. Applications for Representative support must be received by the Region treasurer from the requesting Intergroups by July 15 prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee, which will make recommendations to the board about how to distribute the available Representative support funds. The board will confirm the recommendations by August 1. The Intergroups that applied will be notified of how much, if any, support has been approved by August 15. The Region One Board may waive the deadlines if needed.

5.4.1.4. All individual support awards exceeding \$300 must be approved by the Region One Board

5.4.1.5. Where multiple requests are received and funds allow, support for Assembly Representatives shall be awarded as follows:

5.4.1.5.1. First: To new Intergroups or Intergroups that have never sent representatives to the Region One Assembly.

5.4.1.5.2. Second: To Intergroups that have not sent representatives to the Region One Assembly in the last five years.

5.4.1.5.3. Third: To Intergroups that have sent representatives to the Region One Assembly in the past five years.

#### 5.4.2. WSBC Delegate Support

5.4.2.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at World Service Business Conference (WSBC).

5.4.2.2. Support for Delegates to WSBC is awarded only to Intergroups registered for WSBC and may only be used for expenses incurred for WSBC by the Delegate.

5.4.2.3. Applications for WSBC Delegate support must be received by the Region treasurer from the requesting Intergroups by one week prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee immediately after Assembly, and they will make recommendations to the board at the first board meeting after Assembly. The Intergroups that applied will be notified immediately. The Region One Board may waive the deadlines if needed.

5.4.2.4. To determine the support to be awarded, the Region One Treasurer will inform the Budget, Finance and Delegate Support committee of the fund's budget and add to that any specific donations.

5.4.2.5. All individual support awards exceeding \$300 must be approved by the Region One Board.

5.4.2.6. Where multiple requests are received and funds allow, support for WSBC delegates shall be awarded as follows:

- 5.4.2.6.1. First: To new Intergroups or Intergroups that have never sent delegates to WSBC.
- 5.4.2.6.2. Second: To Intergroups that have not sent delegates to WSBC in the last five years.
- 5.4.2.6.3. Third: To Intergroups that have sent delegates to WSBC 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, except that the Treasurer shall submit their own reimbursement requests to the Chair. The Treasurer 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 cost; or

5.6.1.2.2. the IRS charitable volunteer mileage reimbursement rate.

5.6.1.3. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. If rooms are shared with persons not eligible for reimbursement, Region One will reimburse only the Board member's share of the lodging.

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. 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 Region One 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. REGION ONE ASSEMBLY

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 may be electronic and 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 the 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.

6.3.4. Main motions must be provided electronically to Representatives thirty (30) days prior to the Assembly.

6.3.5. Main motions may also be made from the floor by Board members, registered Representatives, and committees.

6.3.6. 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.

6.3.7. 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

### 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.
- 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. Sales of Ways and Means items during the Region One Convention are restricted to items offered by the Region One Board and the hosting Intergroup(s).
- 8.2.2. When Region One funds are used to buy Ways and Means items for Region One Convention, all profits on the sale of those items shall go to Region One.
- 8.2.3. The hosting Intergroup(s) may choose to purchase and sell Ways and Mean items at the Region One Convention; ten (10) percent of the profits on the sale of those items shall go to Region One.
- 8.2.4. The hosting Intergroup(s) shall present for approval a Ways and Means plan before the March Board meeting preceding the Convention, specifying the proposed source of funds for each item. Region Board approval is required before Region One funds are spent.
- 8.2.5. The Region One Board may conduct raffle fundraisers in relation to the convention that include, but are not limited to, an Annual Convention Raffle, and a 50/50 raffle. Particulars of each fundraiser may be modified at the board's discretion up to the point at which the fundraising effort commences.

### 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 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 approve the flyers before printing.
- 8.3.2.4. Printed and online registration forms are to be available:
  - 8.3.2.4.1. At least six months prior to Convention and in time for World Service Business Conference (WSBC).
- 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 on a master list.

### 8.4.PROGRAM

#### 8.4.1.Keynote Speaker Selection

- 8.4.1.1. The Region One Board shall submit an unranked list of at least six (6) possible keynote 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 an unranked list of possible keynote speakers of no more than five (5) 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 an unranked list of three (3) choices from the list of five (5) and leave the final decision from this list up to the Convention Committee.
- 8.4.1.3. The 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 speakers.

#### 8.4.2.Topic/Speakers

8.4.2.1. Region One Convention will have only Overeaters Anonymous speakers. Only OA-Approved literature or media may be displayed. 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 focus meetings are open to all OA members.

### 8.5. FINANCES

8.5.1.Convention finances shall be managed in accordance with Region One Policies, as defined in Section 5 – BUDGET AND FINANCE, except that reimbursement requests for expenses shall be submitted to Region One Vice-Chair for approval and payment.

8.5.2.The hosting Intergroup(s) shall present a budget for approval before or at the March Board meeting preceding the Convention.

8.5.3.All proceeds, books, supporting documents, and receipts shall be remitted to the Region One Treasurer within thirty (30) days of the close of Convention.

8.5.4.Any outstanding invoices and/or receipts after that thirty (30) day period shall be sent directly to the Region One Treasurer for payment and/or reimbursement at the discretion of the Board. No reimbursements shall be made after the Convention Audit is completed.

### 8.6.MISCELLANEOUS

8.6.1.The Convention Chair shall submit a written Convention report before each Board meeting during the year before the Convention. Final reports from the Chair and committees are to be submitted before the January Board meeting after Convention. These reports may be included as a part of the Vice Chair's report.

8.6.2.The Convention Chair shall be reimbursed for lodging and per diem, consistent with the Board policy on expenses, for the actual Convention days, Friday afternoon from the opening of registration through the Sunday closing ceremony of Convention.

## Section 5 – Motions to Region One Assembly

### 2019 Region One Assembly Consent Agenda

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 this year’s Region One Assembly:

- Policy Motions: P-1, P-2, P-4, P-5, P-7, P-8, P-10
- Bylaws Motions: None

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion MM-1

Move to amend Bylaw X COMMITTEES, Section 1 STANDING COMMITTEES by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article X - Committees</p> <p>Section 1 – Standing Committees</p> <p>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.</p>	<p>Article X - Committees</p> <p>Section 1 – Standing Committees</p> <p>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, <del>and</del> Membership Outreach <u>and Mindless Fun</u>.</p>

**SUBMITTED BY:**

Seri S., Assembly Representative  
 seris@mindlessfun.com

**INTENT:**

The purpose of this motion is to bring mindless fun into the lives of OA’s who are dealing with the serious illness of compulsive eating. “Mindless Fun” as used in this document is any word, phrase, behavior or stimulus that induces an OA member to giggle, smile, guffaw or snort out one’s nose or to otherwise express oneself as having “Fun”. There is much in OA and AA approved literature that supports laughter in meetings and fun generally. For example, in FOR TODAY, December 8 on page 343, it says: “We will never know how many people have been cured ...through laughter. The best OA meetings are those in which there is the most laughter...Bless the comedians and humorists in our midst.” It seems logical therefore that we implement an organized committee that is designed to do just that, namely to bring comedians and humorists into “our midst”.

**IMPLEMENTATION:**

This change will be carried out by adding a new Mindless Fun committee to the Standing Committees. The Chair of the Mindless Fun Committee will be someone that the group conscience of the Assembly votes as the one with the goofiest sense of humor. The Chair’s term will last one year, more or less. The Chair will appoint Committee members based on their abilities to encourage Mindless Fun.

**COST:**

1% of the annual budget. These monies will be spent as determined by the Fun Committee on articles designed to promote silliness, hilarity, goofiness and other activities throughout the Assembly and in Region 1 OA meetings and may include the following: silly hats, balloons, confetti and streamers, food fights, scenery for skits or comedy routines and other props deemed helpful in bringing fun to OAs. Any purchase of clown noses will only be permitted upon achieving substantial anonymity in favor of said purchase by the Fun Committee.

**RATIONALE:**

The primary purpose of Region 1 “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 basis for the OA twelve steps is found in the AA Big Book’s twelve steps, so it makes sense when trying to aid those with the disease of compulsive eating to turn to that source and learn from it. On page 132 of the Big Book, it states that “we have been speaking to you of serious, sometimes tragic things.... But we aren’t a glum lot. If newcomers could see no joy or fun in our existence, they wouldn’t want it. We absolutely insist on enjoying life....So we think cheerfulness and laughter make for usefulness....why shouldn’t we laugh?” It is clear that bringing laughter and fun to OA’s is an integral part of the Program and that of the primary purpose of Region 1. AA is not alone in recognizing in its literature that fun is needed at every level. In the OA approved book, FOR TODAY, November 11, pg. 316 it says that “Joy and lightheartedness are never out of place.” There is a place for lightheartedness, silliness and fun at all levels of OA, and the Mindless Fun committee will bring those qualities to OA’s in Region 1. This is a very serious proposal and anyone who grins while reading this should immediately do a 10th step with his or her sponsor.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion BL-1

Move to amend Bylaw Article V REGION ONE BOARD Sect 1 by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article V. Region One Board</p> <p>Section 1 – The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, Vice-Chair, Secretary, Treasurer, Communications Coordinator and Member at Large.</p>	<p>Article V. Region One Board</p> <p>Sect 1. – The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, Vice-Chair, Secretary, Treasurer, <del>Communications</del> <u>Technology</u> Coordinator, and Member at Large.</p>

**SUBMITTED BY:**

Margie G.  
Communications Coordinator

**INTENT:**

To rename the position to Technology Coordinator.

**IMPLEMENTATION:**

Make appropriate changes to the 2018 Region 1 Bylaws.

**COST:**

Time of the secretary to make the changes to the Bylaws.

**RATIONALE:**

To have the name of the position more accurately reflect the role of this Board Member.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion BL-2

Move to amend Bylaw Article V REGION ONE BOARD Section 2 NOMINATIONS by inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p data-bbox="250 495 602 527"><b>Article V – Region One Board</b></p> <p data-bbox="250 617 553 648"><b>Section 2 – Nominations:</b></p> <ul data-bbox="298 684 776 1734" style="list-style-type: none"><li data-bbox="298 684 776 789">A. All Intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.</li><li data-bbox="298 825 776 968">B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.</li><li data-bbox="298 1003 776 1251">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.</li><li data-bbox="298 1287 776 1734">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.</li></ul>	<p data-bbox="846 495 1198 527"><b>Article V – Region One Board</b></p> <p data-bbox="846 617 1149 648"><b>Section 2 – Nominations:</b></p> <ul data-bbox="894 684 1372 1776" style="list-style-type: none"><li data-bbox="894 684 1372 789">A. All Intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.</li><li data-bbox="894 825 1372 968">B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.</li><li data-bbox="894 1003 1372 1251">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.</li><li data-bbox="894 1287 1372 1776">D. Candidates for office shall be available <u>in person</u> for questioning by the members of the Assembly prior to the election at a time and method to be determined by the Assembly. <del>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.</del></li></ul>

**SUBMITTED BY:**

Faye D., Bylaws Project Team

**INTENT:**

To require that Board position nominees appear before Assembly in person.

**IMPLEMENTATION:**

This requirement will be included on Board position applications and any communication about open Board positions.

**COST:**

None.

**RATIONALE:**

It is appropriate for Assembly to be able to ask questions and hear from of a nominee for a Region 1 Board position in person.



**OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY**

**Motion BL-3**

Move to amend Bylaw Article VII, OFFICERS DUTIES, Section 6 THE COMMUNICATIONS COORDINATOR by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>Article VII - Officers Duties</p> <p>Section 6 – The Communications Coordinator</p> <p>A. Shall assemble material for electronic distribution.</p> <p>B. Shall provide for the maintenance and updating of the Region One website as necessary.</p> <p>C. Shall work with Region One committees as deemed necessary by the Region One Board.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p>	<p>Article VII - Officers Duties</p> <p>Section 6 – The <del>Communications</del> <u>Technology</u> Coordinator</p> <p>A. Shall assemble material for electronic distribution.</p> <p>B. Shall provide for the maintenance and updating of the Region One <del>website</del> <u>web presence (website and social media)</u> as necessary.</p> <p>C. Shall work with Region One committees as deemed necessary by the Region One Board.</p> <p>D. Shall perform all other duties as prescribed in the Region One Job Description Policies.</p>

**SUBMITTED BY:**

Margie G.  
Communications Coordinator

**INTENT:**

To rename the position to Technology Coordinator. And update duties to reflect a change in focus.

**IMPLEMENTATION:**

Make appropriate changes to the 2018 Region 1 Bylaws.

**COST:**

Time of the secretary to make the changes to the Bylaws.

**RATIONALE:**

To have the name of the position and description of duties more accurately reflect the role of this Board Member.

# OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

## Motion P-1

Move to amend Policy 4.4. SECRETARY RESPONSIBILITIES by striking and inserting the following:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>4.4.SECRETARY RESPONSIBILITIES:</p> <p>4.4.1.Records and prepares the minutes of all Region One Board Meetings:</p> <p style="padding-left: 40px;">4.4.1.1. Sends draft of minutes to Board Members for input and changes within 30 days of each meeting.</p> <p style="padding-left: 40px;">4.4.1.2. Brings records of the Board’s actions from the past year to each Board meeting.</p> <p style="padding-left: 40px;">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.</p> <p>4.4.2.Updates and maintains roster of Board members, Committee Chairs, and liaison assignments.</p> <p>4.4.3.Updates and maintains roster of Region One Intergroups including name, current mailing address,</p> <p>number of groups registered, and Board liaison assigned to each.</p> <p>4.4.4.Updates and maintains roster of Region One representatives including complete name, address,</p> <p>telephone number, Intergroup (or unaffiliated group) represented, and email address.</p>	<p>4.4.SECRETARY RESPONSIBILITIES:</p> <p>4.4.1.Records and prepares the minutes of all Region One Board Meetings:</p> <p style="padding-left: 40px;">4.4.1.1. Sends draft of minutes to Board Members for input and changes within 30 days of each meeting.</p> <p style="padding-left: 40px;">4.4.1.2. Brings records of the Board’s actions from the past year to each Board meeting.</p> <p style="padding-left: 40px;">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.</p> <p>4.4.2.Updates and maintains roster of Board members, Committee Chairs, and liaison assignments.</p> <p>4.4.3.Updates and maintains roster of Region One Intergroups including name, current mailing address,</p> <p>number of groups registered, and Board liaison assigned to each.</p> <p>4.4.4.Updates and maintains roster of Region One representatives including complete name, address,</p> <p>telephone number, Intergroup (or unaffiliated group) represented, and email address.</p>

<p>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.</p> <p>4.4.6.Coordinates registration for Assembly:</p> <p>4.4.6.1. Sends out Assembly registration form to Intergroups, encouraging pre-registration.</p> <p>Follows up with those Intergroups not responding by deadline.</p> <p>4.4.6.2. Registers Representatives and Alternates as they arrive at Assembly, provides name tags and ribbons.</p> <p>4.4.6.3. Gives credentials report on number of voting Representatives and</p>	<p><del>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.</del></p> <p><u>4.4.5.Updates and maintains Region One Bylaws and Policies and Procedures following the annual Assembly then refers them to the Bylaws project team for review and approval. Following approval by the Bylaws project team, provides electronic versions of both documents for posting on the Region website.</u></p> <p>4.4.6.Coordinates registration for Assembly:</p> <p>4.4.6.1. Sends out Assembly registration <u>instructions form</u> to Intergroups,<u>unaffiliated groups and Region One committees at least one hundred fifty (150) days before the Region One Assembly,</u>encouraging pre-registration.</p> <p>Follows up with those Intergroups not responding by deadline.</p> <p>4.4.6.2. Registers Representatives and Alternates as they arrive at Assembly, provides name tags and ribbons.</p> <p>4.4.6.3. Gives credentials report on number of voting Representatives and</p>
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Board members during Assembly.	Board members during Assembly.
<p>4.4.7. Sends Assembly materials to Intergroups that did not send any representatives to Assembly.</p> <p>4.4.8. Sends out notices and handles all other correspondence that is not the proper function of a Committee or another Board member.</p>	<p>4.4.7. Sends Assembly materials to Intergroups that did not send any representatives to Assembly.</p> <p>4.4.8. Sends out notices and handles all other correspondence that is not the proper function of a Committee or another Board member.</p>

**SUBMITTED BY:**

Cindy C.  
Region One Secretary

**INTENT:**

Amend secretary responsibilities

**IMPLEMENTATION:**

Update Region One Policy and Procedures

**COST:**

None

**RATIONALE:**

4.4.5. When registering online for Assembly, representatives affirm that they have been elected by the service body to represent them at the Region One Assembly. It is no longer necessary to mail a paper form to the intergroup.

This motion also establishes a review system to ensure that Region One Bylaws and Policies and Procedures are updated accurately.

## October 2019 Motion to Region One Assembly

### Motion P-2

Move to amend Policy 4.5.10. REGION ONE BOARD JOB DESCRIPTIONS, section 4.5 TREASURER RESPONSIBILITIES by striking and inserting as follows:

CURRENT WORDING:	PROPOSED WORDING
<p>Policy 4. REGION ONE BOARD JOB DESCRIPTIONS</p> <p>4.5. TREASURER RESPONSIBILITIES:</p> <p>4.5.1. Assume office immediately, but allow sixty (60) days after election to work with the previous Treasurer to balance books and receive all materials for the position.</p> <p>4.5.2. Maintain a mailing address to receive donations. Retrieve the mail at least every two weeks.</p> <p>4.5.3. Maintain bank accounts in U.S. funds.</p> <p>4.5.4. Record receipts and disbursements.</p> <p>4.5.5. Reimburse Board members and Committee Chairs for approved expenses.</p> <p>4.5.6. Record donations by group number.</p> <p>4.5.7. Complete government forms as required, including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.</p> <p>4.5.8. Maintain up-to-date financial information including balancing checking accounts monthly.</p> <p>4.5.9. Submit financial statements prior to each Board meeting and Assembly.</p> <p>4.5.10. Provide reports and all supporting materials, paper and electronic, to the Chair of the General Audit Committee for an annual audit by March 31.</p> <p>4.5.11. Provide reports and all supporting</p>	<p>Policy 4. REGION ONE BOARD JOB DESCRIPTIONS</p> <p>4.5. TREASURER RESPONSIBILITIES:</p> <p>4.5.1. Assume office immediately, but allow sixty (60) days after election to work with the previous Treasurer to balance books and receive all materials for the position.</p> <p>4.5.2. Maintain a mailing address to receive donations. Retrieve the mail at least every two weeks.</p> <p>4.5.3. Maintain bank accounts in U.S. funds.</p> <p>4.5.4. Record receipts and disbursements.</p> <p>4.5.5. Reimburse Board members and Committee Chairs for approved expenses.</p> <p>4.5.6. Record donations by group number.</p> <p>4.5.7. Complete government forms as required, including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.</p> <p>4.5.8. Maintain up-to-date financial information including balancing checking accounts monthly.</p> <p>4.5.9. Submit financial statements <u>prior to each Board meeting and Assembly to the board, the audit committee, and the budget &amp; finance committee on a monthly basis, and year-end summaries for inclusion in the Assembly binder.</u></p> <p>4.5.10. Provide <u>year-end</u> reports and all supporting materials, paper and electronic, to the Chair of the General Audit Committee for <del>an</del> <u>the</u> annual audit by <del>March 31</del> <u>February 28</u>.</p> <p>4.5.11. Provide reports and all supporting</p>

<p>materials, paper and electronic, to the Chair of the Convention Audit Committee within 45 days of the close of Convention.</p> <p>4.5.12. Work with the Budget, Finance and Delegate Support Committee to create a budget proposal for the following year.</p> <p>4.5.12.1. Submit budget proposal to the Board for discussion at the June Board meeting</p> <p>4.5.12.2. Submit revised budget proposal, with input from the Board incorporated, as appropriate and feasible, for inclusion in the Assembly notebook materials.</p> <p>4.5.12.3. Solicit input from registered Representatives prior to and during Assembly.</p> <p>4.5.12.4. Submit revised budget proposal, with input incorporated, as appropriate and feasible, to Assembly for approval.</p> <p>4.5.13. Review Budget and Finance policies annually.</p> <p>4.5.14. Provide members with expense and donation forms as requested.</p> <p>4.5.15. Act as Liaison to Committees and Intergroups, as assigned.</p>	<p>materials, paper and electronic, to the Chair of the Convention Audit Committee within 45 days of the close of Convention.</p> <p>4.5.12. Work with the Budget, Finance and Delegate Support Committee to create a budget proposal for the following year.</p> <p>4.5.12.1. Submit budget proposal to the Board for discussion at the June Board meeting</p> <p>4.5.12.2. Submit revised budget proposal, with input from the Board incorporated, as appropriate and feasible, for inclusion in the Assembly notebook materials.</p> <p>4.5.12.3. Solicit input from registered Representatives prior to and during Assembly.</p> <p>4.5.12.4. Submit revised budget proposal, with input incorporated, as appropriate and feasible, to Assembly for approval.</p> <p>4.5.13. Review Budget and Finance policies annually.</p> <p>4.5.14. Provide members with expense and donation forms as requested.</p> <p>4.5.15. Act as Liaison to Committees and Intergroups, as assigned.</p>
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**SUBMITTED BY:** Avram R. and Dorothy C./Audit team

**INTENT:** 4.5.9.: To give the audit committee the opportunity to review finances monthly, to watch for errors or questionable items. 4.5.10: To shorten the time allowed for providing materials to General Audit Committee.

**IMPLEMENTATION:** Update the Convention manual and the Region 1 Policies and Procedures.

**COST:** none

**RATIONALE** – 4.5.9.: The Region One board gets a financial statement monthly, but may not have the opportunity to check it closely. It makes sense for the Audit team and Budget & Finance to see the reports monthly also, rather than wait until the end of the year to discover problems.

4.5.10: Shortens the time it takes to get the General audit done. The books close Dec. 31<sup>st</sup>. This requires that all the materials for the audit be furnished by the treasurer no later than Feb. 28<sup>th</sup>. Specifies “the” annual audit rather than “an”, which sounds like it is an option, rather than a requirement.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion P-3

Move to amend Policy 4. REGION ONE BOARD JOB DESCRIPTIONS SECTION 4.6 COMMUNICATIONS COORDINATOR by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>Section 4 Region One Board Job Descriptions</p> <p>4.6. COMMUNICATIONS COORDINATOR RESPONSIBILITIES:</p> <p>4.6.1. Solicits, assembles, and edits material and maintains website.</p> <p>4.6.2. Considers the current Region One policies and World Service guidelines in all publications.</p> <p>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.</p> <p>4.6.4. Maintains a current backup of Region One digital assets, including the website, any shared file resources or databases, at least monthly.</p> <p>4.6.5. Oversees user account and password security for Region One accounts.</p> <p>4.6.6. Promotes Lifeline.</p>	<p>Section 4 Region One Board Job Descriptions</p> <p>4.6. <del>COMMUNICATIONS</del> <u>TECHNOLOGY</u> COORDINATOR RESPONSIBILITIES:</p> <p>4.6.1. Solicits, assembles, <del>and</del> edits material, <del>and</del> maintains website <u>and maintains social media sites as appropriate.</u></p> <p>4.6.2. Considers the current Region One policies and World Service guidelines in all publications.</p> <p>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.</p> <p>4.6.4. Maintains a current backup of Region One digital assets, including the website, any shared file resources or databases, at least monthly.</p> <p>4.6.5. Oversees user account and password security for Region One accounts.</p> <p>4.6.6 Promotes Lifeline <u>appropriate WSO, OA and Regional communications (such as A Step Ahead, WSO Bulletins, Intergroup Newsletters, etc.)</u></p> <p>4.6.7 <u>Is a resource for Intergroups and Service Bodies who request support for setting up and maintaining websites or social media outreach.</u></p>

**SUBMITTED BY:**

Margie G.  
Communications Coordinator

**INTENT:**

To rename the position to Technology Coordinator and update duties to reflect a change in focus.

**IMPLEMENTATION:**

Make appropriate changes to the Region 1 Policies.

**COST:**

Time of the secretary to make the changes to the Bylaws.

**RATIONALE:**

To have the name of the position and description of duties more accurately reflect the role of this Board Member.



## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion P-4

Move that Policy 5, BUDGET AND FINANCE, be amended by inserting and re-numbering, as follows:

CURRENT WORDING	PROPOSED WORDING
<p><b>5. BUDGET AND FINANCE</b></p> <p>5.1.FINANCE</p> <p>5.1.1.Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2.Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>5.1.3.The Treasurer, the Chair and the Vice-Chair shall be authorized signers on Region One accounts.</p> <p>5.1.3.1. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4.All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5.All expenditures must be supported</p>	<p><b>5. BUDGET AND FINANCE</b></p> <p>5.1.FINANCE</p> <p>5.1.1.Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2.Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>5.1.3.The Treasurer, the Chair and the Vice-Chair shall be authorized signers on Region One accounts. <u>One additional Board member may be an authorized signer if deemed necessary and approved by a majority vote of the Board.</u></p> <p>5.1.3.1. <u>Passwords for all accounts holding Region One funds shall be secured and shared with those authorized signers as specified in 5.1.3.</u></p> <p>5.1.3.2. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4.All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5.All expenditures must be supported</p>

<p>by related receipts.</p> <p>5.1.6.All accounts which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year, to be presented at the annual Region One Assembly.</p> <p>5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention, and shall be included in the Assembly Notebook materials.</p> <p>5.1.6.2. All other audits shall be completed in time for inclusion in the Assembly Notebook materials.</p>	<p>by related receipts.</p> <p>5.1.6.All accounts which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year, to be presented at the annual Region One Assembly.</p> <p>5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention, and shall be included in the Assembly Notebook materials.</p> <p>5.1.6.2. All other audits shall be completed in time for inclusion in the Assembly Notebook materials.</p>
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**SUBMITTED BY:**

Marjorie T.,  
BFDS Team

**INTENT:**

To safeguard access to Region One accounts.

**IMPLEMENTATION:**

Update policy

**COST:**

None

**RATIONALE:**

It has from time to time been beneficial to have another Board member be a signer on the account. However, the situation is unusual and should be subject to a special vote of the Board. Passwords to accounts holding Region funds provide the same access as does signatory authority. Access to all Region funds should be limited to Board members.

# OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

## Motion P-5

Move to amend Policy 5 - BUDGET AND FINANCE, by striking and inserting as follows:

CURRENT WORDING:	PROPOSED WORDING
<p><b>5.1. FINANCE</b></p> <p>5.1.1. Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>5.1.3. The Treasurer, the Chair and the Vice-Chair shall be authorized signers on Region One accounts.</p> <p>    5.1.3.1. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4. All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5. All expenditures must be supported by related receipts.</p> <p>5.1.6. All accounts which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year, to be presented at the annual Region One Assembly.</p> <p>    5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention, and shall be included in the Assembly Notebook materials.</p> <p>    5.1.6.2. All other audits shall be completed in time for inclusion in the Assembly Notebook materials.</p>	<p><b>5.1. FINANCE</b></p> <p>5.1.1. Region One shall operate its finances in an orderly and cost-effective manner.</p> <p>5.1.2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>5.1.3. The Treasurer, the Chair and the Vice-Chair shall be authorized signers on Region One accounts.</p> <p>    5.1.3.1. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.</p> <p>5.1.4. All funds shall be held in registered and insured financial institutions.</p> <p>5.1.5. All expenditures must be supported by related receipts.</p> <p>5.1.6. All accounts which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year. <u>The written report and the convention and general fund audit shall be included in the Assembly Notebook materials.</u></p> <p>    5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention, <del>and shall be included in the Assembly Notebook materials.</del></p> <p>    5.1.6.2. <del>All other audits</del> <u>The general fund audit shall be completed in time for inclusion by April 30.</u> <del>and shall be included in the Assembly Notebook materials.</del></p>

**SUBMITTED BY:** Avram R. and Dorothy C./Audit team

**INTENT:** To shorten the lag-time provided for audits to be completed.

**IMPLEMENTATION:** Update the Region One Convention Manual and Region 1 Assembly of Overeaters Anonymous Policies and Procedures document.

**COST:** None

**RATIONALE:** Audits need to be done on a timely basis. This helps accountability and reduces the possibility of information being lost, either by misplacing or forgetting. There is no need for an audit to take many months to complete. This amendment, plus the one for Policy 4.5., will shorten the timeframe to a still-reasonable 4 months. Concerns about expenses being submitted after closing-the-books are non-impacting, as they can easily be adjusted into the ledger after the audit.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion P-6

Move to amend Policy 5. BUDGET AND FINANCE section 5.2 BUDGET by striking and inserting:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
Section 5. Budget and Finance -  5.2 Budget  5.2.7.3 The order of the officers will be the following: Chair, Vice Chair, Secretary, Treasurer, Communications Coordinator, and Member at Large.	Section 5. Budget and Finance -  5.2 Budget  5.2.7.3 The order of the officers will be the following: Chair, Vice Chair, Secretary, Treasurer, <del>Communications</del> <u>Technology</u> Coordinator, and Member at Large.

**SUBMITTED BY:**

Margie G. Region One Communications Coordinator

**INTENT:**

To rename the position to Technology Coordinator and update duties to reflect a change in focus.

**IMPLEMENTATION:**

Make appropriate changes to the 2018 Region 1 Policies.

**COST:**

Time of the secretary to make the changes to the Policies.

**RATIONALE:**

To have the name of the position and description of duties more accurately reflect the role of this Board Member.

# OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

## Motion P-7

Move to amend Policy 5. BUDGET AND FINANCE, Section 5.4 REPRESENTATIVE AND DELEGATE SUPPORT by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>5.4. REPRESENTATIVE AND DELEGATE SUPPORT</p> <p>5.4.1. Representative Support</p> <p style="padding-left: 40px;">5.4.1.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at Region.</p> <p style="padding-left: 40px;">5.4.1.2. Support for Representatives is awarded only to Intergroups registered for the Assembly and may only be used for expenses incurred for the Assembly by the Representative.</p> <p style="padding-left: 40px;">5.4.1.3. Applications for Representative support must be received by the Region treasurer from the requesting Intergroups by July 15 prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee, which will make recommendations to the board about how to distribute the available Representative support funds. The board will confirm the recommendations by August 1. The Intergroups that applied will be notified of how much, if any, support has been approved by August 15. The Region One Board may waive the deadlines if needed.</p> <p style="padding-left: 40px;">5.4.1.4. All individual support awards exceeding \$300 must be approved by the Region One Board</p>	<p>5.4. REPRESENTATIVE AND DELEGATE SUPPORT</p> <p>5.4.1. Representative Support</p> <p style="padding-left: 40px;">5.4.1.1. Region One may provide support funds to assist Intergroups that would not otherwise be <u>fully</u> represented at Region.</p> <p style="padding-left: 40px;">5.4.1.2. Support for Representatives is awarded only to Intergroups registered for the Assembly and may only be used for expenses incurred for the Assembly by the Representative.</p> <p style="padding-left: 40px;">5.4.1.3. Applications for Representative support must be received by the Region treasurer from the requesting Intergroups by July 15 prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee, which will make recommendations to the board about how to distribute the available Representative support funds. The board will confirm the recommendations by August 1. The Intergroups that applied will be notified of how much, if any, support has been approved by August 15. The Region One Board may waive the deadlines if needed.</p> <p style="padding-left: 40px;"><del>5.4.1.4. All individual support awards exceeding \$300 must be approved by the Region One Board</del></p>

<p>5.4.1.5. Where multiple requests are received and funds allow, support for Assembly Representatives shall be awarded as follows:</p> <p>5.4.1.5.1. First: To new Intergroups or Intergroups that have never sent representatives to the Region One Assembly.</p> <p>5.4.1.5.2. Second: To Intergroups that have not sent representatives to the Region One Assembly in the last five years.</p> <p>5.4.1.5.3. Third: To Intergroups that have sent representatives to the Region One Assembly in the past five years.</p> <p>5.4.2. WSBC Delegate Support</p> <p>5.4.2.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at World Service Business Conference (WSBC).</p>	<p>5.4.1.54. Where multiple requests are received and funds allow, support for Assembly Representatives shall be awarded as follows:</p> <p>5.4.1.54.1. First: To new Intergroups or Intergroups that have never sent representatives to the Region One Assembly.</p> <p>5.4.1.54.2. Second: To Intergroups that have not sent representatives to the Region One Assembly in the last five years.</p> <p>5.4.1.54.3. Third: To Intergroups that have sent representatives to the Region One Assembly in the past five years.</p> <p><u>5.4.1.4.4. Fourth: To Intergroups that would otherwise not be fully represented without financial assistance.</u></p> <p><u>5.4.1.5. In the spirit of Seventh Tradition self-support, it is requested that – where feasible -- each applicant intergroup provide some portion of the representative expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Assembly representative expenses.</u></p> <p>5.4.2. WSBC Delegate Support</p> <p>5.4.2.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at World Service Business Conference (WSBC).</p>
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5.4.2.2. Support for Delegates to WSBC is awarded only to Intergroups registered for WSBC and may only be used for expenses incurred for WSBC by the Delegate.

5.4.2.3. Applications for WSBC Delegate support must be received by the Region treasurer from the requesting Intergroups by one week prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee immediately after Assembly, and they will make recommendations to the board at the first board meeting after Assembly. The Intergroups that applied will be notified immediately. The Region One Board may waive the deadlines if needed.

5.4.2.4. To determine the support to be awarded, the Region One Treasurer will inform the Budget, Finance and Delegate Support committee of the fund's budget and add to that any specific donations.

5.4.2.5. All individual support awards exceeding \$300 must be approved by the Region One Board.

5.4.2.6. Where multiple requests are received and funds allow, support for WSBC delegates shall be awarded as follows:

5.4.2.6.1. First: To new Intergroups or Intergroups that have never sent delegates to WSBC.

5.4.2.6.2. Second: To Intergroups that have not sent delegates to

5.4.2.2. Support for Delegates to WSBC is awarded only to Intergroups registered for WSBC and may only be used for expenses incurred for WSBC by the Delegate.

5.4.2.3. Applications for WSBC Delegate support must be received by the Region treasurer from the requesting Intergroups by October 1 ~~one week prior to Assembly~~. The applications will be reviewed by the Budget, Finance and Delegate Support committee before ~~immediately after~~ Assembly, and they will make recommendations to the board at the first board meeting after Assembly. The Intergroups that applied will be notified immediately. The Region One Board may waive the deadlines if needed.

5.4.2.4. To determine the support to be awarded, the Region One Treasurer will inform the Budget, Finance and Delegate Support committee of the fund's budget and add to that any specific donations.

~~5.4.2.5. All individual support awards exceeding \$300 must be approved by the Region One Board.~~

5.4.2.~~56~~. Where multiple requests are received and funds allow, support for WSBC delegates shall be awarded as follows:

5.4.2.~~56~~.1. First: To new Intergroups or Intergroups that have never sent delegates to WSBC.

5.4.2.~~56~~.2. Second: To Intergroups that have not sent



<p>WSBC in the last five years.</p> <p>5.4.2.6.3. Third: To Intergroups that have sent delegates to WSBC in the past five years.</p>	<p>delegates to WSBC in the last five years.</p> <p>5.4.2.56.3. Third: To Intergroups that have sent delegates to WSBC in the past five years.</p> <p><u>5.4.2.6. In the spirit of Seventh Tradition self-support, it is requested that – where feasible -- each applicant intergroup provide some portion of the delegate expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Conference delegate expenses.</u></p>
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**SUBMITTED BY:**

Marjorie T.  
BFDS Team

**INTENT:**

To make it clear that Region One may also provide support funds to assist Intergroups that would not otherwise be fully represented at Region. To request that intergroups asking for Assembly support from Region contribute at least some of their own expenses. To streamline the application process for delegate support. To request that integroups asking for Delegate support from Region contribute at least some of their own expenses.

**IMPLEMENTATION:**

Insert line items on the support application form to indicate “additional representative” and “funds provided by intergroup”. These line items can be considered when determining the final amount of support provided by Region.

**COST:**

None

**RATIONALE:**

5.4.1.4. This policy creates a contradiction with 5.4.1.3. and does not reflect current practice. 5.4.2.5. creates the same contradiction with 5.4.2.3.

5.4.1.4.4. The last several years, Region has had ample funds to provide support to Intergroups to send

representatives to Assembly. The first priority is Intergroups who have never sent a representative to Assembly. The second, to those that have not sent a representative in the last five years. The third, to those that have sent a representative in the past five years. This amendment would not change this order of priority. Any budgeted funds remaining could be used to assist medium-sized intergroups to send more than one representative to Assembly. This would strengthen Assembly and the Intergroup, which would have one more person experienced with service above the Intergroup level. Currently, a strict reading of the policy would prohibit such support.

5.4.1.5. Over the years, the BFDS team has received several applications for support where the intergroup has not indicated the amount of support they are willing to provide for their representative to attend Assembly. While Region welcomes as many Representatives to Assembly as we can manage, the tradition of Self-Support is an important one. Even a small amount expresses the willingness to be self-supporting where possible. This wording is taken directly from World Service policy.

5.4.2.3. In order to streamline applications for delegate support, World Service has created an October 1 deadline for Region to receive applications for support from both service bodies. This change to Region policy will accommodate the modified application process. In addition, by allowing more time for the BFDS team to review the applications prior to Assembly, a more deliberate consideration can be achieved; final determinations will depend upon the budget approved at that Assembly.

5.4.2.6. Over the years, the BFDS team has received several applications for support where the intergroup has not indicated the amount of support they are willing to provide for their delegate to attend Conference. While we would like to encourage as many delegates to WSBC as possible, the tradition of Self-Support is an important one. Even a small amount expresses the willingness to be self-supporting where possible. This wording is taken directly from World Service policy.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion P-8

Move to amend Policy 5. 5.3. PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS by inserting the following:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
5.5.PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS  5.5.3. Proposals shall be in accordance with the Twelve Steps and Twelve Traditions.	5.5.PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS  5.5.3. Proposals shall be in accordance with the Twelve Steps and Twelve Traditions <u>of Overeaters Anonymous</u> .

**SUBMITTED BY:**

Rosanne K.  
Bylaws team

**INTENT:**

To clarify that this policy references the Twelve Steps and Twelve Traditions of Overeaters Anonymous vs. those of another Twelve Step program.

**IMPLEMENTATION:**

The change would be Included in the new revision of the Region One Policies and Procedures following the annual Assembly.

**COST:**

None

**RATIONALE:**

It is important to clarify that Region One policies are guided specifically by the Twelve Steps and Twelve Traditions of Overeaters Anonymous as listed in the Bylaws of Overeaters Anonymous, Subpart B, Article I TWELVE STEPS and Article II TWELVE TRADITIONS.

# OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

## Motion P-9

Move to amend Policy 5. BUDGET AND FINANCE, SECTION 5.6 REIMBURSEMENT by striking and inserting as follows:

<b>CURRENT WORDING</b>	<b>PROPOSED WORDING</b>
<p>5.6.REIMBURSEMENT:</p> <p style="padding-left: 20px;">5.6.1.Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, except that the Treasurer shall submit their own reimbursement requests to the Chair. The Treasurer shall approve reimbursements and issue checks according to the following guidelines:</p> <p style="padding-left: 40px;">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.</p> <p style="padding-left: 40px;">5.6.1.2. Board members: travel shall be reimbursed at:</p> <p style="padding-left: 60px;">5.6.1.2.1. actual cost; or</p> <p style="padding-left: 60px;">5.6.1.2.2. the IRS charitable volunteer mileage reimbursement rate.</p> <p style="padding-left: 40px;">5.6.1.3. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. If rooms are shared with persons not eligible for reimbursement, Region One will reimburse only the Board member’s share of the lodging.</p> <p style="padding-left: 40px;">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</p>	<p>5.6.REIMBURSEMENT:</p> <p style="padding-left: 20px;">5.6.1.Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, except that the Treasurer shall submit their own reimbursement requests to the Chair. The Treasurer shall approve reimbursements and issue checks according to the following guidelines:</p> <p style="padding-left: 40px;">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.</p> <p style="padding-left: 40px;">5.6.1.2. Board members: travel shall be reimbursed at:</p> <p style="padding-left: 60px;">5.6.1.2.1. actual cost; or</p> <p style="padding-left: 60px;">5.6.1.2.2. the IRS charitable volunteer mileage reimbursement rate.</p> <p style="padding-left: 40px;">5.6.1.3. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. If rooms are shared with persons not eligible for reimbursement, Region One will reimburse only the Board member’s share of the lodging.</p> <p style="padding-left: 40px;">5.6.1.4. Up to five nights lodging shall be reimbursed for Assembly/Convention for all current Board members. <del>Newly elected Board members are not reimbursed.</del> <u>Newly elected Board</u></p>

<p>designee, may be reimbursed for an additional night of lodging at single occupancy if deemed necessary by the Board.</p>	<p><u>members may apply for reimbursement if not already funded by another service body.</u> The Chair, or his/her designee, may be reimbursed for an additional night of lodging at single occupancy if deemed necessary by the Board.</p> <p><u>5.6.2. Board nominees who are not current Region 1 representatives may request funding to attend Assembly as follows:</u></p> <p><u>5.6.2.1. Applicant is not presently funded by another service body</u></p> <p><u>5.6.2.2. Applicant does service at Assembly as assigned by the Region 1 Board and policy manual</u></p> <p><u>5.6.2.3. Region 1 will pay for half the daily room rate based on double occupancy, and the cost of Assembly registration. Transportation and meals will be compensated on a receipted basis by the Treasurer</u></p> <p><u>5.6.2.4. Deadline for application for funding is sixty (60) days prior to Assembly.</u></p>
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**SUBMITTED BY:**  
Faye D., Bylaws Project team

**INTENT:**  
To provide funding for Board position nominees to cover their travel expenses to Assembly if they are not already funded by their service bodies.

**IMPLEMENTATION:**  
Nominee will submit an application for funds to the BFDS team (Budget, Finance & Delegate Support) prior to Assembly.

**COST:**  
Convention room rate (double occupancy) x two nights, Assembly registration, and receipted transportation and meal expenses.

**RATIONALE:**  
If a nominee is not already serving as a representative to Assembly and funded by his/her service body, Region 1 should make funds available to cover the nominee’s travel and lodging expenses.

# OCTOBER 2019 PROPOSED MOTION TO REGION ONE ASSEMBLY

## Motion P-10

Move to amend Policy 7 REGION ONE REPRESENTATIVES by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p><b>7. REGION ONE REPRESENTATIVES</b></p>	<p><b>7. REGION ONE REPRESENTATIVES</b></p>
<p>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).</p>	<p><del>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).</del> <u>Each Representative shall complete the online Assembly registration form at least forty-five (45) days prior to Assembly and affirm election by his or her service body. The Region One Board may waive this deadline if deemed necessary.</u></p>
<p>7.2. During the Assembly, Representatives shall:</p> <ul style="list-style-type: none"> <li>7.2.1. Attend all business sessions, arriving on time, as required for voting.</li> <li>7.2.2. Participate in meetings of their assigned committee, creating an agenda and setting goals for the coming year.</li> <li>7.2.3. Complete the Assembly evaluation form included in the Assembly notebook.</li> </ul>	<p><u>The Representative will indicate Committee assignment preferences by completing a survey provided electronically prior to Assembly.</u></p> <p>7.2. During the Assembly, Representatives shall:</p> <ul style="list-style-type: none"> <li>7.2.1. Attend all business sessions, arriving on time, as required for voting.</li> <li>7.2.2. Participate in meetings of their assigned committee, creating an agenda and setting goals for the coming year.</li> <li>7.2.3. Complete the Assembly evaluation form included in the Assembly</li> </ul>

<p>7.3. After Assembly, Representative shall:</p> <p>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.</p> <p>7.3.2. Keep in contact with their assigned committee, fulfilling the agreed-upon committee assignments for the year.</p> <p>7.4. As time allows, Representative shall:</p> <p>7.4.1. Write articles for their Intergroup or Region One publications and Lifeline magazine.</p> <p>7.4.2. Lead workshops, as arranged by the Intergroup or Region One.</p> <p>7.4.3. Provide assistance to the Board as may be requested from time to time.</p>	<p>notebook.</p> <p>7.3. After Assembly, Representative shall:</p> <p>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.</p> <p>7.3.2. Keep in contact with their assigned committee, fulfilling the agreed-upon committee assignments for the year.</p> <p>7.4. As time allows, Representative shall:</p> <p>7.4.1. Write articles for their Intergroup or Region One publications <del>and Lifeline magazine.</del></p> <p>7.4.2. Lead workshops, as arranged by the Intergroup or Region One.</p> <p>7.4.3. Provide assistance to the Board as may be requested from time to time.</p>
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**SUBMITTED BY:**

Cindy C., Bylaws Project Team

**INTENT:**

To update Region One Policies and Procedures to reflect current practices.

**IMPLEMENTATION:**

Region One Policies and Procedures will be updated by the secretary.

**COST:**

None.

**RATIONALE:**

Region One currently handles registration, statement of eligibility and committee preference through its online registration tool. WSO will discontinue publication of Lifeline magazine in December, 2020.

## OCTOBER 2019 MOTION TO REGION ONE ASSEMBLY

### Motion P-11

Move to amend Policy 8.3. (Convention) REGISTRATION, 8.3.1. FEES by striking and inserting as follows:

CURRENT WORDING:	PROPOSED WORDING
<p>8.3.1. Fees</p> <p>8.3.1.1. The annual Region One Convention and Spring Event will have a set registration fee. All OA members attending are expected to pay the set registration fee.</p> <p>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.</p> <p>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.</p>	<p>8.3.1. Fees <u>and Scholarships</u></p> <p>8.3.1.1. The annual Region One Convention <del>and Spring Event</del> will have a set registration fee. All OA members attending are expected to pay the set registration fee.</p> <p>8.3.1.2. <del>Reduced registration fees may be offered for seniors 65 and over and those under the age of 18.</del> <u>Newcomers, defined as any OA member who joined OA after the end of the previous Region One Convention, and members' non-member guests shall pay no registration fees.</u></p> <p>8.3.1.3. Any member who wishes to attend and, because of <u>personal finances</u> <del>financial crisis</del> <u>absolutely</u> cannot pay the full fee, must go through the Vice Chair or designated members of the Convention committee to seek <u>a partial registration scholarship or a fee reduction for admittance to topics, workshops, and speaker sessions</u> . <del>It is suggested they make a donation.</del></p> <p style="padding-left: 40px;">8.3.1.3.1. <u>Registration scholarships in the amount of half of the set registration fee will be awarded as scholarship funds are available. Scholarships are awarded directly by the Convention Committee. The Convention Committee will encourage all OA Members to make a donation to the scholarship fund.</u></p> <p style="padding-left: 40px;">8.3.1.3.2. <u>In the event that no scholarship funds are available and cannot be raised, the Vice Chair may approve a registration fee reduction to ensure that no OA member is turned away from attending the topics, workshops ,or speaker sessions because of</u></p>



<p>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.</p>	<p><u>lack of funds.</u></p> <p><del>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.</del></p> <p><u>8.3.1.4. Records of all scholarships and reduced fees are to be kept as part of registration tracking.</u></p>
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SUBMITTED BY: Liz S. Bylaws Team

INTENT: Streamline and simplify the registration process to avoid delays in granting available scholarships.

IMPLEMENTATION: Update the Convention manual and the Region 1 Policies and Procedures.

COST: none

RATIONALE: 8.3.1.1 corrects the policy to reflect the reality that there is no Spring Event

8.3.1.2 removes seniors and youth, which fit in the next section. Keeps newcomers and guests. Defines “newcomer” and clarifies what a “guest” is.

8.3.1.3. is amended to reflect the different ways scholarships and fee reductions are handled in reality, namely by computer and not on paper, and to clarify whose duties are whose regarding scholarships and fee reductions.

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# Section 6 – Financials

# A Glossary of Financial Terms for Region One

**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, 2017 to June 30, 2017.



**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.

When making donations to OA World Service, please include your group or intergroup registration number. Not sure of your number? You can find it using the find-a-meeting function at [oa.org/find-a-meeting/](http://oa.org/find-a-meeting/).

Thank you for supporting OA!

## A Message from Our Treasurer

— Bonnie L., General Service Trustee, Treasurer

My name is Bonnie and I am a recovering compulsive overeater, currently serving as your treasurer. This has been a very busy quarter.

### Write the Registration Number on Group and Service Body Contributions

In October of each year, your Executive Committee members (the General Service Trustees and Board of Trustees chair) meet with World Service Office managers to prepare our annual budget. In November, the full board meets to review and approve the budget. We have just approved our 2018 budget of approximately US\$1.7 million. That's the amount it costs to effectively carry the message; to print, translate, and distribute OA literature; and to staff the WSO. Every contribution you send helps toward that cost and is very much appreciated.

In fact, we receive as many as 150 contribution checks every week. But as many as half of these don't have the contributing group or service body's registration number written on them. This is important information used to assign the contributions properly to your group or service body. It means the WSO staff must take a great deal of time to look up these registration numbers.

If you don't know your registration number, go to [Find a Meeting](#) on oa.org and look up your meeting information, which will include the registration number. It may take you just

five minutes, but multiply that time by about one hundred: that is the amount of WSO staff time that could be spent on much more productive work. If you need help finding your number, you can also contact your region chair, region trustee, or virtual services trustee. Our

*"We receive as many as 150 contribution checks every week, but half don't have the group or service body's registration number."*



WSO staff time is very valuable. In the coming months, the staff will be directed to stop tracing the sources of contributions sent without the required registration numbers. What that will mean is that unmarked contributions will ap-

pear in the "miscellaneous income" line, rather than being properly assigned to your group or service body. We would like to give you proper credit, so please help us out.

### Automatic Recurring Contributions

In the last issue of *A Step Ahead*, I shared about our ARC (Automatic Recurring Contributions) plan. On the oa.org website there is a simple link allowing members to make direct contributions. It's interesting to see that the ARC contributions for October 2017 include 276 members contributing a total of US\$6,244.50. That's even more than some regions contribute, so ARC is clearly a valuable resource. Please consider making an ARC if you're not doing so already. Go to [oa.org/contribute](http://oa.org/contribute) to get started.

### Delegate Support Fund

At our November board meeting, I was involved in the distribution of funds from our Delegate Support Fund. I am pleased to say that we were able to support nineteen delegates for WSBC 2018. They will attend from the USA, Canada, South Africa, Greece, Germany, Austria, and also from our virtual groups. This is the first opportunity for some of these

service bodies to be represented, and is only possible through your contributions to this fund.

We sincerely appreciate your continued support! Together we can do what we could never do alone.

This article reprinted from the 2018 First Quarter *A Step Ahead*:

<file:///C:/Users/BeverlyM/Documents/Region%20One/Assembly%20Binder%202018/asa-q1-2018.pdf>

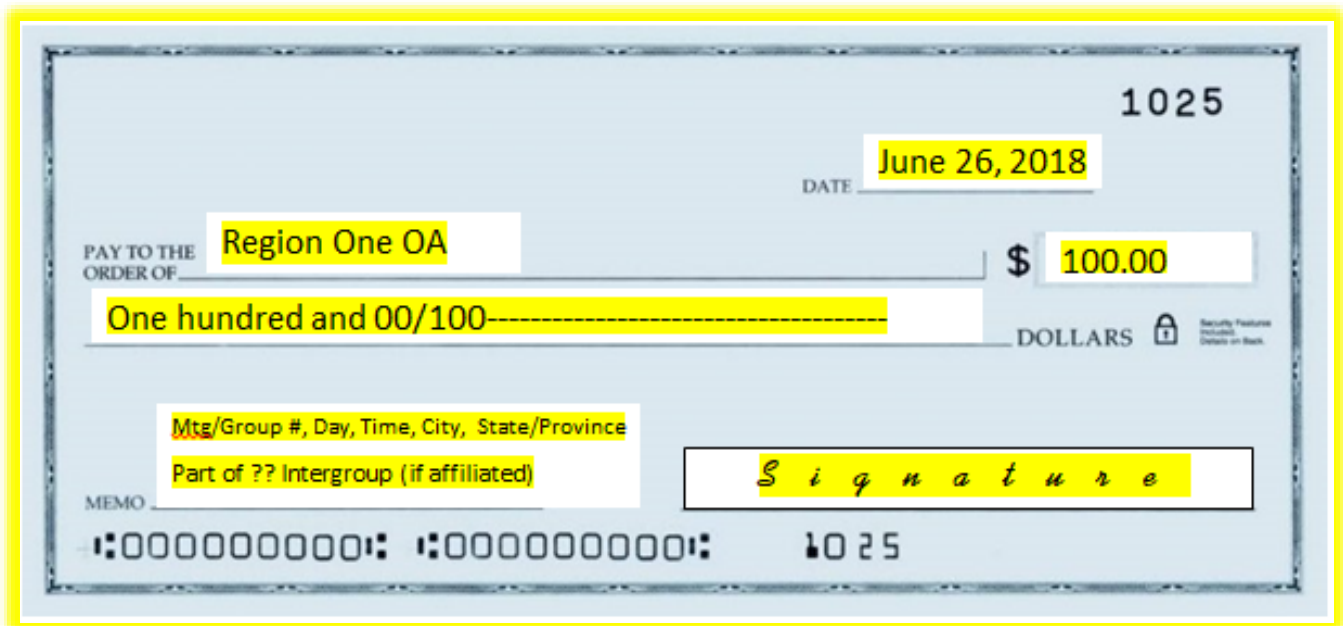
# Thank you for your donation to Region One

Below is an example check showing all of the information needed to properly credit your group or intergroup for your donation. There is no need to include additional forms if the check is filled out in this manner. **However, if this information isn't included at all, the donation will be recorded as a personal donation from the person named on the check.**

**Unsure of your group number?** Go to [www.oa.org/find-a-meeting/](http://www.oa.org/find-a-meeting/) and follow the search prompts using your meeting location, day and time. Your meeting number will be part of the search results. Please also include the name of the intergroup with which your meeting is affiliated. Thanks very much for your help.

**Mailing Address?** Region One Treasurer, P.O. Box 23235, Tigard, OR 97281

**Donating online?** We can receive donations online at [www.oaregion1.org/donations.html](http://www.oaregion1.org/donations.html). Please include the information shown in the check memo (below) in the "Note to Seller" field.



**Personal Donation?** Just write "personal donation" in the check memo, and be sure your name is on the check (or included in the "Note to Seller" if donating online).

*Thanks for helping us carry the message!*

# *OA Group Treasurer Worksheet*

Meeting Location & Day: \_\_\_\_\_

Meeting Number: \_\_\_\_\_ Covers Dates (From/To): \_\_\_\_\_

Treasurer's Name: \_\_\_\_\_

BEGINNING BALANCE.....\$ \_\_\_\_\_

Income – donations .....\$ \_\_\_\_\_

Income – literature sales .....\$ \_\_\_\_\_

Income-special events .....\$ \_\_\_\_\_

Income - miscellaneous/other .....\$ \_\_\_\_\_

EQUALS TOTAL INCOME .....\$ \_\_\_\_\_

Expenses – rent.....\$ \_\_\_\_\_

Expenses – literature .....\$ \_\_\_\_\_

Expenses – meeting supplies .....\$ \_\_\_\_\_

Expenses – scholarships.....\$ \_\_\_\_\_

Expenses – miscellaneous/other .....\$ \_\_\_\_\_

MINUS TOTAL EXPENSES .....\$ \_\_\_\_\_

EQUALS BALANCE ON HAND.....\$ \_\_\_\_\_

MINUS PRUDENT RESERVE (suggested three months' rent).....\$ \_\_\_\_\_

EQUALS EXCESS FUNDS (available for donation to service bodies) .....\$ \_\_\_\_\_

<b>D O N A T I O N S   T O   S E R V I C E   B O D I E S</b>			
Intergroup	%*	\$	
Region One	%*	\$	Region One, P.O. Box 23235, Tigard OR 97281 USA
OA World Service	%*	\$	OA World Service, PO Box 44727, Rio Rancho, NM 87174-4727 USA

\*Donation percentages should be determined by group conscience. OA World Service recommends 60% to Intergroup, 10% to Region and 30% to World Service.



2:17 PM  
04/13/19  
Cash Basis

2018 Actuals Vs. Budgeted

	<u>1/1/2018-12/31/2018</u>	<u>Budget</u>	<u>Difference</u>	% off Target	10% or more = * Plus is good for Revenue
<b>Income</b>					
1	Assembly Registration	1,217.00	1,225.00	-8.00	-1%
2	Convention Registrations				
3	Conv Reg Scholarship	314.00	0.00	314.00	100%
4	Convention Registrations-Other	22,059.91	10,000.00	12,059.91	55%
5	<b>Total Convention Expenses</b>	<b>22,373.91</b>	<b>10,000.00</b>	<b>12,373.91</b>	<b>55%</b>
6	Donation Campaigns				
7	Delegate Support	0.00	1,000.00	-1,000.00	-100% *
8	Public Info and Prof Outreach	0.00	0.00	0.00	
9	Rep Support	0.00	1,000.00	-1,000.00	-100% *
10	Donation Campaigns - Other	0.00	0.00	0.00	
11	<b>Total Donation Campaigns</b>	<b>0.00</b>	<b>2,000.00</b>	<b>-2,000.00</b>	<b>-100% *</b>
12	Donations				
13	7th tradition	880.15	675.00	205.15	23%
14	Groups	5,708.75	7,500.00	-1,791.25	-31% *
15	Individual	302.17	500.00	-197.83	-65% *
16	Intergroup Service Body	4,079.65	4,500.00	-420.35	-10% *
17	Donations - Other	0.00	0.00	0.00	
18	<b>Total Donations</b>	<b>10,970.72</b>	<b>13,175.00</b>	<b>-2,204.28</b>	<b>-20% *</b>
19	Interest Income	2.13	0.00	2.13	100%
20	Other income (specify)	11.00	0.00	11.00	100%
21	Ways and Means Income				
22	50-50 raffle	133.50	200.00	-66.50	-50% *
23	Big Book Study Guide	243.00	164.00	79.00	33%
24	Boutique Merchandise	2,653.00	350.00	2,303.00	87%
25	Convention Raffle	431.00	400.00	31.00	7%
26	Journal Sales	3,883.00	2,000.00	1,883.00	48%
27	Quilt raffle	891.00	1,000.00	-109.00	-12% *
28	Ways and Means Income - Other	0.00	0.00	0.00	
29	<b>Total Ways and Means Income</b>	<b>8,234.50</b>	<b>4,114.00</b>	<b>4,120.50</b>	<b>50%</b>
30	<b>Total Income</b>	<b>42,809.26</b>	<b>30,514.00</b>	<b>12,295.26</b>	<b>29%</b>
31	Past Carry Over	3,000.00	3,000.00	3,000.00	100%
32	<b>Gross Profit</b>	<b>45,809.26</b>	<b>33,514.00</b>	<b>15,295.26</b>	<b>33%</b>

2018 Actuals Vs. Budgeted

Expense	1/1/2018-12/31/2018	Budget	Difference	% off Target	10% or more = *
	1/1/2018-12/31/2018	Budget	Difference	% off Target	10% or more = *

Plus is bad for Expenses

<b>Administrative Expense</b>					
33	Bank Charge	12.97	100.00	-87.03	-671%
34	Board Convention registrations	0.00	900.00	-900.00	
35	Computer Services	684.89	308.00	376.89	55% *1
36	Liability Insurance	250.00	800.00	-550.00	-220%
37	Misc. Administrative	379.28	100.00	279.28	74% *2
38	PayPal charges	199.47	150.00	49.47	25% *3
39	Postage other than for W&M or a	169.58	75.00	94.58	56% *4
40	Printing and copying other than	26.49	50.00	-23.51	-89%
41	Administrative Expense - Other	0.00	0.00	0.00	
42	<b>Total Administrative Expense</b>	<b>1,722.68</b>	<b>2,483.00</b>	<b>-760.32</b>	<b>-44%</b>
<b>Assembly Expense</b>					
44	Audio & Visual	0.00	250.00	-250.00	
45	Hotel/Luncheon	1,676.39	700.00	976.39	58% *5
46	Parliamentarian	830.24	800.00	30.24	4%
47	Printing, Copying, Admin	680.44	500.00	180.44	27% *6
48	Assembly Expense - Other	0.00	0.00	0.00	
49	<b>Total Assembly Expense</b>	<b>3,187.07</b>	<b>2,250.00</b>	<b>937.07</b>	<b>29% *</b>
<b>Board Travel Expense</b>					
51	Assembly	3,343.04	3,500.00	-156.96	-5%
52	Officer to WSBC	1,045.11	1,200.00	-154.89	-15%
53	RCC Region Chair Committee	1,592.76	1,600.00	-7.24	0%
54	Travel Insurance	28.31	100.00	-71.69	-253%
55	Within Region 1	4,284.30	6,000.00	-1,715.70	-40%
56	Board Travel Expense - Other	0.00	0.00	0.00	
57	<b>Total Board Travel Expense</b>	<b>10,293.52</b>	<b>12,400.00</b>	<b>-2,106.48</b>	<b>-20%</b>
58	CAD exchange	-262.77	0.00	-262.77	100% *
59	<b>Capital Equipment Expense</b>	<b>430.58</b>	<b>500.00</b>	<b>-69.42</b>	<b>-16%</b>
<b>Contributions to other service</b>					
61	World Service delegate support	0.00	0.00	0.00	
62	World Service general fund	8,211.83	0.00	8,211.83	100% *7
63	Contributions to other service - Other	0.00	0.00	0.00	
64	<b>Total Contributions to other service</b>	<b>8,211.83</b>	<b>0.00</b>	<b>8,211.83</b>	<b>100%</b>
<b>Convention Expenses</b>					
66	Administration Expenses	481.27	50.00	431.27	90% *
67	Audio/Visual/Electronic	334.72	250.00	84.72	25% *
68	Convention Seed Money	0.00	1,000.00	-1,000.00	
69	Entertainment	315.52	0.00	315.52	100% *
70	Hotel catering	3,529.35	4,500.00	-970.65	-28%
71	Hotel meeting rooms	4,436.12	0.00	4,436.12	100% *
72	Key Note Speaker	568.05	0.00	568.05	100% *
73	Merchant Services	0.00	0.00	0.00	
74	Other (specify)	152.44	0.00	152.44	100% *
75	Printing and Postage	204.99	10.00	194.99	95% *
76	Service charges and taxes	0.00	0.00	0.00	
77	Convention Expenses - Other	0.00	0.00	0.00	
78	<b>Total Convention Expenses</b>	<b>10,022.46</b>	<b>5,810.00</b>	<b>4,212.46</b>	<b>42%</b>

2:17 PM  
04/13/19  
Cash Basis

2018 Actuals Vs. Budgeted

	1/1/2018-12/31/2018	Budget	Difference	% off Target	10% or more = *
79	<b>Project Teams</b>				
80	Audit	479.19	530.00	-50.81	-11%
81	Budget Finance Delegate Support	0.00	0.00	0.00	
82	Nurturing Newcomers	0.00	0.00	0.00	
83	Strong Recovery	500.00	500.00	0.00	0%
84	Project Teams - Other	0.00	0.00	0.00	
85	<b>Total Project Teams</b>	<b>979.19</b>	<b>1,030.00</b>	<b>-50.81</b>	<b>-5%</b>
86	<b>Targeted Funds Expenses</b>				
87	Board special project	147.42	191.00	-43.58	-30%
88	Delegate Support, WSBC	4,572.58	4,500.00	72.58	2%
89	Public Info and Prof Outreach	236.00	500.00	-264.00	-112%
90	Rep Support for Assembly	1,534.28	1,600.00	-65.72	-4%
91	Trustee Nominee Assistance	0.00	0.00	0.00	
92	WSO PO Fund	0.00	50.00	-50.00	
93	Targeted Funds Expenses - Other	0.00	0.00	0.00	
94	<b>Total Targeted Funds Expenses</b>	<b>6,490.28</b>	<b>6,841.00</b>	<b>-350.72</b>	<b>-5%</b>
95	<b>Ways and Means Expense</b>				
96	Convention Raffle	0.00	300.00	-300.00	
97	Journal postage	307.71	200.00	107.71	35% *8
98	Journal printing	1,748.74	1,200.00	548.74	31% *9
99	Merchandise	214.08	100.00	114.08	53% *10
100	Quilt Expenses	0.00	400.00	-400.00	
101	Ways and Means Expense - Other	0.00	0.00	0.00	
102	<b>Total Ways and Means Expense</b>	<b>2,270.53</b>	<b>2,200.00</b>	<b>70.53</b>	<b>3%</b>
103	<b>Total Expense</b>	<b>43,345.37</b>	<b>33,514.00</b>	<b>9,831.37</b>	<b>23% *</b>
104		<b>2,463.89</b>	<b>0.00</b>	<b>2,463.89</b>	<b>100%</b>

# 2018 Budget Overages Ratification

Expenses that were 10% or more over budget

## Administrative Services

1. Computer Services (Actual \$684.89, Budgeted \$308)
  - a. Skype subscription = \$48
  - b. Website domain = \$99
  - c. JotForm = \$131.90
  - d. Malwarebytes = \$69.99
  - e. Survey Monkey = 336
2. Misc. Administrative (Actual \$379.28; Budgeted \$100)
  - a. Check Orders = \$55.75
  - b. Business License = \$50
  - c. IRS Fee = \$25
  - d. Computer Carrier = \$62.99
  - e. Check Stamps for deposits = \$43
  - f. WSBC care package supplies = \$113
  - g. Erroneous charge, reimbursed in 2019 = \$29.54
3. PayPal Charges (Actual \$199.47, Budgeted \$100)
  - a. Each transaction in PayPal has an associated fee.
  - b. Largest fee was \$8.56
  - c. Smallest fee was \$0.23
4. Postage other than W&M or audit (Actual \$168.58, Budgeted \$75)
  - a. PO Box renewal = \$120
  - b. Postage = \$30.05
  - c. Office Supplies = \$19.53
5. Hotel Luncheon (Actual \$1,679.39, Budgeted \$700)
  - a. Included coffee and tea service for Assembly
6. Printing/Copying, admin (Actual \$680.44; Budgeted \$500)
  - a. Binder order = \$342.35
  - b. Treasurer's Copies = \$23.62
  - c. Assembly Supplies = \$314.47
7. WSO General Fund donation (Actual \$8,211.83; Budgeted \$0)
  - a. Excess funds from 2017 = \$7,311.83
  - b. 10% of excess funds from 2018 = \$900
8. Journal Postage (Actual \$307.71; Budgeted \$200)
9. Journal Printing (Actual \$1,748.74, Budgeted \$1,200)
  - a. Printed ### copies
  - b. Updated cover design
10. Ways & Means Merchandise (Actual \$214.08; Budgeted \$100)
  - a. Ordered Fork Pens to sell at WSBC and Assembly

# 2018 Intergroup Donations

9:20 PM  
07/28/19  
Cash Basis

## Region 1 Assembly of OA Intergroup Donations for 2018 January through December 2018

Date	Name	Memo	Original Amount	Paid Amount	Balance
<b>Donations</b>					
<b>Intergroup Service Body</b>					
04/21/2018	Anchorage AK Intergroup	09001	170.25	170.25	170.25
01/10/2018	Big Sky IG	09087	15.20	15.20	
03/16/2018	Big Sky Intergroup	09087	24.26	24.26	
05/25/2018	Big Sky Intergroup	09087	100.00	100.00	
05/25/2018	Big Sky Intergroup	09087	51.70	51.70	
09/17/2018	Big Sky Intergroup	09087	26.15	26.15	
12/05/2018	Big Sky Intergroup	09087	22.00	22.00	239.31
10/15/2018	Central Oregon Intergroup	09592	31.98	31.98	31.98
01/10/2018	Greater Seattle Intergroup	09194	231.48	231.48	
03/31/2018	Greater Seattle Intergroup	09194	287.16	287.16	
08/24/2018	Greater Seattle Intergroup	09194	162.50	162.50	
10/31/2018	Greater Seattle Intergroup	09194	362.76	362.76	1,043.90
04/21/2018	Jefferson State Intergroup	09384	325.00	325.00	325.00
09/17/2018	Lake Coun IG Service Body	09107	156.28	156.28	
02/21/2018	Lake Country IG	09107	160.78	160.78	317.06
01/10/2018	North Cascades IG	09132	3.53	3.53	
03/31/2018	North Cascades IG	09132	7.11	7.11	
10/08/2018	North Cascades Intergroup	09132	16.18	16.18	26.82
08/25/2018	North Light IG Service Body	09235	380.00	380.00	
07/05/2018	Northern Lights IG	09132	22.70	22.70	402.70
07/10/2018	Regina Intergroup	09202	33.82	33.82	33.82
07/26/2018	Sea To Sky IG	09217	187.75	187.75	
05/25/2018	Sea to Sky Intergroup	09217	450.00	450.00	637.75
02/21/2018	Snake River Intergroup	09292	247.68	247.68	247.68
05/07/2018	South Sound IG	09587	137.00	137.00	
10/23/2018	South Sound IG	Deposit	20.00	20.00	157.00
06/15/2018	Southeast Alaska IG	09366	69.60	69.60	69.60
03/06/2018	Vancouver Island IG	09263	214.98	214.98	
07/25/2018	Vancouver Island IG	09263	161.80	161.80	376.78
<b>Total Intergroup Service Body</b>				<b>4,079.65</b>	<b>4,079.65</b>
<b>Total Donations</b>				<b>4,079.65</b>	<b>4,079.65</b>
<b>TOTAL</b>				<b>4,079.65</b>	<b>4,079.65</b>

# 2018 Group Donations

## Region 1 Assembly of OA Group Donations for 2018 January through December 2018

Date	Name	Memo	Paid Amount
<b>Anaconda Tues 700pm</b>			
06/12/2018	Anaconda Tues 700pm	50143	10.00
Total Anaconda Tues 700pm			10.00
<b>Anacortes Mon 1030am</b>			
03/06/2018	Anacortes Mon 1030am	24943	10.00
Total Anacortes Mon 1030am			10.00
<b>Anchorage Sat 9am</b>			
01/10/2018	Anchorage Sat 9am	17026	76.35
03/31/2018	Anchorage Sat 9am	17026	17.00
07/10/2018	Anchorage Sat 9am	17026	20.40
10/08/2018	Anchorage Sat 9am	17026	20.00
Total Anchorage Sat 9am			133.75
<b>Ashland Mon Noon</b>			
05/30/2018	Ashland Mon Noon	40111	15.00
12/24/2018	Ashland Mon Noon	40111	12.00
Total Ashland Mon Noon			27.00
<b>Ashland Thurs 7pm</b>			
02/07/2018	Ashland Thurs 7pm	30951	15.00
05/25/2018	Ashland Thurs 7pm	30951	12.40
09/27/2018	Ashland Thurs 7pm	30951	28.00
Total Ashland Thurs 7pm			55.40
<b>Bainbridge Is. Sat 915</b>			
05/07/2018	Bainbridge Is. Sat 915	30245	24.00
06/12/2018	Bainbridge Is. Sat 915	30245	15.00
08/25/2018	Bainbridge Is. Sat 915	30245	10.00
Total Bainbridge Is. Sat 915			49.00
<b>Bainbridge Is. Wed Noon</b>			
01/10/2018	Bainbridge Is. Wed Noon	51173	10.00
03/16/2018	Bainbridge Is. Wed Noon	51173	19.00
08/08/2018	Bainbridge Is. Wed Noon	51173	10.00
08/25/2018	Bainbridge Is. Wed Noon	51173	15.00
10/08/2018	Bainbridge Is. Wed Noon	51173	10.00
Total Bainbridge Is. Wed Noon			64.00
<b>Beaverton Bethel UCC Mon Noon</b>			
04/21/2018	Beaverton Bethel UCC ...	22065	35.00
Total Beaverton Bethel UCC Mon Noon			35.00

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Beaverton Tues 930am</b>			
07/12/2018	Beaverton Tues 930am	33814	7.00
Total Beaverton Tues 930am			7.00
<b>Bellingham Fri noon</b>			
03/16/2018	Bellingham Fri noon	52237	30.00
06/12/2018	Bellingham Fri noon	52237	30.00
09/17/2018	Bellingham Fri noon	52237	38.91
Total Bellingham Fri noon			98.91
<b>Bellingham Mon 630pm</b>			
12/05/2018	Bellingham Mon 630pm	31126	48.00
Total Bellingham Mon 630pm			48.00
<b>Bellingham Sat 10am</b>			
01/19/2018	Bellingham Sat 10am	38838	30.00
02/21/2018	Bellingham Sat 10am	38838	24.50
03/26/2018	Bellingham Sat 10am	38838	30.00
10/15/2018	Bellingham Sat 10am	38838	33.31
12/05/2018	Bellingham Sat 10am	38838	15.00
Total Bellingham Sat 10am			132.81
<b>Bellingham Tues 530</b>			
01/02/2018	Bellingham Tues 530	39110	3.04
08/02/2018	Bellingham Tues 530	39110	7.30
12/01/2018	Bellingham Tues 530	39110	7.00
Total Bellingham Tues 530			17.34
<b>Bellingham Wed 530</b>			
02/21/2018	Bellingham Wed 530	46345	24.50
12/05/2018	Bellingham Wed 530	46345	15.00
Total Bellingham Wed 530			39.50
<b>Bend Mon Noon</b>			
02/07/2018	Bend Mon Noon	36392	15.28
05/07/2018	Bend Mon Noon	36392	17.92
07/05/2018	Bend Mon Noon	36392	19.00
10/15/2018	Bend Mon Noon	36392	25.48
Total Bend Mon Noon			77.68

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Bend Sat 930am</b>			
04/21/2018	Bend Sat 930am	41289	18.51
07/24/2018	Bend Sat 930am	41289	21.79
Total Bend Sat 930am			40.30
<b>Bend Thurs Noon</b>			
01/19/2018	Bend Thurs Noon	45593	13.95
04/21/2018	Bend Thurs Noon	45593	16.77
07/10/2018	Bend Thurs Noon	45593	16.77
10/15/2018	Bend Thurs Noon	45593	16.02
Total Bend Thurs Noon			63.51
<b>Boise Mon 7pm</b>			
03/06/2018	Boise Mon 7pm	04138	100.00
Total Boise Mon 7pm			100.00
<b>Boise Sat 130pm</b>			
11/01/2018	Boise Sat 130pm	47270	27.00
Total Boise Sat 130pm			27.00
<b>Bremerton Sat 10am</b>			
04/21/2018	Bremerton Sat 10am	35596	15.00
06/21/2018	Bremerton Sat 10am	35596	15.00
12/05/2018	Bremerton Sat 10am	35596	10.00
Total Bremerton Sat 10am			40.00
<b>Burien Wed 5pm</b>			
01/19/2018	Burien Wed 5pm	54023	18.00
05/07/2018	Burien Wed 5pm	54023	20.70
07/05/2018	Burien Wed 5pm	54023	12.60
10/15/2018	Burien Wed 5pm	54023	5.40
Total Burien Wed 5pm			56.70
<b>Calgary Mon 7pm</b>			
07/12/2018	Calgary Mon 7pm	46198	40.00
12/10/2018	Calgary Mon 7pm	46198	40.00
Total Calgary Mon 7pm			80.00
<b>Calgary Wed 730pm</b>			
12/10/2018	Calgary Wed 730pm	24787	43.80
Total Calgary Wed 730pm			43.80



**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Canby Tues 10am</b>			
04/21/2018	Canby Tues 10am	45836	10.00
Total Canby Tues 10am			10.00
<b>Cocolala Tues Noon</b>			
02/21/2018	Cocolala Tues Noon	53514	50.00
Total Cocolala Tues Noon			50.00
<b>Eastsound Thurs 530pm</b>			
02/21/2018	Eastsound Thurs 530pm	54654	62.55
Total Eastsound Thurs 530pm			62.55
<b>Edmonton Sat 11am</b>			
02/14/2018	Edmonton Sat 11am	33607	44.73
05/11/2018	Edmonton Sat 11am	33607	45.24
10/16/2018	Edmonton Sat 11am	33607	66.44
Total Edmonton Sat 11am			156.41
<b>Edmonton Thurs 7pm</b>			
01/14/2018	Edmonton Thurs 7pm	52306	25.00
08/19/2018	Edmonton Thurs 7pm	52306	22.00
Total Edmonton Thurs 7pm			47.00
<b>Edmonton Tues 7pm</b>			
08/25/2018	Edmonton Tues 7pm	10822	121.84
Total Edmonton Tues 7pm			121.84
<b>Edmonton Tues Noon</b>			
06/15/2018	Edmonton Tues Noon	54117	32.26
09/27/2018	Edmonton Tues Noon	54117	44.96
Total Edmonton Tues Noon			77.22
<b>Eugene Fri 11am</b>			
01/19/2018	Eugene Fri 11am	39158	18.73
07/24/2018	Eugene Fri 11am	39158	10.40
Total Eugene Fri 11am			29.13
<b>Eugene Sat 930am</b>			
03/06/2018	Eugene Sat 930am	29117	10.00
07/25/2018	Eugene Sat 930am	29117	20.00
12/10/2018	Eugene Sat 930am	29117	15.00
Total Eugene Sat 930am			45.00

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Frederickson Fri 630pm</b>			
12/05/2018	Frederickson Fri 630pm	00661	10.00
Total Frederickson Fri 630pm			10.00
<b>Gig Harbor Sat 11am</b>			
06/12/2018	Gig Harbor Sat 11am	45016	12.00
09/17/2018	Gig Harbor Sat 11am	45016	10.20
Total Gig Harbor Sat 11am			22.20
<b>Gig Harbor Wed 7pm</b>			
03/16/2018	Gig Harbor Wed 7pm	37659	17.50
09/17/2018	Gig Harbor Wed 7pm	37659	16.00
12/05/2018	Gig Harbor Wed 7pm	37659	10.00
Total Gig Harbor Wed 7pm			43.50
<b>Grants Pass Mon Noon</b>			
01/19/2018	Grants Pass Mon Noon	41078	21.80
05/25/2018	Grants Pass Mon Noon	41078	12.80
07/25/2018	Grants Pass Mon Noon	41078	11.20
10/11/2018	Grants Pass Mon Noon	41075	3.90
Total Grants Pass Mon Noon			49.70
<b>Grants Pass Sat 10am</b>			
01/10/2018	Grants Pass Sat 10am	53867	11.80
04/21/2018	Grants Pass Sat 10am	53867	6.20
10/15/2018	Grants Pass Sat 10am	53867	13.00
Total Grants Pass Sat 10am			31.00
<b>Grants Pass Sun 545pm</b>			
06/21/2018	Grants Pass Sun 545pm	50537	10.00
Total Grants Pass Sun 545pm			10.00
<b>Grants Pass Sun 7pm</b>			
07/10/2018	Grants Pass Sun 7pm	53867	12.00
Total Grants Pass Sun 7pm			12.00
<b>Gresham Thurs 11am</b>			
12/05/2018	Gresham Thurs 11am	54125	75.00
Total Gresham Thurs 11am			75.00

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Gresham Wed 1030am</b>			
08/02/2018	Gresham Wed 1030am	07901	27.94
Total Gresham Wed 1030am			27.94
<b>Hailey ID Thurs 6pm</b>			
07/24/2018	Hailey ID Thurs 6pm	52489	19.50
Total Hailey ID Thurs 6pm			19.50
<b>Hamilton Sat 10am</b>			
08/25/2018	Hamilton Sat 10am	38935	10.76
Total Hamilton Sat 10am			10.76
<b>Hood River Tue 530pm</b>			
03/06/2018	Hood River Tue 530pm	39448	10.00
Total Hood River Tue 530pm			10.00
<b>Kalispell Sat 11am</b>			
10/23/2018	Kalispell Sat 11am	Deposit	87.50
Total Kalispell Sat 11am			87.50
<b>Kalispell Tues noon</b>			
10/23/2018	Kalispell Tues noon	Deposit	87.50
Total Kalispell Tues noon			87.50
<b>Kelowna Sat AM</b>			
08/25/2018	Kelowna Sat AM	11616	112.23
Total Kelowna Sat AM			112.23
<b>Kennewick Mon 6pm</b>			
03/26/2018	Mon Kennewick WA	52419	18.00
08/25/2018	Kennewick Mon 6pm	52419	21.60
Total Kennewick Mon 6pm			39.60
<b>Kennewick Sat 10am</b>			
08/25/2018	Kennewick Sat 10am	54533	14.60
Total Kennewick Sat 10am			14.60

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Kennewick Wed noon</b>			
01/19/2018	Kennewick Wed noon	37945	35.51
05/25/2018	Kennewick Wed noon	37945	24.62
10/15/2018	Kennewick Wed noon	37945	32.70
Total Kennewick Wed noon			92.83
<b>Ketchum Mon Noon</b>			
02/21/2018	Ketchum Mon Noon	30415	27.00
Total Ketchum Mon Noon			27.00
<b>Klamath Falls Fri Noon</b>			
07/10/2018	Klamath Falls Fri Noon	41122	24.00
Total Klamath Falls Fri Noon			24.00
<b>Lake Oswego Fri Noon</b>			
01/10/2018	Lake Oswego Fri Noon	33913	11.75
05/25/2018	Lake Oswego Fri Noon	33913	35.00
08/25/2018	Lake Oswego Fri Noon	33913	15.00
12/05/2018	Lake Oswego Fri Noon	33913	28.98
Total Lake Oswego Fri Noon			90.73
<b>Lake Oswego Wed Noon</b>			
01/10/2018	Lake Oswego Wed Noon	33168	11.75
05/25/2018	Lake Oswego Wed Noon	33618	35.00
08/25/2018	Lake Oswego Wed Noon	33618	15.00
12/05/2018	Lake Oswego Wed Noon	33618	28.98
Total Lake Oswego Wed Noon			90.73
<b>Lakewood Thurs 6pm</b>			
06/12/2018	Lakewood Thurs 6pm	53864	12.25
12/05/2018	Lakewood Thurs 6pm	53864	16.00
Total Lakewood Thurs 6pm			28.25
<b>Langley Mon 6pm</b>			
03/26/2018	Langley Mon 6pm	52520	50.00
12/05/2018	Langley Mon 6pm	52520	48.00
Total Langley Mon 6pm			98.00
<b>Livingston Wed 630pm</b>			
05/07/2018	Livingston Wed 630pm	54651	15.70
Total Livingston Wed 630pm			15.70

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Long Beach Sat 10am</b>			
04/21/2018	Long Beach Sat 10am	36544	4.00
Total Long Beach Sat 10am			4.00
<b>Longview WA Thurs 530pm</b>			
04/21/2018	Longview WA Thurs 530...	50311	10.00
Total Longview WA Thurs 530pm			10.00
<b>Marysville Thur 6pm</b>			
06/12/2018	Marysville Thur 6pm	45594	25.00
08/25/2018	Marysville Thur 6pm	45594	20.00
Total Marysville Thur 6pm			45.00
<b>Marysville Thurs 9pm</b>			
03/06/2018	Marysville Thurs 9pm	45594	15.00
Total Marysville Thurs 9pm			15.00
<b>McMinnville Fri Noon</b>			
04/21/2018	McMinnville Fri Noon	49171	20.00
09/26/2018	McMinnville Fri Noon	49171	36.00
Total McMinnville Fri Noon			56.00
<b>Medford Mon 7pm</b>			
03/26/2018	Medford Mon 7pm	02638	29.89
06/21/2018	Medford Mon 7pm	02638	20.00
Total Medford Mon 7pm			49.89
<b>Medford Sat 10am</b>			
07/12/2018	Medford Sat 10am	26650	20.82
12/05/2018	Medford Sat 10am	26650	45.25
Total Medford Sat 10am			66.07
<b>Middleton Sun 7pm</b>			
04/21/2018	Middleton Sun 7pm	54508	10.00
07/10/2018	Middleton Sun 7pm	54508	20.00
09/26/2018	Middleton Sun 7pm	54508	20.00
Total Middleton Sun 7pm			50.00
<b>Milwaukie Mon 7pm</b>			
04/21/2018	Milwaukie Mon 7pm	18333	25.00
Total Milwaukie Mon 7pm			25.00

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Newberg Mon 730pm</b>			
04/21/2018	Newberg Mon 730pm	56116	11.00
Total Newberg Mon 730pm			11.00
<b>Oak Harbor Wed 7pm</b>			
02/07/2018	Oak Harbor Wed 7pm	39703	20.00
Total Oak Harbor Wed 7pm			20.00
<b>Ocean Park WA Thurs 1145am</b>			
04/21/2018	Ocean Park WA Thurs 1...	52810	6.00
Total Ocean Park WA Thurs 1145am			6.00
<b>Olympia Mon 530pm</b>			
03/06/2018	Olympia Mon 530pm	48261	20.00
Total Olympia Mon 530pm			20.00
<b>Olympia Sat 10 am</b>			
01/19/2018	Olympia Sat 10 am	18468	25.00
04/21/2018	Olympia Sat 10 am	18468	25.00
07/10/2018	Olympia Sat 10 am	18468	20.00
10/08/2018	Olympia Sat 10 am	18468	10.00
Total Olympia Sat 10 am			80.00
<b>Olympia Wed 530pm</b>			
02/21/2018	Olympia Wed 530pm	45000	46.19
12/24/2018	Olympia Wed 530pm	45000	25.19
Total Olympia Wed 530pm			71.38
<b>Palmer Sunday 6pm</b>			
05/07/2018	Palmer Sunday 6pm	51726	10.00
07/10/2018	Palmer Sunday 6pm	51726	10.00
Total Palmer Sunday 6pm			20.00
<b>Port Angeles Mon 9am</b>			
12/05/2018	Port Angeles Mon 9am	40381	7.80
Total Port Angeles Mon 9am			7.80
<b>Port Angeles Wed-committed to abstinence</b>			
08/02/2018	Port Angeles Wed-com...	37815	8.58
Total Port Angeles Wed-committed to abstinence			8.58

## Region 1 Assembly of OA Group Donations for 2018 January through December 2018

Date	Name	Memo	Paid Amount
<b>Port Angeles Wed 530pm</b>			
03/16/2018	Port Angeles Wed 530pm	37815	5.35
12/05/2018	Port Angeles Wed 530pm	37815	15.54
Total Port Angeles Wed 530pm			20.89
<b>Port Hadlock Sat 9am</b>			
05/07/2018	Port Hadlock Sat 9am	50522	100.00
Total Port Hadlock Sat 9am			100.00
<b>Port Orchard Mon 7pm</b>			
02/14/2018	Silverdale WA	51660	11.00
12/10/2018	Port Orchard Mon 7pm	51660	25.00
Total Port Orchard Mon 7pm			36.00
<b>Port Orchard Sat 8am</b>			
02/07/2018	Port Orchard	38413	14.00
Total Port Orchard Sat 8am			14.00
<b>Portland Bethany Lutheran Fri 7pm</b>			
04/21/2018	Portland Bethany Luther...	49678	55.00
Total Portland Bethany Lutheran Fri 7pm			55.00
<b>Portland In the Solution Sat 7am</b>			
02/07/2018	Portland In the Solution ...	23622	14.85
03/26/2018	Portland In the Solution ...	23622	10.15
Total Portland In the Solution Sat 7am			25.00
<b>Portland Mon Noon St Paul</b>			
04/21/2018	Portland Mon Noon St P...	06652	7.50
Total Portland Mon Noon St Paul			7.50
<b>Portland St Barnabas Sat 9am</b>			
04/21/2018	Portland St Barnabas Sa...	32536	21.80
Total Portland St Barnabas Sat 9am			21.80
<b>Portland St Ignatius Wed 630pm</b>			
04/21/2018	Portland St Ignatius We...	51751	7.50
Total Portland St Ignatius Wed 630pm			7.50

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Portland Tues 630pm CLOSED</b>			
03/06/2018	Portland Tues 630pm C...	40678	70.00
04/21/2018	Portland Tues 630pm C...	09043	15.94
Total Portland Tues 630pm CLOSED			85.94
<b>Poulsbo Mon am</b>			
09/17/2018	Poulsbo Mon am	39716	10.40
Total Poulsbo Mon am			10.40
<b>puyallup Fri 6pm</b>			
02/21/2018	puyallup Fri 6pm	00661	10.00
07/24/2018	puyallup Fri 6pm	00661	24.00
Total puyallup Fri 6pm			34.00
<b>Red Deer Alberta Tue 730pm</b>			
11/01/2018	Red Deer Alberta Tue 7...	10625	22.93
Total Red Deer Alberta Tue 730pm			22.93
<b>Reedsport Mon 530pm</b>			
02/07/2018	Reedsport Mon 530pm	00959	40.00
Total Reedsport Mon 530pm			40.00
<b>Roseburg Sat 1115am</b>			
03/31/2018	Roseburg Sat 1115am	51706	30.00
06/21/2018	Roseburg Sat 1115am	51706	30.00
Total Roseburg Sat 1115am			60.00
<b>Roseburg Wed 5pm</b>			
03/31/2018	Roseburg Wed 5pm	10055	30.00
07/24/2018	Roseburg Wed 5pm	10055	30.00
Total Roseburg Wed 5pm			60.00
<b>Saskatoon Sun 2pm</b>			
05/11/2018	Saskatoon Sun 2pm	36854	38.00
Total Saskatoon Sun 2pm			38.00
<b>Saskatoon Thurs 1pm</b>			
07/21/2018	Saskatoon Thurs 1pm	56383	38.00
Total Saskatoon Thurs 1pm			38.00



**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Saskatoon Tues Noon</b>			
03/06/2018	Saskatoon Tues Noon	52250	42.58
Total Saskatoon Tues Noon			42.58
<b>Seattle Tues 7pm</b>			
08/02/2018	Seattle Tues 7pm	03316	86.00
Total Seattle Tues 7pm			86.00
<b>Selah Sat 9am</b>			
09/17/2018	Selah Sat 9am	50647	15.00
10/15/2018	Selah Sat 9am	50647	7.00
Total Selah Sat 9am			22.00
<b>Sequim Mon 415pm</b>			
02/21/2018	Sequim Mon 415pm	50654	10.00
05/07/2018	Sequim Mon 415pm	50654	10.00
09/17/2018	Sequim Mon 415pm	50654	30.00
12/05/2018	Sequim Mon 415pm	50654	13.00
Total Sequim Mon 415pm			63.00
<b>Sherwood Pk Alberta Sun 7pm</b>			
02/14/2018	Sherwood Pk Alberta Su...	54722	26.08
06/15/2018	Sherwood Pk Alberta Su...	54722	16.71
10/11/2018	Sherwood Pk Alberta Su...	54722	66.42
Total Sherwood Pk Alberta Sun 7pm			109.21
<b>St. Albert Alberta Mon 7pm</b>			
05/11/2018	St. Albert Alberta Mon 7...	16988	42.98
Total St. Albert Alberta Mon 7pm			42.98
<b>Tacoma Fircrest Mon Noon</b>			
03/16/2018	Tacoma Fircrest Mon No...	52607	20.00
07/24/2018	Tacoma Fircrest Mon No...	52607	31.45
Total Tacoma Fircrest Mon Noon			51.45
<b>Tacoma Sat 10am</b>			
01/19/2018	Tacoma Sat 10am	34379	7.50
06/12/2018	Tacoma Sat 10am	34379	12.25
07/24/2018	Tacoma Sat 10am	34379	1.30
Total Tacoma Sat 10am			21.05

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Tacoma Thurs Noon</b>			
01/19/2018	Tacoma Thurs Noon	19585	25.00
06/12/2018	Tacoma Thurs Noon	19585	32.20
06/12/2018	Tacoma Thurs Noon	19585	12.00
09/17/2018	Tacoma Thurs Noon	19585	20.00
12/05/2018	Tacoma Thurs Noon	19585	30.00
Total Tacoma Thurs Noon			119.20
<b>Tacoma Tues Noon</b>			
02/21/2018	Tacoma Tues Noon	27120	5.00
Total Tacoma Tues Noon			5.00
<b>Tacoma Wed noon</b>			
07/24/2018	Tacoma Wed noon	41120	5.00
Total Tacoma Wed noon			5.00
<b>Twin Falls Sat 1030am</b>			
02/07/2018	Twin Falls Sat 1030am	53977	10.00
04/21/2018	Twin Falls Sat 1030am	53977	10.00
08/02/2018	Twin Falls Sat 1030am	53977	10.00
12/05/2018	Twin Falls Sat 1030am	53977	10.00
Total Twin Falls Sat 1030am			40.00
<b>Twin Falls Tues 1030am</b>			
01/19/2018	Twin Falls Tues 1030am	51623	15.00
04/21/2018	Twin Falls Tues 1030am	51623	15.00
08/02/2018	Twin Falls Tues 1030am	51623	15.00
12/05/2018	Twin Falls Tues 1030am	51623	15.00
Total Twin Falls Tues 1030am			60.00
<b>Vancouver Island IG</b>			
12/10/2018	Vancouver Island IG	09263	189.67
Total Vancouver Island IG			189.67
<b>Vancouver WA St. Andrew Sat 10am</b>			
02/21/2018	Vancouver WA St. Andr...	34274	150.00
Total Vancouver WA St. Andrew Sat 10am			150.00

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Paid Amount</u>
<b>Wasilla Monday noon</b>			
03/31/2018	Wasilla Monday noon	33504	10.00
05/25/2018	Wasilla Monday noon	33504	10.00
05/25/2018	Wasilla Monday noon	33504	10.00
06/12/2018	Wasilla Monday noon	33504	10.00
08/25/2018	Wasilla Monday noon	33504	15.00
10/15/2018	Wasilla Monday noon	33504	10.00
12/05/2018	Wasilla Monday noon	33504	10.00
Total Wasilla Monday noon			75.00
<b>Wasilla Sat 930</b>			
02/21/2018	Wasilla Sat 930	38648	10.00
05/07/2018	Wasilla Sat 930	38648	20.00
07/10/2018	Wasilla Sat 930	38648	10.00
07/24/2018	Wasilla Sat 930	38648	10.00
10/08/2018	Wasilla Sat 930	38648	10.00
12/05/2018	Wasilla Sat 930	38648	10.00
12/24/2018	Wasilla Sat 930	38648	10.00
Total Wasilla Sat 930			80.00
<b>Wasilla Weds 6pm</b>			
05/07/2018	Wasilla Weds 6pm	51636	10.00
07/10/2018	Wasilla Weds 6pm	51636	10.00
Total Wasilla Weds 6pm			20.00
<b>Yakima Monday noon</b>			
12/05/2018	Yakima Monday noon	40251	10.00
12/05/2018	Yakima Monday noon	40251	18.00
Total Yakima Monday noon			28.00
<b>Yakima Wed 6pm</b>			
12/05/2018	Yakima Wed 6pm	50095	11.90
Total Yakima Wed 6pm			11.90
<b>Yellowknife Friday 7pm</b>			
07/25/2018	Yellowknife Friday 7pm	51187	100.00
Total Yellowknife Friday 7pm			100.00
<b>Yellowknife Mon noon</b>			
02/14/2018	Yellowknife Mon noon	17343	46.50
10/16/2018	Yellowknife Mon noon	17343	58.91
Total Yellowknife Mon noon			105.41

**Region 1 Assembly of OA  
Group Donations for 2018  
January through December 2018**

Date	Name	Memo	Paid Amount
<b>Yellowknife Thurs 730</b>			
02/14/2018	Yellowknife Thurs 730	45474	46.50
Total Yellowknife Thurs 730			46.50
<b>Yelm Tuesday 6pm</b>			
10/15/2018	Yelm Tuesday 6pm	00383	6.00
Total Yelm Tuesday 6pm			6.00
<b>TOTAL</b>			<b>5,708.75</b>

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# 2019 YTD Budget vs Actuals

6:34 PM  
09/09/19  
Cash Basis  
Submitted by Leslie W. Treasurer

## Region 1 Assembly of OA 2019 YTD Actuals vs Budgeted January through September 6, 2019

	Jan - Sep 6	Budget	\$ Over Budget	
<b>Income</b>				
1	Assembly Registration	1,061.00	1,236.00	-175.00
2	Convention Revenue (Net)	19,555.70	22,500.00	-2,944.30
3	<b>Donations</b>			
4	7th tradition	0.00	675.00	-675.00
5	Groups	4,792.43	7,500.00	-2,707.57
6	Individual	282.02	500.00	-217.98
7	Intergroup Service Body	4,993.30	4,500.00	493.30
8	<b>Total Donations</b>	<b>10,067.75</b>	<b>13,175.00</b>	<b>-3,107.25</b>
9	<b>Donation Campaigns</b>			
10	Delegate Support	0.00	1,000.00	-1,000.00
11	Rep Support	0.00	1,000.00	-1,000.00
12	<b>Total Donation Campaigns</b>	<b>0.00</b>	<b>2,000.00</b>	<b>-2,000.00</b>
13	Interest Income	2.31	0.00	2.31
14	Other income (specify)	0.00	0.00	0.00
15	<b>Ways and Means Income</b>			
16	50-50 raffle	0.00	200.00	-200.00
17	Assembly & Convention Boutique Sales	0.00	350.00	-350.00
18	Convention Raffle	0.00	400.00	-400.00
19	Journal sales	2,597.00	3,600.00	-1,003.00
20	Quilt raffle	0.00	1,000.00	-1,000.00
21	WSBC Boutique	473.00	350.00	123.00
22	<b>Total Ways and Means Income</b>	<b>3,070.00</b>	<b>5,900.00</b>	<b>-2,830.00</b>
23	<b>Total Income</b>	<b>33,756.76</b>	<b>44,811.00</b>	<b>-11,054.24</b>
24	Excess Funds Carry Over from 2018	8,100.00	8,100.00	0.00
25	<b>Gross Profit</b>	<b>41,856.76</b>	<b>52,911.00</b>	<b>-11,054.24</b>
26	<b>Expense</b>			
27	<b>Administrative Expense</b>			
28	Bank Charge	12.00	40.00	-28.00
29	Computer Services	289.30	650.00	-360.70
30	Liability Insurance	0.00	250.00	-250.00
31	Misc. Administrative	-5.96	100.00	-105.96
32	Office Supplies	54.97	300.00	-245.03
33	PayPal charges	184.94	300.00	-115.06
34	PO Box, Postage, not W&M or Audit	135.15	225.00	-89.85
35	<b>Total Administrative Expense</b>	<b>670.40</b>	<b>1,865.00</b>	<b>-1,194.60</b>
36	<b>Assembly Expense</b>			
37	Audio & Visual	0.00	500.00	-500.00
38	Hotel Catering/Luncheon	0.00	2,000.00	-2,000.00
39	Parliamentarian	0.00	800.00	-800.00
40	Printing, Copying, Admin	29.16	400.00	-370.84
41	<b>Total Assembly Expense</b>	<b>29.16</b>	<b>3,700.00</b>	<b>-3,670.84</b>

**Region 1 Assembly of OA**  
**2019 YTD Actuals vs Budgeted**  
 January through September 6, 2019

	<u>Jan - Sep 6</u>	<u>Budget</u>	<u>\$ Over Budget</u>
42	Board Travel Expense		
43	869.11	3,550.00	-2,680.89
44	1,263.69	1,500.00	-236.31
45	1,194.55	1,800.00	-605.45
46	0.00	100.00	-100.00
47	4,711.99	5,000.00	-288.01
48	<u>8,039.34</u>	<u>11,950.00</u>	<u>-3,910.66</u>
49	302.45	0.00	302.45
50	0.00	1,000.00	-1,000.00
51	Contributions to Other Service Bodies		
52	1,000.00	1,000.00	0.00
53	2,000.00	5,000.00	-3,000.00
54	1,000.00	1,000.00	0.00
55	1,000.00	1,000.00	0.00
56	<u>5,000.00</u>	<u>8,000.00</u>	<u>-3,000.00</u>
57	Project Teams		
58	0.00	100.00	-100.00
59	28.70	200.00	-171.30
60	0.00	100.00	-100.00
61	0.00	100.00	-100.00
62	0.00	1,000.00	-1,000.00
63	0.00	500.00	-500.00
64	0.00	100.00	-100.00
65	139.49	200.00	-60.51
66	<u>168.19</u>	<u>2,300.00</u>	<u>-2,131.81</u>
67	Targeted Funds Expenses		
68	450.00	3,200.00	-2,750.00
69	6,374.35	7,350.00	-975.65
70	0.00	2,700.00	-2,700.00
71	394.00	1,000.00	-606.00
72	142.38	4,350.00	-4,207.62
73	<u>7,360.73</u>	<u>18,600.00</u>	<u>-11,239.27</u>
74	Ways and Means Expense		
75	245.85	500.00	-254.15
76	3,595.49	1,800.00	1,795.49
77	298.20	245.00	53.20
78	<u>4,139.54</u>	<u>2,545.00</u>	<u>1,594.54</u>
79	0.00	500.00	-500.00
80	<u>25,709.81</u>	<u>50,460.00</u>	<u>-24,750.19</u>
	<u>16,146.95</u>	<u>2,451.00</u>	<u>13,695.95</u>

# 2019 Convention Budget vs Actuals

## 2019 Region One Convention YTD Budget vs Actuals

Jan 1 through Sept 6 2019

	Budgeted	Actual
<b>Estimated Revenue</b>		
Early (\$145 includes Banquet) @180	\$ 26,100.00	\$ 14,355.00
Standard (\$125, no banquet) @15	\$ 1,875.00	\$ 4,125.00
Late (\$165, includes Banquet) @40	\$ 3,290.00	\$ 495.00
Banquet only (\$45) @13	\$ 585.00	\$ 585.00
Friday (\$25) @10	\$ 250.00	\$ 75.00
Saturday (\$85) @10	\$ 850.00	\$ 765.00
Sunday (\$25) @10	\$ 250.00	\$ -
<b>Projected Revenue</b>	<b>\$ 33,200.00</b>	<b>\$ 20,400.00</b>

*Revenue Projections based on the following assumptions:*

*150 attendees*

*48% Early Bird (72)*

*36% Full Registration (54)*

*17% Commuter (25)*

*These numbers are based on historical data (i.e., Seattle)*

*Does NOT include revenue generated via raffles, W&M sales*

<b>Estimated Expenses</b>	<b>Budgeted</b>	<b>Actual</b>
Decorations	\$ 250.00	\$ 153.96
Coffee/Tea	\$ 650.00	\$ -
Admin	\$ 200.00	\$ -
Advertising (signage, etc)	\$ 300.00	\$ -
Entertainment	\$ 500.00	\$ -
Registration (packets, envelopes, brochure)	\$ 600.00	\$ 156.90
Hospitality	\$ 200.00	\$ -
Postage	\$ 90.00	\$ -
Bank fees, etc	\$ 700.00	\$ 533.44
Misc.	\$ 200.00	\$ -
W&M	\$ 100.00	\$ -
Gifts	\$ 110.00	\$ -
Speaker Travel	\$ 1,000.00	\$ -
Banquet	\$ 5,800.00	
<b>Total estimated costs</b>	<b>\$ 10,700.00</b>	<b>\$ 844.30</b>
<b>PROJECTED NET REVENUE</b>	<b>\$ 22,500.00</b>	<b>\$ 19,555.70</b>

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# Section 7 – Budget Proposals

## PRE-ASSEMBLY BUDGET Q&A CONFERENCE CALLS

We need your help creating the best possible 2020 budget for Region One. **All Representatives are encouraged to participate in one of the pre-Assembly Budget Q&A calls.** We want to answer your questions and hear your valuable input in advance. This will save time at Assembly and allow for a more thoughtful process.

Input from these sessions will be taken into consideration when creating the final proposal, which will be voted on at Assembly.

Two budget Q&A sessions will be held via conference call before Assembly. You can participate online or by phone. All registered Representatives will receive an email with instructions on how to join the call.

Please plan to participate in one of the following calls:

Sunday, September 29, 2019 at 4pm Pacific Time

Thursday, October 3, 2019 at 7pm Pacific Time

There will be a brief review of the budget proposal and one last chance for input at Assembly.

# 2020 General Fund Budget Proposal

2020 Budget Proposal - Region One OA		2020 Proposal	2019 Budget	2019 YTD as of July 1	2018 Actual	Notes / Suggestions
2	<b>INCOME</b>					
3	Assembly Income	\$ 1,225	\$ 1,236	\$ 97	\$ 1,182	
4	Net Convention Income**	\$ 17,074	\$ 22,500	\$ 6,202	\$ 22,060	Budgeting method changes for 2020
5	<b>Donation Campaigns</b>					
6	Delegate Support Donations, W5BC	1,000	1,000	0	0	
7	Rep Support Donations, Assembly	1,000	1,000	0	0	
8	Public Info/Professional Outreach (PIPO) Donations	1,000	0	0	0	
9	Other (Conv Reg Scholarship)	moved*	0	0	448	
10	<b>Total Donation Campaigns</b>	\$ 3,000	\$ 2,000	\$ -	\$ 448	
11	<b>Donations</b>					
12	7th Tradition at Assembly	880	675	0	430	
13	Donations from Groups	7,500	7,500	3,339	4,563	
14	Donations from Individuals	300	500	214	439	
15	Donations from Intergroups	5,000	4,500	3,631	6,450	
16	Other Donations	0	0	-	-	
17	<b>Total Donations</b>	\$ 13,680	\$ 13,175	\$ 7,184	\$ 11,872	
18	<b>Interest Income</b>	1	0	1	2	
19	<b>Other Income</b>	10	0	0	11	
20	<b>Ways &amp; Means Income</b>					
21	50/50 Draw	moved*	200	0	114	
22	Big Book Study Guide	n/a	0	0	120	
23	Boutique Merchandise (moved to Convention Budget)	moved*	350	0	40	
24	Journal Sales	5,000	3,600	2,220	5,127	
25	Convention Raffle Package	moved*	400	0	305	
26	Quilt	moved*	1,000	0	76	
27	WSBC Boutique	900	350	473	355	
28	<b>Total Ways &amp; Means Income</b>	\$ 5,910	\$ 5,900	\$ 2,694	\$ 5,863	
29	<b>Excess Funds Carried Over from Previous Year</b>		8,100	8,100	3,000	to be determined December 2019
30	<b>Total Income</b>	\$ 40,889	\$ 52,911	\$ 24,277	\$ 44,425	
31	<b>EXPENSES</b>					
32	<b>Administrative Expense</b>					
33	Bank Charges	15	40	12	12	
34	Computer/Software Services	650	650	270	685	
35	Liability Insurance	250	250	0	250	
36	Misc Admin	100	100	(6)	383	
37	Office Supplies, Printing, Copying, not Ways and Means or Assembly	200	300	109	206	
38	PayPal Charges	300	300	55	220	
39	PO Box and Postage, not Ways and Means or Audit	200	225	135	170	
40	<b>Total Administrative Expenses</b>	\$ 1,715	\$ 1,865	\$ 575	\$ 1,925	
41	<b>Assembly Expense</b>					
42	Audio/Visual/Electronic	0	500	0	0	
43	Hotel Catering/Luncheon	1,700	2,000	0	1,676	
44	Parliamentarian	850	800	0	830	
45	Printing, Copying, Supplies	700	400	0	470	
46	<b>Total Assembly Expense</b>	\$ 3,250	\$ 3,700	\$ -	\$ 2,976	
47	<b>Board Travel Expense</b>					
48	Board Travel for Assembly	3,500	3,550	0	3,350	
49	Officer to WSBC	1,500	1,500	737	1,260	
50	Region Chairs Committee (including WSBC)	1,800	1,800	1,195	1,807	
51	Travel Insurance	100	100	0	30	

2020 Budget Proposal - Region One OA		2020 Proposal	2019 Budget	2019 YTD as of July 1	2018 Actual	Notes / Suggestions
52	Within Region One	6,000	5,000	3,852	4,507	
53	<b>Total Board Travel Expenses</b>	\$ 12,900	\$ 11,950	\$ 5,783	\$ 10,954	
54	Canadian Exchange	300	0	85	211	
55	Capital Equipment Expense	250	1,000	0	430	
56	<b>Contributions to Other Service Bodies</b>					
57	WS General Fund (minimum contribution)	4,000	5,000	2,000	8,400	
58	WS Delegate Support Fund	1,000	1,000	1,000	0	
59	WS PIPO Fund	1,000	1,000	1,000	0	
60	WS Translations Fund	1,000	1,000	1,000	0	
61	Other (specify)	0	0	0	0	
62	<b>Total Contributions to Other Service Bodies</b>	\$ 7,000	\$ 8,000	\$ 5,000	\$ 8,400	
63	<b>Project Team Expenses</b>					
64	Assembly Binder	50	100	0	207	
65	Audit	25	200	14	482	
66	Budget Finance Delegate Support	50	100	0	0	
67	By Laws	50	100	0	0	
68	Nominations	500	1,000	0	0	
69	Nurturing Newcomers	50	500	0	0	
70	Sponsorship	50	100	0	0	
71	Strong Recovery	50	200	0	500	
72	<b>Total Project Team Expenses</b>	\$ 775	\$ 2,900	\$ 14	\$ 962	
73	<b>Targeted Funds Expenses</b>					
74	Board Special Project/Discretion	500	3,200	450	148	
75	Delegate Support WSBC, minimum	6,000	7,350	5,674	4,573	
76	Public Information/Professional Outreach	1,200	3,700	464	236	
77	Rep. Support Assembly, minimum	3,000	4,350	142	1,535	
78	Trustee Nominee Assistance (Travel to WSBC)	500	0	0	0	
79	<b>Total Targeted Funds Expenses</b>	\$ 11,200	\$ 18,600	\$ 6,731	\$ 6,492	
80	<b>Ways &amp; Means Expense</b>					
81	Journal Postage	350	500	246	270	
82	Journal Printing	2,200	1,800	1,788	1,750	
83	WSBC Boutique	500	245	298	215	
84	<b>Total Ways &amp; Means Expense</b>	\$ 3,050	\$ 2,545	\$ 2,332	\$ 2,235	
85	<b>Convention expenses (paid by R1 general Fund)</b>					
86	Administration	moved*	0	0	50	
87	Audio/Visual/Electronic	moved*	0	0	250	
88	Convention Seed	moved*	0	0	1,000	
89	Hotel Catering/Banquet	moved*	0	0	4,500	
90	Hotel Meeting Rooms	n/a	0	0	0	
91	Other	moved*	0	0	0	
92	Printing & Postage	moved*	0	0	10	
93	Service Charges	moved*	0	0	0	
94	Speaker Expenses	moved*	0	0	0	
95	<b>Total Convention Expenses</b>	\$ -	\$ -	\$ -	\$ 5,810	
96	<b>Unanticipated Expenses</b>	449	500	0	0	
97	<b>Total Expenses</b>	\$ 40,889	\$ 50,460	\$ 20,520	\$ 40,415	
98	<b>Net Income less Expenses</b>	\$ -	\$ 2,451	\$ 3,757	\$ 4,009	

\* line item transferred to 2020 Convention Budget  
 \*\*2020 Net Convention Income transferred from 2020 Convention Budget  
 Prudent Reserve for 2020: To be calculated at end of budget year 2019 per Policy 5.3.1.

# 2020 Convention Budget Proposal

2020 Convention Budget Proposal w Number of Attendees at: **200** Location: **Bellingham, WA**

		Percent or Count at	Registration
	Price	this rate	Dollars
2	<b>Income from Registrations:</b>		
3	Best Value incl Banquet	145	76% 22,040
4	Comp'd Best Value (Board, Speaker, Conv Chair, AV Lead, 2 Raffle Winners)	145	11 (1,595)
5	Full incl Banquet	165	4% 1,320
6	Reg only (without scholarship)	125	7% 1,750
7	Comp'd Reg Only (2020 Newcomers)	125	10 (1,250)
8	Reg only (with half scholarship)	63	3% 375
9	Commuter Friday	25	4% 200
10	Commuter Saturday	85	5% 850
11	Commuter Sunday	25	1% 50
12	Banquet Add On's	50	15 750
13	Scholarship Donations		1,000
14	<b>Total Income from Registrations:</b>	100%	25,490 \$ 25,490
15	<b>Income from Boutique: (not including journal sales)</b>		
16	50/50 Raffle		500
17	Quilt Raffle		1,000
18	Convention Package Raffle (for following year's Convention)		400
19	Tablet Raffle		400
20	Hosting Intergroup Sales		2,000
21	Other Region Sales in Boutique		2,000
22	<b>Total income from Boutique:</b>		6,300 \$ 6,300
23	<b>TOTAL INCOME FROM CONVENTION:</b>		\$ 31,790
24			
25	<b>Expenses from Registrations:</b>		
26	Square Fees on Online Registrations	Rate 3.11%	Count 634
27	Hotel Food & Beverage (Banquet) (including fees)	45	175 7,875
28	<b>Total Expenses from Registrations:</b>		8,509 \$ 8,509
29	<b>Expenses from Boutique: (not including journals)</b>		
30	90% of Hosting Intergroup Sales Paid to Intergroup		1,800
31	50/50 Raffle Payout (half of income)		250
32	Square Fees on Boutique Sales	3.11%	157
33	Signage		100
34	Tablet purchase		300
35	<b>Total Expenses from Boutique:</b>		2,307 \$ 2,307
36	<b>Expenses from Convention Committee:</b>		
37	Audio Visual Lead Lodging (2 nights) and Meals		275
38	Audio Visual Supplies and Equipment Rentals		125
39	Coffee Service (counts toward Hotel Food & Beverage minimum)		875
40	Convention Chair Lodging (2 nights) and Meals		275
41	Decorations		200
42	Entertainment		300
43	Hospitality		200
44	Miscellaneous		100
45	Printing		400
46	Signage		100
47	Speaker Gift		50
48	Speaker Travel, Lodging and Meals		1,000
49	<b>Total Expenses from Convention Committee:</b>		3,900 \$ 3,900
50			
51	<b>TOTAL EXPENSES FROM CONVENTION:</b>		\$ 14,716
52			
53	<b>NET PROCEEDS FROM CONVENTION:</b>		\$ 17,074

# Section 8 – Elections

## 2019 Region One Assembly Election Process

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

- Chair – 2-year term through Assembly 2021
- Treasurer – 2-year term through Assembly 2021
- Member-at-Large – 2-year term through Assembly 2021
- Trustee Nominee(s) – to stand for election at WSBC 2020, for a 3-year term

**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.
- Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to-day business, or be willing to learn how to use them.

**NOMINATIONS – Thursday Afternoon:**

- 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 the Assembly Notebook.
- Blank applications are available from the Trustee and are available on the Region One website. Please complete an application and return it to the Trustee as soon as possible, but before the afternoon break on Thursday.

**REVIEW OF APPLICATIONS – Thursday during Afternoon Break:**

- Nominations Committee reviews all new applications received for eligibility.

**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: Chair, Treasurer, Member-at-Large, 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 Chair – Paul M.

## Assembly 2019 Application for Election Region One Board Position: CHAIR

**Name:** Paul M.

**Address:** Seattle, WA 98107

**Date Joined OA:** 12/14/16

**Date Continuous Abstinence Began:** 12/14/16

### 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:** *Paul M.*

**DATE:** *July 26, 2019*

### 1. SUMMARY OF OA SERVICE

**Meeting Group Level:** At my first OA meeting on December 14, 2016, I was asked to **bring in the OA sign** that was taped to the door of the church that held that OA meeting in the Queen Anne area of Seattle. I have been doing service at the meeting level ever since. After about 90 days, I started going to one or two meetings per day. At about the end of Year 1 in OA, I added on-line meetings, hybrid meetings, and some phone meetings. By the end of Year 2 in program, it was not uncommon of me to be going to four, five, or six meetings per day.

At the live meetings, I am often a **key holder**. At the Ballard Thursday 10:00 a.m. meeting, I was the **treasurer** for 15 months, and I have continued as **back-up treasurer** for that meeting through the present, which has been about seven months. I put out and take back in the signs. I **put out literature** at some meetings, and I **put away the literature** and meeting supplies as well. I am sometimes the **meeting leader**. I **participate in the business meetings** if I am at a meeting having a business meeting. On behalf of certain involved meeting groups, I sign contracts with the related churches. Many times now, I have been a **speaker** at a meeting where I shared my story of recovery although I would not tell my story until I had lost at least 100 lbs.

Starting in early 2019, I regularly **put up OA posters** on community bulletin boards at local grocery stores. I have been a **step sponsor twice**, currently with one step sponsee. I am also a **gratitude sponsor** for another member, giving back what was so generously given to me by my own gratitude sponsor.

I have regularly supported meetings that are outside the GSI area. As examples, in about December 2017, I started attending an **OA men's focus meeting in Port Orchard**, an affiliate of Peninsula Intergroup (P.I.), and in my travels back and forth between Seattle, WA and Tualatin, OR, during my monthly visits to see my father, I have often stopped at a Sunday meeting in Olympia, a meeting affiliated with South Sound Intergroup (SSI).

**Intergroup Level:** Within 90 days of my joining OA, I was elected in early March 2019 as **representative** for the Ballard Thursday morning meeting group **to the Greater Seattle Intergroup (GSI)**. After that, I started regularly attending intergroup meetings, carrying the Intergroup news back to my meetings, and I have only missed one Intergroup meeting since coming to participate at the Intergroup level, missing that meeting only because I was attending at the time the 2019 WSBC as a delegate to that WSBC. I continued as a meeting representative to GSI until I was elected in early December 2018 as GSI Vice-Chair and Events Coordinator.

Because I go monthly to visit my father who lives about a 30-minute drive south of Portland, I started attending OA events in the Portland area in early 2017. During those visits, I saw how the Oregon Intergroup Literature Chair was selling OA books at the OA events in the Portland area, and, after asking further questions from that Literature Chair, I decided that I could sell books in a similar manner for GSI in the Seattle area. I was then appointed **GSI Literature Chair** at the beginning of December 2017, and I continued in that position through February 2019. For the year 2018, I carried the OA and AA books for sale at least twice to every GSI meeting and to every GSI event. For 2018, GSI purchased more than \$16,000 in OA and AA books, selling a large portion of those books shortly after purchase. In contrast, for 2017, a period where I was not involved with literature sales at GSI except for December 2017, GSI purchased about \$3,000 in OA and AA books. At present, I back up the Literature Chair, by selling OA books at certain events.

At the December 2018 GSI meeting, I was elected as **GSI Vice-Chair and Events Coordinator**. In that capacity, I have been preparing a long-range planning calendar for 2019 events. I **go regularly to Intergroup meetings other than for GSI**, attending Pierce County Intergroup (PCI) meetings and North Cascade Intergroup (NCI) meetings. I was in attendance for **Intergroup Renewal** for GSI and for Intergroup Renewal at PCI. In my role as GSI Vice-Chair, I have helped find members to fill vacant positions at GSI, and I carry the event supplies to the two GSI retreats each year at Camp Huston in Gold Bar, Washington.

On two occasions in 2019, as GSI Vice-Chair, I have been **Acting Chair at the GSI monthly meeting** when the GSI Chair was not able to attend. As GSI Vice-Chair, I have also **stood in for the Chair on a Region One call**.

I have been a speaker at an OA annual speaker event called Attitude of Gratitude, and I have been a speaker at the NCI Intergroup meeting in Burlington, Washington.



**Regional Level:** In March 2017, as a meeting group representative to GSI, I **attended a Region One event** at which Region One was **preparing Greater Seattle Intergroup (GSI) to host the 2017 Region One Assembly and Convention.**

Over the next several months, I orchestrated the **putting together of five raffle baskets on behalf of five meeting groups** in the GSI area to be sold at the 2017 Region One Convention in Seattle.

In October 2017, at the **Region One Convention in Seattle**, where the theme was “Welcome to the Emerald City,” I was the person in the **scarecrow** costume who was **selling raffle basket tickets** just outside the room for the keynote speaker. The revenue from the sale of raffle tickets exceeded the revenue from sales at the convention store.

In later October 2017, I attended a Region One event in Seattle for the **Intergroup Renewal of GSI**, where I participated in the **2018 goal planning for GSI**. At this event, Region One introduced to GSI the **“12 Days of OA Temporary Sponsorship”** program that had originated in the Sydney Intergroup in Australia. In my role as **GSI Literature Chair**, I attended the GSI workshop event and the later separate speaker event that **supported GSI in creating its own “12 Days of OA Temporary Sponsorship” program.**

As a result of the October 2017 GSI Intergroup Renewal meeting, I was placed on a committee that worked to send out a GSI member to every GSI-affiliated meeting, then about 40 meeting groups, and, as a result, I became that **ambassador to the meeting groups from GSI**, bringing news from the Intergroup, selling OA books, and **demonstrating my own recovery through working the OA recovery program.**

In August 2018, I was appointed as a **representative for GSI to the 2018 Region One Assembly and Convention in Spokane**. I came prepared, and I fully **participated at that Assembly**, and, in particular, I spoke against a motion, a motion that later failed. I then **prepared written and oral reports** for GSI about the October 2018 Assembly.

At the 2018 Region One Assembly, I was placed on a **Region One Task Team**, where our project was to take the GSI **“12 Days of OA Temporary Sponsorship” program**, making it a **Region One program**. In preparation, I became a **temporary sponsor, helping a newcomer through the GSI orientation program to OA.**

In early February 2019, the Board of Trustees issued a new pamphlet for newcomers to replace the Newcomer Packet, and I took the lead on the Region One Task Team to **write the “12 Days of OA Temporary Sponsorship” program** so that it now orientated the newcomer from this BOT pamphlet rather than the discontinued Newcomer Packet. In May 2019, Region One posted its own **“12 Days of OA Temporary Sponsorship”** at its website.

In early July 2019, I began working on a **Region One project to help update details at the WSO website** concerning certain GSI-affiliated meetings. While working on this Region One project and while attending a retreat in Ellensburg in June 2019, hosted by Greater Columbia Intergroup (GCI), I helped the Wenatchee meeting update its meeting information at the oa.org website and **helped that meeting group to become affiliated with GCI.**

### **World Level:**

In February 2019, I was elected as **GSI Delegate to the May 2019 Region One World Service Business Conference (WSBC)**, where I came prepared and fully participated, even becoming the maker of a proposed amendment to a pending motion, an amendment that failed to pass. After this 2019 WSBC, I prepared and presented to GSI both **oral and written reports on the 2019 WSBC**.

At this 2019 WSBC, I was assigned to the **WSBC Conference-approved Literature Committee (CLC)**, and I became **team leader for the subcommittee** to write the **“12 Days of OA Temporary Sponsorship” program for OA at the world level**. As of this writing, this subcommittee has written its second draft after incorporating comments from the CLC as a whole.

### **Events Level:**

I have attended OA retreats from as far south as the mountains near Sisters, Oregon (hosted by Central Oregon Intergroup)(attending the COI retreats in 2017, 2018, and in 2019), to as far north as Nanaimo, BC, Canada (hosted by Vancouver Island Intergroup) (attending the VII retreat in 2018), to as far west as Whidbey Island (hosted by North Cascade Intergroup) (attending this NCI retreat in 2017, 2018, and 2019), and to as far east as Ellensburg, Washington (hosted by Greater Columbia Intergroup) (attending this retreat in 2019). I have attended the Oregon Intergroup retreats, one near Mt. Hood in 2018, and one on the Oregon coast at Twin Rocks in 2019. In addition to retreats, I have attended OA events in Bend, Salem, Portland, Olympia, Tacoma, Seattle, and Vancouver City in BC (hosted by Sea-to-Sky Intergroup). At these retreats and events, I **often come early to help out setting up, and I often stay late to help with cleaning up**.

### **Virtual Level:**

In 2018, I started attending **on-line meetings**, where I am often the meeting leader.

On occasion, I attend **phone meetings** as well, mostly men’s focus meetings.

I regularly attend a **hybrid face-to-face meeting in Baker City, Oregon**, where I join that group by phone on Tuesdays. This hybrid meeting group is affiliated with Eagle Cap Intergroup. After it became a **hybrid** meeting in 2018, I also continued to attend live at times the **OA men’s focus meeting in Port Orchard**, a member of Peninsula Intergroup, though I often now join that meeting by phone.

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

I have earned three B.A. degrees (Business, English – writing focus, and Journalism – print focus) from the University of Washington, one law degree (J.D.) from the University of Puget Sound School of Law (now at Seattle University School of Law), and one master of laws degree (LLM) in human rights from the Queen’s University of Belfast in Northern Ireland.

I worked various jobs to put myself through college. Then, I worked as a federal auditor for the U.S. Department of Labor. Later, I worked as a bank officer for Seafirst National Bank, now acquired by Bank of America. For various insurance companies, I have worked as an insurance investigator, adjuster, and claims handler. For several newspapers, I have investigated and written news stories. For the past 25 years, I have worked as a sole practitioner in my own law practice, doing mainly personal injury cases and some human rights cases. I am now retired.

If I do not have a needed skill to handle a matter for OA, then I am teachable in that regard.

I have the tenacity to embrace a project and see it through to its conclusion. In regards to the “12 Days of OA Temporary Sponsorship” program, which originated with Sydney Intergroup in Region 10, I was involved in supporting its further development by Greater Seattle Intergroup (GSI) by participating or selling literature at three events where the GSI committee on this project was involved: GSI intergroup renewal, a GSI workshop on this project, and a speaker event that included a speaker about this temporary sponsorship program. At the 2018 Region 1 Assembly, I was assigned to the task team to nurture newcomers, where I was the person who wrote the first draft for Region One on its own version of the “12 Days of OA,” using the new BOT pamphlet rather than the newcomer packet that had been used in earlier versions of this program. As a delegate for GSI to the 2019 WSBC, I am the current team leader for the subcommittee of the Conference-approved Literature Committee (CLC), who has written drafts for its version of the “12 Days of OA Temporary Sponsorship.”

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

I believe that I can continue the quality of leadership that has been manifest in Region One.

I want to be of service to others, and I want to feel useful in doing so. I enjoy working on projects.

I know the current board members, and I feel that I can work well with them. I hope that I have already proven to these board members that I can be counted on to work hard on a project and to get it done in a timely manner.

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

At about age 3 in 1955, I recall asking my mother, “How should I know when to stop eating?” At about age 6 in 1958, I was admitted to a hospital for overeating. I clearly have had a problem with food since birth.

The origins of my problem with food seem to be primarily two-fold. First, I seem to have inherited a gene that allows me to sleep on average slightly less than five hours per night and have that amount of sleep time be sufficient for me. In recent years, it has been discovered that the hunger hormone Ghrelin is produced during sleep. It seems that the time that I sleep at night does not allow me to produce Ghrelin in proper quantities for me to have the feelings of hunger and satiation as a typical person might have. Second, I spent my earliest years that I can remember (1952-1955) growing up in Paris, France, where my father was working at NATO. President Truman, then President Eisenhower, mandated that the Clean Plate Program be used by U.S. personnel in Europe on their children, for many European children did not have enough to eat in the early years right after WWII. For me, this was a clean-the-table program, for it was about not wasting food, even if it were still in the serving bowl. Because I am alert and active about three more hours of the day than the average person, my body needs and burns more fuel than is typical. Hence, I received substantial praise while growing up for clearing the table of all food, especially so that it would not be wasted in front of our French maid while French children in nearby orphanages were going hungry.

My weight started yo-yoing up and down in grammar school. By my eating habits, I packed it on quickly, but I also took it off quickly after I cut back my intake because I burned more calories than is

typical for someone of my age and gender. I graduated High School about 10 pounds over my then usual weight of about 142 pounds, and I then went to work at Paradise Lodge on Mount Rainier, where I rapidly took off those 10 pounds by exercise and a mild cutting back at meal times. When I went off to college in the fall of 1970, I was no longer under parental pressure to eat so substantially, so I dropped down to 137 pounds, where I remained underweight for an extended period. I was then at my adult height of 5'9".

In my 20s, I started running long distances because, as I told myself then, "there are no fat long distance runners." Yet, my weight would fluctuate 10 to 30 pounds, despite the spates of running. By my early 30s, I added weight lifting to my exercise routines. I was often very fit, followed by weight swings upwards up to about 40 or 50 pounds, followed by periods where I would drop that weight (by starvation diets) only to put it back on after I went back to my old eating habits.

At about the age of 40, I got busy with work, and I did not have the time or the inclination to do the counter-measures to the bingeing that I continued to do. So, my weight kept going up and up. When I came to OA at four days short of my 65<sup>th</sup> birthday on 12/14/16, I was about 317 pounds, which was 180 pounds more than my too-skinny weight in college at 137 lbs. By the time I came to OA, I had had a lower body aneurysm, my legs were so painful from phlebitis that I could hardly walk, my right foot was completely numb, feeling like a block of wood, the edema was substantial in my ankles, and I had fallen asleep at the wheel of my car many times, causing two separate collisions.

Upon leaving my first OA meeting, I started to come out of denial about the gravity of my situation that, at my age, weight, and current health situation, I was likely to die soon and to die in a horrible fashion. I was struck abstinent that first night in OA. Now at the time of this writing, 2 years, 7 1/2 months later after coming to OA, I am **down about 140 pounds of fat while adding about 10 pounds of muscle weight**. The edema is gone. I am no longer falling asleep at the wheel of my car. I now regularly do a 4-mile run on three days each week, while lifting heavy weights on three other days each week. The pains in my legs are gone. On my right foot, only three toes remain slightly tingly. My blood pressure is much, much lower. OA has helped me achieve through my H.P. a recovery that I would say is miraculous for someone who once was at a seemingly hopeless state of mind and body. I am ever so grateful for this recovery.

I have gone through the steps several times now. The first time going through Steps 4 through 9 was going too slowly for me with my sponsor, so I changed over to a Back-to-Basics method where I took the "low-hanging fruit" through the steps. At later trips through the steps, I did a more thorough analysis, approaching the searching and fearless standard for doing an inventory.

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

*Paul M.*

*July 26, 2019*

# Application for Chair – Sue B.

## Assembly 2019 Application for Election Region One Board Position: CHAIR

Name: Sue B.  
Address: Kennewick, WA  
Date Joined OA: 1/2003  
Date Continuous Abstinence Began: 10/2014

### 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.

DATE: July 31, 2019

### 1. SUMMARY OF OA SERVICE

#### WSBC Level Service

**Region 1 Delegation Coordination**—For the past 4 years I have worked with other Region One Board Members to help our Region One WSBC Delegation feel safe and taken care of. This included leading a Wednesday night get-acquainted meeting and brief meditation. I also was a delegate for my own Intergroup at WSBC.

#### WSBC Committee Work

Conference Approved Literature Committee (CLC) – Elected for 2 years as subcommittee chair for the Body Image manuscript (a new piece of OA literature slated for the 2019 WSBC). This meant leading 2 teams (over 2 years) of delegates through story review, selection and manuscript organization. It was exciting and inspiring seeing their level of dedication to this important piece of new literature.

Delegate Co-Chair Conference Approved Literature Committee (CLC) – Elected as CLC Delegate Co-Chair for 2018-2019 and 2019-2020. In this role I currently coordinate 5 literature project teams working to update manuscripts and combine pamphlets, the First 12 Days downloadable document comment review, rework on Dignity of Choice combo manuscript, Combo 2, a project blending three current pamphlets into one, To the Young Person in OA revising stories, and Combo 4 again, combining three pamphlets into one. It has been a privilege to serve on this WSBC committee.

**Region 1 Level September 2016:** Voted Vice-Chair Region One at Assembly meeting in Calgary, BC and again at the Assembly in Spokane, WA. I have served in this capacity for the past 3 years. I participated in several Intergroup Renewal events around the Region. Developed several surveys for Intergroups and sent out samples for them to work with. I found this very inspiring to see Intergroups' willingness to

become more focused on education and training for recovery and moving away from just a “business” organization. In charge of negotiating hotel contracts that gave us maximum level of services while keeping costs very low. I assisted the Seattle, Spokane and Portland Convention Planning committees in their planning process. Attended their Monthly planning conference calls. Worked with Region One AV experts to determine feasible AV purchases so that Region has its own equipment (this really cuts AV costs for each convention).

**Region 1 Level March 2016**—I was appointed Member-At-Large at the March 2016 Region One 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 One Board Meetings, attended WSBC, Member of WSBC Approved Literature Committee, served as Green Dot Mentor, presented Region One Delegation Step 11 Meeting at WSBC, served as Chair of the Body Image Manuscript subcommittee, Updated the Region One Speakers List, served as Liaison to Region One Nominations Committee.

**2014**—Region One Convention Treasurer—Bellingham

**2007**—Region One Delegate to WSBC

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

**2006** – Region One 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 One 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 One 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 One Board we have now: passionate, loving, smart OA fellows who 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 Region One Chair--Using my abilities in a new area and increasing my understanding of how OA's worldwide regions work together to help our Regions! I feel prepared to continue the wonderful foundation of strategic planning Beverly has helped initiate which has helped our Board make focused decisions and really look at transformative ways to share OA's Hope in Region One!

### **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 outpatient 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 Region One Assembly Representative in many years and was asked to help Region One 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 bypass 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 ongoing way, and one that would call me on my s\*\*t.

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 EVER starting over again. Moving forward one day at a time.

I was SO desperate that I said OK. That was almost 5 years ago. My life and recovery have 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. Initially during the past 4 years I have released 110 lbs. as of today (my husband is down 150 lbs.).

However, during the past year, I have regained some of this weight even while abstinent. In January 2018 I injured my right knee requiring surgery in March. In June of this year I injured my left (formerly my good knee) and am now under an orthopedic doctor's care in determining what next step will be. What is most frustrating is my lack in mobility. My doctors assure me this is temporary but it feels like FOREVER for me. Throughout this time, I have never given up on my OA program or my step work during this time has been deep and powerful. I recently concluded a year-long weekly Big Book Step Study phone meeting that is designed to take me again through the steps on a deeper level still. Thankfully in the past year my knees are improving through adjustments to my food plan that really helps the inflammation in my knees, aqua therapy two times a week, and work with a personal trainer one time a week.

Through my knee injuries during the past 18 months, I am again seeing a new level of powerlessness in my life as a profound sense of how much I need to be deeply connected to my HP. I continue to have a sponsor, that has a sponsor and work my steps.

Thank goodness for my service work, it has helped me stay connected and feeling like I'm making a contribution. What I know today is that God CAN and God WILL as long as I ask and am willing to take the action!! Thank God for OA!!

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

*Sue B.*

*July 31, 2019*

# Application for Treasurer – Avi R.

## Assembly 2019 Application for Election Region One Board Position: TREASURER

**Name:** Avram (Avi) R.

**Address:** Seattle, WA

**Date Joined OA:** 07 Dec 2013

**Date Continuous Abstinance Began:** 02 June 2017

### 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:** *Avram R*

**DATE:** *03 Sep 2019*

### 1. SUMMARY OF OA SERVICE

- 2013-2015: Meeting-Level; tech, keys, literature.
- 2015-2019: Intergroup-Level; **Treasurer, 2 years.** Directory Services, 2 years. Webmaster, 2 years. Meeting Rep to Intergroup, 4 years. Intergroup Rep to Region 1 Assembly (1x, 2018).

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

- 20+ years: IT Project Management professional (PMP), multiple corporate and government orgs
- 12+ years: PTA Board (various): Event Chair (17x), Contributions (1 yr), VP (2 yrs), Chair (2 yrs), Audit (4x)
- 7+ years: Human Resources professional (SHRM-CP) in People Operations and Analytics, global technology corporation
- 16+ years: Process Improvement professional (CSSBB) for teams, departments, and the enterprise.

- Father of two daughters, 21+ years; speaks to living by OA principles, patience, communication and listening, coaching, respect, and compassion for the human experience (when it is my own).

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

- (Experience) Have served as two years as a Treasurer at the intergroup level. Have one year experience of regional Audit team/project (R1 2018-2019).
- (Strengths) Looking for a regional-level service role that will play to my strengths in financial reporting, accounting, and process improvement.
- (Step 12 principles) Give it away to keep it.
- (Help Others is a Core Value) Trust God, Clean House, Help Others.

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

- Drawn by attraction, to the recovery of a friend in my social circle, I joined after that 1st meeting in 2013, and have since continually worked the steps.
- I practice surrender to HP every morning.
- I encourage and practice service rotation in meetings, intergroups, and in my personal/social life.
- I lovingly grow my OA community of fellows, our connections, and promote recovery in our program.

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

*Avram R.*

*September 3, 2019*

# Application for Treasurer – Marjorie T.

## **Assembly 2019 Application for Election Region One Board Position: TREASURER**

Name: Marjorie T.

Address: Langley, WA

Date Joined OA: 2/19/90

Date Continuous Abstinence Began: 1/28/10

### REGION ONE SERVICE RESPONSIBILITY PLEDGE8

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: *Marjorie T.*

DATE: *7/8/19*

**1. SUMMARY OF OA SERVICE** (My dates may be a little off. It's been a while and I'm almost 70.)

Eastside Intergroup: Intergroup rep about a year total

Eastside Intergroup: Treasurer 2 years (~1990-1992) Eastside Intergroup: Chair 2 years (~1992-1994)

Eastside Intergroup: WSBC Delegate 2 years (~1993-1994) Eastside Intergroup: Region Rep 2 years (~1992-1993)

Region One: Convention program chair 1991; Convention co-chair 1994

Region One board: Intergroup coordinator, secretary (1993-1995)

North Cascade Intergroup: Chair, secretary, treasurer for multiple terms, with a couple of years in the background here and there (2000-2019)

North Cascade Intergroup: WSBC Delegate and Region Rep (2018-present)

WSBC Conference Literature Committee: Chair of subcommittee (2018-present)

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

I have been an accountant since 1973. (I think I was born an accountant.) I started specializing in retirement plans in 1987, which is a combination of accounting and legal. I branched out into my own business in 1997. I recently sold most of my business, and am now about 90% retired. I continue to consult for a few select clients.

I am fairly versed in QuickBooks, having used it since 1997 for my own books and various treasurer positions for OA and kite-related entities. Not too much the fancy stuff, but I can learn what I don't know.

I am familiar with legalese from my work in retirement plans, and have served on various bylaws committees in OA and for other groups. It's not my favorite thing to do, but I can read and understand bylaws and formulate motions.

I am a very organized person and am (sometimes too) attentive to detail. I can see the big picture and the details within it.

I am reasonably familiar with Roberts Rules of Order from my years of service in OA at Region One Assembly and World Service Business Conference.

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

I enjoy service. It is integral to my program. I have found over my OA service career that whatever position I undertake, the spiritual and character lessons are not those I expect.

I feel it is time for me to move on from deep involvement in my intergroup and focus more on Region One and World Service. At World Service I currently serve on the Conference Literature Committee, which I find very rewarding. I want to get more involved at the Region level as well. I was asked to consider running for treasurer, and after much thought, prayer, and consultation with my service sponsor, I believe that I can serve this position well, and that I would be a diligent and competent treasurer.

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

I "turned fat" when I was about 11, which in retrospect was when I put on about 5-10 pounds, but it felt like it was 50. From then until I was about 40, I swung from extreme diets and exercise to extreme denial, waking up 60 pounds or more in the span of a year. I didn't have a clue, since I had several wardrobes covering a range of sizes from 8 to 28 and just shuffled clothes as I gained or lost weight. I thought my life would be fine if I could just get to goal weight and stay there. The few times I "got there", inside I still felt I was fat. In 1990, after entering another 12-Step program and spending almost a year wrestling with Step One and food, I felt suicidal after a particularly bad binge. I came to OA desperate, ready to get a sponsor and work the Steps. I did so and lost 100 pounds fairly easily. I was a local "OA star."

But the closer I got to "goal weight", the more I became complacent about my program; and the more uncomfortable I became without my body armor. The weight started creeping up, and in 1995 I resigned from the Region board because I felt my weight gain was not a program of attraction. I fully relapsed, left OA, and in three years packed on 120 pounds. I came back to the program in 1998 and resolved never again to leave, since I believe this is where my answer lives.

I had various periods of abstinence between 1998 and 2010, none lasting more than a year. On January 28, 2010, a day of great personal significance, I committed to my original, simple food plan and held onto that day no matter what. Over the last 9-plus years and a re-working of the Twelve Steps according to the instructions in the Big Book, I have found peace around food. I am not tempted by things that are "not my food." I'm not sure when this freedom happened, but I believe it was a process that just happened to me as I worked the steps.

I am still coming to acceptance over slow weight loss. I am currently 70 pounds below my high weight; I let go of 15 pounds over the last year. I try not to focus on it, since my attempts to speed up weight loss in the past have often led to restricting and an obsessive focus on body size. I am so grateful that I am neutral around food that I don't want to trigger extreme behavior. I'm working on being satisfied with my rate of weight loss. Each time I hear OA's definition of abstinence, I do a self-honesty check: am I working towards a healthy body weight? Yes. The new definition of recovery is not having to act on any food thoughts; I have that freedom from the compulsion. And I am forever grateful for the recovery I have experienced through the Twelve Steps.

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

*Marjorie T.*

*July 9, 2019*

# Application for Member at Large – Nadine D.

## Assembly 2019 Application for Election Region One Board Position: MEMBER-AT-LARGE

**Name:** Nadine D.

**Address:** Billings, MT

**Date Joined OA:** 2007

**Date Continuous Abstinence Began:** 2009

### 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:** *Nadine D.*

**DATE:** *July 15, 2019*

### 1. SUMMARY OF OA SERVICE

Intergroup Chair 3 years.\* Intergroup Treasurer 2 years. \* Served on Retreat Committee several times. \* Sponsoring other OA members for the past 10 years. Region 1 Assembly Rep 2015. \*Assembly Binder Committee 2016.\* World Service Rep. 2018\* Served on the Literature Committee's Pamphlet Combination Project. \* Member at Large for Region 1 2018-2019 helping with 2 Intergroup Renewals. Responsible for quarterly speaker meetings. Posting a blog on the region website every 6 weeks, responsible for updating and maintaining the OA speaker list.

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

- 25 years of experience as a Travel Advocate, responsible for care and organization of client trips, both business and leisure. (Now retired)
- I have the experience of working with the Region 1 Board and it's wonderful.
- I believe and live the Twelve Steps and Traditions. I believe they are a design for living that works to lead a life of purpose, as well as sane and happy usefulness!

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

- There is a need that I believe I can fill.
- I see the importance of this role to encourage and strengthen other OA members.
- I have served in this position the past year and have an understanding of what is required

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

I don't remember a time in my life that I didn't turn to food to comfort me. It was how I knew to deal with my emotions. It was about the food, dieting, bingeing, hopelessness, and shame for decades of my life. My only answer was to hopelessly, and pitifully repeat what I knew, and that was to go on another diet to feel better.

Coming into the rooms brought me hope even though I played with my recovery for several years. You can imagine how good that worked. When I was desperate enough, I got a sponsor who was tough on me....just what I needed in that moment. I worked the steps like my hair was on fire and amazingly enough, just as promised, I got relief from the obsession. I started to sponsor right away after completing the steps and found that to be a daunting, rewarding experience all in one.

My spiritual awakening was gradual as I learned to trust my higher power, God, and realize I was completely loved and not "judged" like I had felt. Never has God been more evident in my life than relieving me of this obsession of not only compulsive food thoughts, but also of negative, disparaging thoughts about who I am.

Thank you God for bringing OA into my life!

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

*Nadine D.*

*July 15, 2019*



# Application for Region One Trustee – Cindy C.



## TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2020  
month year

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

Trustee for Region One       General Service Trustee       Virtual Services Trustee

Full Name Cindy C.

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

City Mill Creek State/Prov WA Country \_\_\_\_\_ Zip 98012

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

Years in OA 38 Number of years of service beyond the group level \_\_\_\_\_

Date continuous abstinence began 9/2010 Date maintenance began 9/2010

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.

Cindy C. Digitally signed by Cindy C.  
Date: 2019.08.15 15:30:42 -0700  
Signature of Candidate \_\_\_\_\_ Date \_\_\_\_\_

**REQUIRED FOR REGION TRUSTEE NOMINEES:**

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

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

**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](mailto: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](https://www.oa.org/pdfs/trustee_application.pdf).

Summary of my OA service responsibilities:

Secretary, Las Vegas Intergroup 1986-1988

Secretary, Greater Seattle Intergroup 2013-2015

Member-at-Large, Region One 2017-2018

Secretary, Region One 2018-present (term ends 10/2020)

Delegate to WSBC 2016, 2017, 2018, 2019 (Greater Seattle Intergroup)

WSBC Green dot mentor 2018, 2019

Member, Conference Approved Literature Committee (WSBC) 2016, 2017, 2018, 2019

Subcommittee Chair, Conference Approved Literature Committee 2018, 2019

Greater Seattle Intergroup Representative to Region One Assembly 2016 & 2017

Co-Chair Region One Convention – Seattle 2017

Started Mill Creek, WA Thursday night meeting 2005

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

Twenty years in the software industry in administrative and project coordination roles

Seven years volunteer experience for nonprofits, including event coordination, recruiting and human resources work

Technology proficiency; I'm not afraid to try new tools and online processes to make the work I and others do more efficient

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

My journey in recovery and service seems to have led naturally to this opportunity although it never occurred to me until someone suggested it. When I retired in 2010 I was able to step back into service at the intergroup level and the path seemed to unfold before me over the next ten years. Currently, I have the time and energy to devote to service as a Region trustee.

I relish the opportunity to serve as a guardian of the 12 Steps, 12 Traditions and 12 concepts of OA and to be a conduit of resources, ideas and inspiration between WSO, Region One and the worldwide fellowship. OA's service structure reminds me that my job is to listen and provide the tools to service bodies to work through their challenges together.

Service at this level will surely keep me vibrant, engaged and enlightened and I truly enjoy working with teams of my fellows. I am prepared to walk through discomfort as I continue to learn and stretch myself.

Cherished fellows in the program have taught me to practice patience, tolerance and love in the midst of service, when sometimes there is tension and emotion. I will do my best to carry the message of OA with intensity but also with love. In recent years the phrase "Keep it simple" has been top of mind for me; all that is required is that one person pass on the gift to another through the sharing of experience, strength and hope. It doesn't take a lot of fancy packaging.

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

I came into the program as a young person (age 22) in 1983. As a bulimic (laxative user, excessive exerciser, restrictor), I had no idea what was wrong with me, and I couldn't stop the behaviors. It seemed that the harder I tried the more I failed. What a revelation it was to grasp that it was about surrender and learning I didn't have to be responsible for the results; I had only to show up and do the footwork. My physical recovery has been less about weight loss and more about weight maintenance, health and bringing my mind in line with my body. My focus stays on maintaining a healthy body weight while making peace with an aging body and metabolism.

In those early days those who appeared to be a fairly normal weight were not always welcomed warmly into the fellowship. It's been wonderful to see room made in the last 10-15 years for all kinds of eating disorders, including compulsive overeating. Because of that experience, I believe I've become more open to the diversity of eating behaviors and experiences in our fellowship.

The program was a lifeline for me when, two weeks after getting married, this sheltered Seattle girl moved to Las Vegas. I connected with meetings right away, and worked all twelve steps in a disciplined manner with a wonderful sponsor who was also very much involved in service. I had the time to go to many meetings in Las Vegas and developed a strong spiritual life. After four years there, my husband and I moved back to Seattle and started a family. OA and my higher power were there for me when I had my first child and I was sure I could never grasp this "mother thing". OA friends who helped me through that time continue to be in my close circle of OA friends today.

Since then I have worked a twelve-step program imperfectly, but I am forever changed to the core of my being. Prior to OA I had no hope that I could ever live a life of "sane and happy usefulness" but with OA, most of the time I do live that life. To solve problems without food, walk through feelings to the other side (fear always the biggest feeling), still feels miraculous. The most important relationship in my life is the one I have with my higher power, who does for me what I cannot do for myself. I check in every morning, and we talk many times during the day. The twelve steps have been the greatest gift I've ever received.

## 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.

# Application for Region One Trustee – Margie G.



## TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2020  
month year

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

Trustee for Region One       General Service Trustee       Virtual Services Trustee

Full Name Margie G

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

City Dundee State/Prov OR Country USA Zip 97115

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

Years in OA 42 Number of years of service beyond the group level 40

Date continuous abstinence began Dec 13, 2001 Date maintenance began Aug 2002

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      Aug 2 2019  
Date

REQUIRED FOR REGION TRUSTEE NOMINEES:		
_____ Signature of Region Officer (Chair, Secretary, etc.)	_____ Title	_____ Date

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

**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](mailto: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](https://www.oa.org/pdfs/trustee_application.pdf).

Summary of my OA service responsibilities:

The most satisfying service I do is to be a sponsor and work one-to-one with people. I am very grateful to have something to share with others.

Group level; Key person, set up chairs, secretary, treasurer, contact person, speaker getter, part time babysitter, designated downloader, carry literature, phone/check-in list, started meetings, sponsor, leader, Intergroup representative.

Intergroup Level; Treasurer, Co-Chair, Chairman (of 2 different Intergroups), Newsletter Editor, committee person, helped to put on marathons or events, chair of fashion show, speaker at meetings and events, young people committee, teach others how to do the job, delegate, convention registrar. I started doing service at the Intergroup level in my second year in OA because I moved to a new town and wanted to stay in touch with some of my friends from OA; the town I moved away from promptly started their own Intergroup and I was "stuck" doing service with a whole group of strangers.

Region I; Regional Representative (many times), Co-Chair, Outreach Coordinator, marathon and retreat speaker. I was the Quilt committee chair for 2 years and served on other committees.

WSBC: Delegate in 1980s and 2008-09. Young people's committee, PI committee and active the whole year 2009 -2010. Webmasters and technology groups.

Region 1 Trustee 2010 – 2017. Web/Tech Committee Co-Chair; PI Trustee Co-Chair and on the Ad Hoc Website committee.

Attended WSBC as Delegate 2018 – 2019. Delegate Co-Chair for the Bylaws committee 2018 -2019.

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

I was a Special Education teacher for 18 years; I evaluated individual progress and made specific recommendations for a plan of education. I supervised up to 4 classroom assistants and worked closely with other teachers to help mainstream students. My true gift is to be able to understand specifically where an individual is having trouble and being able to teach to that specific area, this is true in Special Education and the community computer classes I teach these days. I developed community jobs in several businesses and trained students for work. I have a master's in Special Education.

I completed a 2-year community college program in 2002 in Information Technology and worked for 3 years in that field. I love to learn, and I love to teach others.

I bring to Region I and OA as a whole, a commitment to continue to work my program and continue to reach out to people and individuals. I am very compassionate and understanding with others and am able to see the big picture in various situations. I have moved some while in OA and served on Intergroups with small spread out meetings and larger cities with daily meetings.

I bring good background and knowledge of computers and current technology. Additionally, I bring the ability to communicate and teach others this knowledge.

Region 1 Communication Coordinator, or webmaster; maintained the website, set up email addresses for Board members and committees, mail out all Region 1 Daily Journal orders.

Most important of all I bring a smile, enthusiasm and commitment to God and OA.

page 2

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

I would like to serve Overeaters Anonymous by being a Regional Trustee because I have the experience in OA to be of service to the fellowship and I have the time to do the work. I love little meetings and big meetings – I love the business of OA. I love that we must work together so that we all recover.

I have done this service for 7 years and find it lots of work and lots of fun! I feel that I am able to give much love and service to Region One. I enjoy knowing what is going on in the world of OA and passing on this information to my local area. I have led many Service Workshop and hope that I have inspired and helped various areas to provide better service to their Intergroups.

I know that God and the OA group conscience will work together to find the best fit for me and for Overeaters Anonymous.

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

I grew up in a very small community on the coast of northern California. At about 12 years old, when I stopped growing taller, I became overweight. I had always felt “different”, big, loud and now my parents were telling me I was “too big” to act like THAT anymore, I needed to be more ladylike. Among my peers I was on the outside of everything, I know now that my judgmental attitude didn't help. I started college and dropped out due to drugs and a guy. I moved to Tucson and went to college there. I continued drugging, drinking and eating. At the end I was barely hanging onto school and I am not sure how I actually finished with a degree.

At this point, through a strange series of events, I took a job in Portland, OR, living in a group home for the mentally retarded. I gained 40 lbs. in 4 months working at the group home, since I couldn't use or drink there. I would diet and gain it back; once I baked marijuana into brownies and got super high because I could not stop eating them. I meet a neat guy, we started living together. Then one day he came home drunk and couldn't remember a thing. I went to Alanon – it was easier to go get help for someone else's problem. An Alanon friend took me to my first OA meeting; I remember judging the speaker harshly because her nail polish did not match her nice outfit, but I am not sure what she said. I did know that OA was the right place for me.

I'm not a person who was struck abstinent at my first meeting and stayed that way all these years. At the beginning, I struggled with the fact that I needed OA, I struggled with thinking I could do it by myself, and I struggled with abstinence. I even thought I could be tough and independent, and moved to Welches, Oregon, which is a wide spot on the road up Mt. Hood. But I was only lonely and miserable; I spent my weekends bingeing or running into Portland to meetings. The next summer at the annual retreat, a friend invited me to rent the empty apartment in her building. It was really a God thing; there was even a fenced yard for my dog. I made a decision to recover. I decided that I could not do OA by myself on the mountain; I needed God, meetings and people nearby. I surrendered, became really involved in program and more involved in service at intergroup level.

Spiritually I identified with eastern religions when I arrived in OA and an agnostic – I don't know, and I don't care. I slowly developed a Higher Power which works for me and is personal. I participate in a church but also practice “take what works and leave the rest”.

But even though I was doing very well in my recovery, life moves on. About 20 years ago, I had a major relapse, triggered by my ego, which was unhappy about a job ending and my mother's death. I went back into the food and I gained all my weight back. But I stuck with OA. I just kept coming to meetings even when I could not express myself very well because of the sugar. There is nowhere else for me to go.

I almost gave up. Then a relative newcomer, who got thin and thought she had the answers for everyone, asked me, “So when are you going to be willing to get abstinent?” My brain knew that she would never last in program but at that minute she was doing a lot better than I was – so I surrendered and got abstinent again. That was in Dec 2001. I really need you guys and God in my life. I have changed so much through my recovery from compulsive overeating. I used to be very quick to take offence and be sharp with people. I only had short term relationships with men (often less than 6 months). I thought I would never be married because I could not live well with other people. I moved 3 times a year for 3 - 4 years and then at least once a year when I was first in OA.

Now? I am much nicer (just ask my sister!). I have been married to a fun man and faithful for 30 years. I have not moved for 20 years. I am amazed at these and other positive changes that happened because I keep coming back. I have fun in my life today with traveling, my wonderful dogs, quilting & sewing, knitting, computers, teaching about computers, and dog training.

Today I know that working the steps is the only way I can stay free of the compulsion to eat. I know that if God and I continue to work on me one day at a time; I will continue to recover.

## 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:
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  - 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.
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## 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.



# Section 9 – Board Reports

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## Region One Chair Report to Assembly 2019

I’ve struggled with writing my report this year, perhaps because I am nearing the end of my term and there are more things I’d love to do before turning in my last report. Although there certainly is always more we could do, I am also reflecting with gratitude on what we have done as a Region this year, and in the past four years. This has been an incredibly rewarding experience for me!

### Let’s Start with The Numbers – Where We’ve Been and Where We Are

August 2019	25 Intergroups in R1	375 total meetings in R1 <b>(an increase of 10 groups)</b>	12 Unaffiliated Groups in R1	<b>6,132</b> OA meetings worldwide, of which <b>613</b> (9.9%) are virtual meetings
August 2018	25 Intergroups in R1	365 total meetings in R1 <b>(an increase of 8 groups)</b>	25 Unaffiliated Groups in R1	<b>6,185</b> OA meetings worldwide, of which <b>591</b> (9.5%) were virtual meetings
August 2017	25 Intergroups in R1	357 total meetings in R1	39 Unaffiliated Groups in R1	<b>6,298</b> OA meetings worldwide, of which <b>552</b> (8.7%) were virtual meetings
September 2016	24 Intergroups in R1	358 total meetings in R1	35 Unaffiliated Groups in R1	<b>6,246</b> OA meetings worldwide, of which <b>480</b> (7.6%) were virtual meetings
September 2015	24 Intergroups in R1	396 total meetings in R1	58 Unaffiliated Groups in R1	<b>6,414</b> OA meetings worldwide, of which <b>444</b> (7.1%) were virtual meetings

We’ve added 10 new meetings in the past year, and a total of 18 new meetings in the past two years! I encourage everyone to support existing meetings, including those that are small or in rural areas. Please also consider ways to start new meetings. Here are some ideas:

- Personal level: share and carry the message of HOPE at your meetings. **HOPE grows meetings!**
- Meeting level: review the newly-updated Strong Meeting Checklist and create an action plan to strengthen your meeting. Invite speakers in once a month to bring in new voices of recovery.

- Intergroup level: Provide funds and/or literature to help new meetings get going. Sponsor a “Meeting of the Month” to encourage everyone to visit a small meeting.

## Connection and Support for Intergroups and Members

Each intergroup is assigned a Region Board member as its **Intergroup Liaison**. The Liaison makes a special effort to reach out to share information and offer support. Liaison assignments will change after elections in October; please look on the “contacts” page of our website to find out who is the Liaison for your intergroup. This connection works both ways – feel free to contact us to let us know how we can help your intergroup thrive!

This year I have been the Liaison for Alaska, Central Oregon, Emerald Empire, Northern Lights and Southeast Alaska Intergroups. I feel strongly that Region should actively reach out to offer help to intergroups, so Liaison calls are important to me. These conversations with Intergroup Chairs are all about sharing information and ideas—solutions that have worked for other intergroups, resources from Region One or World Service, and sometimes just personal experience, strength and hope from when I was an Intergroup Chair myself. I try to connect Intergroup Chairs with one another for information and support.

The Board is continuing to provide in-person Board outreach workshops, sending two Board members at a time to visit intergroups. Having put on an Intergroup Renewal workshop for most of our intergroups at some point in the past several years, this year we changed the focus to “Strong Meetings, Strong Intergroups, Strong Personal Recovery,” while still offering Intergroup Renewal workshops and “refreshers” when requested. I believe this outreach is strengthening our Region; the Board has noticed what feels like an increase in connection between our intergroups and Region.

This year I have not personally gone on any outreach visits, but the Board as a whole has visited seven of our intergroups, with more scheduled for 2020. The report on these visits is given at the end of the Board reports in the Assembly Binder. If your intergroup would like the Board to visit, please email [board@oaregion1.org](mailto:board@oaregion1.org) to let us know!

Take a look at the intergroup reports in the Assembly Binder. Intergroup Chairs have shared strengths and struggles of their intergroups. I hope you’ll use these reports to connect and have a discussion.

**C-O-N-N-E-C-T with your neighboring intergroups!** You can attend one another’s events, co-host events, find speakers, widen the sponsorship pool, and more.

## Strategic Planning and our 2019-2020 Mission Statement

The Board held its annual strategic planning day in April in Portland, Oregon. It is so helpful to devote an entire day to creating a positive direction and mission for the coming year! The process allows us to be intentional about activities for Assembly, so that Assembly itself can be a useful resource for our membership.

We discussed strengths and struggles reported by our intergroups, Intergroup Renewal survey results, Project Teams goals, OA’s Strategic Plan, and Region One strategic planning for the past several years.

We did a SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis for Region One. We celebrated our successes, but also looked carefully for areas that might need special focus.

Several ideas emerged from our analysis:

- “Carrying the Message” is about sharing HOPE.
- Individuals, Meetings, Intergroups, Region and OA World Service are all in a position (and have a responsibility) to carry the message of HOPE.
- Carrying the message of HOPE is our Primary Purpose, and should be done
  - o within OA
  - o and in our communities.

A simple Mission Statement for 2019-2020 came shining through:

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*“Each One, Reach One: Share the HOPE!”*

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Our Assembly workshops and activities will be focused on this theme, and the Region Board will be mindful of this Mission in the coming year. We hope that each of our members, meetings, intergroups and Project Teams will consider how they might incorporate this Mission into their service activities and daily life.

## Project Teams

Since 2016, we’ve been re-vamping our old “committees” into “Project Teams.” Here are a few of the changes we’ve instituted over the past few years:

- Changed terminology: We now have “Project Teams,” rather than “Committees.”
- Reduced number of Teams from 12 to 8, allowing for more members on each Team.
- Project Team placements are made easier by sending a Survey Monkey before Assembly.
- Use of a Project Team Goal Sheet (modeled after the World Service Committee goal sheet).
- Focus on setting goals and allowing time for Teams to get started at Assembly.
- Each Team is assigned an email address, and sets a communication plan for after Assembly.
- Assembly visitors are encouraged to participate on a Project Team.
- Project Teams are encouraged to actively recruit helpers, even if those helpers were not at Assembly. This follows our Intergroup Renewal concept that “Everyone is a part of the Intergroup!” (Or, in this case, Region One.)

- Board Liaisons are active members (but not the Lead) for each Team.

Starting this year, Nominations will no longer be an Assembly Project Team. Since that Team could not do much to get started until about six months before the next Assembly, we found it had a tendency to lose momentum. The Board feels it would be better to form the Nominations Team later in the year, inviting Intergroup Chairs and Representatives to help with nominations.

I really like the system we’ve developed of sending out a survey via Survey Monkey to help determine Project Team placements. The survey goes out to the Board, Representatives and visitors to Assembly, asking them to rate each team on an “I’d Rather Not”.... “This Could Work” .... “I’d Love It!” scale. Survey Monkey makes it easy to pull this data into Excel, color code it, and then start filling teams.

I’m proud of this year’s Project Teams and their Board Liaisons. Take a look at the Project Team reports section of the Assembly Binder! Some of the Project Team resources are also on the Region One website. Thank you all for your commitment to providing resources for recovery in Region One.

We’re excited to see what our Project Teams will develop for 2019-2020!

## WSBC: Participation in the Group Conscience of OA as a Whole

Although we were under-represented at WSBC 2017, with just 9 of our 25 intergroups represented (35%), we turned that around in 2018, when we were represented by 16 of our intergroups (65%). This year we were represented by 15 intergroups (60%). Our Assembly has prioritized budget to help our intergroups attend WSBC, and we were able to supplement with excess funds rolled over from 2018. I am also happy that Region One contributes to the World Service Delegate Support Fund.

The chart below (published by World Service) shows representation by Region at WSBC 2019. We did well with 60% of our Intergroups represented (second only to Region Three, which is the location of WSBC).

Region	Total # of Intergroups/Service Boards (as of 5/11/19)	Total # of Intergroups/Service Boards Represented at WSBC 2019	Percentage of Intergroups/Service Boards Represented at WSBC 2019
Region 1	25	15	60%
Region 2	36	17	47%
Region 3	21	15	71%
Region 4	16	8	50%
Region 5	27	8	30%
Region 6	38	21	55%
Region 7	21	9	43%
Region 8	55	13	24%
Region 9	62	10	16%
Region 10	13	2	15%
Virtual Region	12	5	42%

Take a look at the WSBC 2019 Highlights from Region One Delegates document in the WSBC section of your Binder. It’s inspiring to read about our Delegates’ experiences at WSBC! I am always impressed with our level of involvement at Conference—thank you for giving OA your time, talent and energy!

Our Region sends an additional officer to WSBC each year. We are the only Region that does this, and I believe it is of great benefit to our Delegates. Sue, our Vice-Chair, is very good at welcoming our Delegates, answering questions, helping them connect, ensuring they have resources needed to fully participate, and hosting our Region meetings at WSBC. Thank you to the returning Delegates who stepped up to mentor our “Green Dots!” Our Delegation was very well supported at WSBC 2019!

### Region Chairs Committee (RCC)

After two years as Chair of the RCC, I took a turn as Secretary this year. I’m also on an RCC/BOT Strategic Operating Plan subcommittee focused on “Making Service and Recovery Attractive to Young People in OA.” This committee just formed, so I am not sure how much we will be able to do before I rotate out of service, but the next Region One Chair will take my place on this subcommittee.

An ongoing goal of the RCC is to share information and resources among the Regions, and I cannot overstate how valuable this has been to me as a Region Chair. I’ve been able to attend Assemblies in Regions 2, 7 and 10, and have always come back with new ideas for Region One. Not every Region budgets to send their Chair to these RCC meetings, but I am grateful that Region One has done so.

The RCC will meet in Region 4 in Minneapolis during the first week of October. I decided not to attend this year, but Cindy, our Region Secretary, will attend in my place. Besides being a busy time for me in service and my family life (my second grandchild will be born in September!) I felt that it might be more beneficial to Region One if another Board member had that experience. Thank you, Cindy, for saying “yes” to this service! ☺

### Unaffiliated Groups

Unaffiliated groups are OA meetings which are registered with World Service, but which are not part of an Intergroup. I have always felt a special concern for these groups; most are geographically isolated and draw their membership from small population centers. Since they are not part of an intergroup, these groups are missing a level of support, information and resources. They are more at risk of closing than groups that are affiliated.

Here is a history of Region One’s unaffiliated group numbers since 2015.

August 2019 (end of month)	12 Unaffiliated Groups in R1
August 2019 (beginning of month)	25 Unaffiliated Groups in R1
August 2018	25 Unaffiliated Groups in R1
August 2017	39 Unaffiliated Groups in R1
September 2016	35 Unaffiliated Groups in R1
September 2015	58 Unaffiliated Groups in R1

I have spent time this month reaching out to our unaffiliated groups. This outreach has, in some cases, been difficult—often contact information is out-of-date, or there is no response. When this has happened, I've resorted to calling the building office where the OA meeting is scheduled to meet to ask if there is still a meeting in their building.

The Unaffiliated Groups list started at 25 at the beginning of August 2019, and stands at 12 at the end of the month. I'm happy to say that eight meetings have now affiliated with an Intergroup (in most cases they thought they already were). I did discover that five meetings are no longer in existence, so I submitted requests to World Service to cancel these meetings. Although it doesn't feel good to cancel a meeting, it is important that the list on oa.org be accurate, so newcomers are not seeking out meetings that don't exist.

It would be helpful if someone at each Intergroup would periodically review their local meeting list, comparing it with the oa.org list. Any differences (including affiliation) should be resolved, so that both lists have accurate and matching information.

Our Trustee has been reaching out to new meetings that have not affiliated, encouraging them to do so and connecting them with Chairs of the local (or at least closest) Intergroup.

## Gratitude and Some Things I've Learned in this Service

I am grateful to have served as your Region Chair for the past four years. I've learned a great deal and participated in meaningful work (Strategic Planning and Intergroup Renewal are AWESOME!) I've met wonderful people in recovery and enjoyed building meaningful friendships with others who love OA, as I do. This position has also changed my service focus in ways I deeply appreciate:

- I've become more interested in matching service tasks (including service-related meetings) to OA's Primary Purpose. It's so easy to get caught up in busy-work and forget that the whole point is to carry the message!
- I've gotten an education in the "big picture" of our Region and OA as a whole, and this has changed my shares in meetings—I'm much more aware that meetings thrive when HOPE is shared, so I try to share my hope.
- I have a broader understanding of what it means to say "This is a WE program." Connection is part of our Steps, Traditions and Tools, and is vital to personal recovery. I now understand that connection is just as important to the health of a meeting, an Intergroup and a Region. When we join others at our group's business meeting, Intergroup, Region and WSBC, we access a resource and we are available as a resource to others in recovery and service.
- This service has been rewarding, exciting and...challenging! I've had to be reminded from time-to-time to ask for help, let go of results, and give up the need to be perfect. Who knew this service would be a great opportunity to work on my character defects!

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



I'd like to say a special THANK YOU to the Region One Board members I've worked with in the past four years, some of whom have rotated out of service before me. What an honor it has been to work with you! Your recovery is inspiring, and I have learned so much from each of you. Thank you for being YOU.

**Catherine B. - Greater Seattle IG - served as Communications Coordinator**

**Cayley W. - Southern Alberta IG - served as Communications Coordinator**

**Cindy C. - Greater Seattle IG – current Secretary, former Member-at-Large**

**Deborah R. - Oregon IG - served as Treasurer**

**Gary O. - Lake Country IG - served as Secretary**

**Greta H. - Sea to Sky IG - served as Member-at-Large**

**Leslie W. - Southeast Alaska IG - current Treasurer**

**Loretta Y. - Catch the Wave IG - served as Secretary**

**Marcie G. - Bitterroot IG - served as Secretary**

**Margie G. - Oregon IG - current Communications Coordinator, former Trustee**

**Nadine D. - Big Sky IG - current "Member-at-Small"**

**Pat O'C - Oregon IG - current Trustee, former Secretary**

**Ruth D. - Lake Country IG - served as Vice-Chair**

**Sue B. - Greater Columbia IG - current Vice-Chair, former Member-at-Large**

**Trish N. - Central Oregon IG - served as Vice-Chair**

I'm excited to see how OA Region One will work together to carry the message in the coming years!

**Beverly M., Region One Chair, 2015-2019**

# Region One Vice-Chair Report to Assembly 2019

Once again, it has been an honor to serve as your Region One Vice-Chair this past year. Working on the Region One Board is a humbling and inspiring experience. Beverly runs a tight ship, our meetings are solution-oriented, and everyone has a voice. It is wonderful to serve on a board that has such a passion for OA and building strong meetings & intergroups throughout Region One.

The primary duty for Vice-Chair is to act in the capacity of the Chair in his/her absence. Luckily for me, Beverly is an organized and fully-engaged Chair, so this part of my job required very little effort.

## Convention

The second part of the job is working with the local convention team to plan and execute Region One Conventions. My intention is to plan ahead at least 2-3 years for Convention locations and hosting intergroups to allow for more advantageous hotel contracts that will help cut Region costs for this annual event. The more money saved, the more money available that can be allocated in our budget to help accomplish the goals our Assembly sets each year.

It is important to remember that our Convention is designed to be a “recovery” event, but also it is our main fund-raising source for our budgeting process. Convention proceeds, along with your meeting and IG donations, fund the special teams and projects for Region One throughout the year.

We are transitioning into a new method of tracking our Convention financials this year. The intent is to lessen some of the financial tracking tasks that the hosting Intergroup has to complete and let them focus more on all the other aspects of Convention planning. We have one Region One Convention checking account that is managed by the Vice-Chair with oversight from the Region One Treasurer (no longer must we open new checking accounts for each Convention!). While this new approach helped to capture much more specific data on Convention expenses, we need to refine how we track actual income. This is complicated when dealing with conversion rates, Square & PayPal fees. Right now, it seems like a moving target which we will work to address this coming year.

It became apparent that the Convention Planning Binder/Document required a major reformatting and edit. I am about half way through this process to date. My hope is that this can be completed as draft by December 2019.

Convention 2019—The Oregon Intergroup will be hosting the 2019 convention in Clackamas, Portland Oregon at the Monarch Hotel. This planning team is led by Liz S. and the entire team has experience in event planning and really is on the job. Right now, they are busy with planning and tactical arrangements for a wonderful Convention. By the way, anyone joining OA for the first time on or after January 2019 this year CAN register for FREE. Also, the Convention Planning Team has decided to have three keynotes—one from Chicago, one from Montana, and one from Oregon Intergroup.

Convention 2020—We are planning a “no host” convention in the Bellingham or Everett, Washington, area. There are two very viable hotel options there, and the decision should be made on a location

before you read this. No-Host means that many Intergroups around the region can participate in convention planning. The last no-host convention was held in Bellingham and was very successful. Key areas that Intergroups may sign up for are:

Keynote(s) selection process—Responsible for the Region One Keynote selection process.

Program (breakout sessions)—Develop a draft breakout session outline with subjects for team review and approval and find speakers for session slots.

Budget—Draft a convention budget that whole team has input into.

Boutique—Find Region One Ways & Means items for boutique; staff and manage boutique.

Registration (needs to be a U.S.-based Intergroup for banking purposes)—Handle all aspects of registration and scholarships with Vice-Chair.

Volunteer Coordinator/Logistics timeline—Coordinate OA volunteers who check a service box on registration. Develop an event timeline with Vice-Chair to ensure coverage.

Audio Visual Team—Coordinate and staff a team of OA members willing to do service in this capacity. Duties can include equipment set-up, recording monitors during breakout session, etc.

Convention Team Secretary—record meeting minutes and send out to all team members.

Decorations—Determine suitable theme and components for banquet table decorations.

Hospitality—Set up a welcoming Hospitality Suite and stock with refreshments (i.e., drinking items, fruit or vegetable options, magazines, puzzles, (whatever you like)).

Printing coordination— Coordinate all aspects of convention printing needs.

Ideally there would be an Intergroup assigned with each item. There will be monthly teleconference phone convention planning meetings for discussion, problem-solving and decisions. The Vice-Chair will lead this monthly meeting and provide an agenda with each area giving a status report or requesting help with decisions.

A No-Host Convention is a wonderful opportunity for small intergroups to have a chance for a real contribution to your Region's Convention. If your Intergroup is interested, please contact me at Assembly or Convention or at [www.vicechair1@oaregion1.org](mailto:www.vicechair1@oaregion1.org).

## Intergroup Renewal

Intergroup Renewal has been in full swing in Region One and we are seeing the meetings and Intergroups re-energized. It is an exciting process. I worked with Pat O'C to present renewal in Vancouver Island Intergroup in Nanaimo, BC. Nadine and I presented Intergroup Renewal in Kennewick, WA for the Greater Columbia Intergroup. Both of these sessions created some wonderful energy and Intergroups came away with a clear focus and meaningful goals.

We continue to use Survey Monkey as a Region One tool in several areas helping Intergroups develop surveys and other ways of collecting feedback throughout the region.

## WSBC Role

I attended WSBC to assist our Chair and our Northwest Region One Delegation during the annual business conference in Albuquerque, NM. Region One hosted a meeting for all Delegates and Alternates to provide information, inspiration, and a place for questions and answers. I led this meeting and tried to be helpful throughout the entire week, especially for our first-time delegates. I also represented my Intergroup as a WSBC delegate.

## Conference Approved Literature Committee (CLC)

I have been elected as CLC Delegate Co-Chair for 2018-2019, and then again for 2019-2020. In this role, I currently coordinate five literature project teams working to update manuscripts and combine pamphlets: the "First 12 Days" downloadable document comment review; rework on "Dignity of Choice" combo manuscript; "Combo 2", a project blending three current pamphlets into one; "To the Young Person in OA" (revising stories); and "Combo 4", again, combining three pamphlets into one. It has been a privilege to serve on this WSBC committee.

## Liaisons

This is the most challenging part of my job this past year. I want to reach out more systematically this year to my liaison Intergroups.

**Eagle Cap**—I have had several conversations with Cathy Z. this year and hopefully passed on useful information to her about Region.

**Lake Country**—Has a new Chair, Heather, who I have made initial contact with; this Intergroup is regrouping after hosting Convention 2018. They are eager to do Intergroup Renewal this Fall.

**South Sound**—I know that South Sound has a new Chair and have not made direct contact with her although we have traded emails at this writing. Heidi, their new Chair, wrote a wonderful Intergroup report you can find in your binder.

**Oregon**—The Oregon Intergroup meets regularly. They recently had elections that voted Liz S. in as their new Chair. They are working very hard right now putting the final touches on a great Convention for this year in Portland, Oregon. They are also interested in proceeding with Intergroup Renewal after convention.

Sue B, Region One Vice Chair

## Region One Secretary Report to Assembly 2019

As I look back on my year and a half as Region One Secretary, I have learned so much more about the rhythm of Region One and what it takes to put on an Assembly, and have gotten a better sense of its members far and wide who serve above the group level. It's a mighty good feeling to realize my relationships in the program have grown exponentially and I know almost everyone who will walk into this year's Assembly in Portland.

What does the Region One Secretary do?

- Takes minutes of all Board meetings and meetings of the Assembly.
- Maintains a file of all minutes of past meetings.
- Updates and maintains database of Intergroups .
- Coordinates registration at the annual Assembly.
- Along with the rest of the Board, conducts workshops around the region and works one-to-one with assigned Intergroups .

That said, here's a look at the year:

### Assembly 2018

After a short break following WSBC, things picked up rapidly for the Board in the summer as our October Assembly approached. Coordinating registration, printing name badges, putting together folders for Assembly reps is something I enjoy. Vice-Chair Sue and I partnered to present a workshop on strong meetings; it's always a pleasure to work one-to-one with a fellow board member.

### Strategic Planning Weekend

The Region One board traveled to Portland (site of this year's Assembly/Convention), spending two days reviewing the past year and surfacing priorities for the next year. A mission statement was also developed. Our 2019-2020 statement, which we will read aloud at every Board meeting following its introduction at Assembly, particularly resonates: "Each One, Reach One: Share the Hope!" I am working to be mindful of this statement each time I walk into a meeting or share with a fellow. We also had a chance to share personal recovery with each other and tour the hotel. Oregon Intergroup (host of Convention 2019) gave us an update on Convention planning – boy are they an organized bunch! We took some time Saturday morning to attend a local meeting in the Portland area.

### Intergroup Renewal

Communications Coordinator Margie and I traveled to Tacoma in November to present an Intergroup Renewal workshop to Pierce County Intergroup and help them form Project Teams around their priorities for serving the fellowship. In March, Vice-Chair Sue and I helped North Cascade Intergroup with a similar renewal process. Both intergroups dove in with enthusiasm and established realistic goals

for their teams. I've been fortunate to be the "junior" member, with both Margie and Sue taking the lead. This next year it's probably time for me to stretch and take the lead. There's always growing to do!

## Intergroup Liaison Work

Each Board member is assigned a portion of the Region One Intergroups to encourage and support with resources: my intergroups are Seattle, North Cascade, Peninsula, Southern BC Interior and Bitterroot. In particular, I enjoyed calling into many of the Bitterroot virtual Intergroup meetings and learning how OA meetings in Montana cities and towns separated by hundreds of miles are able to work successfully together.

## Bylaws Committee

As I write this report, the Bylaws Committee's work is reaching its peak. We are finalizing business motions for the Assembly binder. This year's team has been rock-solid dependable, showing up for every call beginning early this year. Four years ago, as a first-time Delegate/Assembly Representative, bylaws and policies overwhelmed me, but my work with some veteran team members this last year has been stimulating and dare I say, enjoyable! It's a challenge to present bylaws and policies with clarity using as few words as possible.

## World Service Business Conference and Conference Approved Literature Committee

I attended my fourth consecutive WSBC in May of this year as a delegate from Greater Seattle Intergroup. I mentored a "green dot" (first time attending WSBC) delegate from Sea to Sky and continue to serve the fellowship as the chair of the Conference Approved Literature Committee Subgroup, where we are updating stories for the revised "To the Young Person" pamphlet. It was a thrill to see the passion for the new publication, *Body Image, Relationships, and Sexuality*, and its quick approval from the delegates, a project I worked on for three consecutive years.

My favorite things about the year:

- Working with the Region One Board; each of us carries unique knowledge and strengths and we all love each other, and I've learned so much from each of them.
- Finding out about yet another wonderful resource on oa.org to help me and others in service work and recovery.
- Sitting with the Region One delegation to WSBC the last four years and feeling its passion, wisdom and love for OA.

In love and service,

Cindy C, Region One Secretary

## Treasurer Report to Assembly 2019

7/31/2019

Dear Region 1 Assembly of Overeaters Anonymous,

The 2018 Assembly was a busy time. It felt like I was in the hot seat a lot, from presenting the 2019 proposed budget, to running workshops, to presenting a policy motion. Phew! It was fun but busy!

The year has been busy too. From managing five accounts, keeping the transactions up to date, and reporting monthly to the Board, I am happy to report that the Region One finances are in good health.

I have decided that I won't be running for the Treasurer position again, however. I have a full-time job, the first one since my kids were born, and those kids are keeping me and my wife hopping, now that they are thirteen. I have appreciated the opportunity to serve at the Region level and hope to be a regular attendee at Assembly and Convention in the future.

Service continues to be an important part of my recovery. I want to focus more on sponsorship.

Thank you for believing in me and supporting me in this journey!

Yours in Service,

Leslie W., Region One Treasurer

(see Assembly Binder Section 6 for financial reports)

## Member at Large Report to Assembly 2019

Even though the name, “At Large”, always stops me in my tracks, no matter what you call it, this past year has been quite a “large” experience for me, as I’ve had the privilege of looking at the “bigger” picture of OA as viewed from the Region level.

The word “connection” has greatly impacted me since I’ve accepted this position, as I see how absolutely essential it is to connect with one another to encourage our recovery. Here are a few experiences I’ve been able to have in the past year:

- Hosted quarterly phone-in speaker meetings that include relevant topics to our recovery.
- Updated and simplified our Region One Speaker List to include a link to podcasts from that speaker, if available.
- Able to liaison with members of four amazing Intergroups: Vancouver Island, Jefferson State, Snake River and Greater Columbia.
- Facilitated an Intergroup Renewal for Greater Columbia Intergroup and watched before my eyes as this small group of women challenged themselves to projects that might infuse energy and hope into their meetings.
- Traveled to Portland for strategic planning as we reviewed the past year, and our priorities for the coming year. It was so helpful to look at each intergroup and the strengths of each one, as well as how I could encourage the ones I’ve been assigned to liaison with.
- Helped facilitate the Nurturing Newcomer Project Team as it created a document that was adapted from Seattle Intergroup. This document is to be used as a companion for our members in sponsoring someone for 12 days using the “12 Days of OA – A Guide to Sponsorship”, so that it fit with our new pamphlet for newcomers entitled, “Where do I start?”
- I also had the privilege of being liaison with The Sponsorship/Virtual Sponsorship project team. This team made some big decisions in keeping Region One virtual sponsorship within our region, promoted the awareness of Virtual Team, and encouraged those serving on the Virtual Team with ideas on how to improve the website to make it more user-friendly.
- Traveled to Hailey, Idaho to help facilitate a workshop on Sponsorship.

Happy to be on this recovery journey with you!

Nadine, OA Region One Member at Large



## Communication Coordinator Report to Assembly 2019

It has been my pleasure to serve as your Region One Webmaster and Communication Coordinator for this last year.

Here are some of the activities I have done on the website since last October:

Changed the appearance and added photos – helping the website to be more attractive and maintain its easy functionality. By using a completely different theme this year there are several features which are improved for novice web users: links for all pages are listed down the left side of the Home page, links light up completely when the mouse is passed over the letters of the link, the new theme is bright and colorful.

Kept the calendar of events up-to-date, adding events for the future and deleting past events in a timely manner.

Responded rapidly to requests to post various files, events, audio, and other items.

Provided other Board members with a list of relevant websites and passwords – so that if anything happened suddenly to me that others on the Board would be able to access and update the website, email addresses associated with the website, etc. created backup copies of and keep the most recent back copies.

Maintained a stock of Region One journals and responded quickly to orders for Region One journals.

Periodically reviewed the statistics on website viewing patterns. In the last 7 months (since Jan 1) we have had 19, 458 “Unique visits” our lowest day of visits was 58 on January 2nd, highest number of visits was 155; and there were 52 orders for journals for a total of \$2,192. Top 6 pages visited are 1. Home page; 2. Audio recordings; 3. Events; 4 2019 Assembly page; 5. Documents & Reports; 6. Daily Journals.

Maintained a links page with link only to other OA websites, including; other Regions, various Intergroups, newsletters around Region One, official OA newsletters (A Step Ahead, etc.), the main OA.org website and bookstore, and Lifeline magazine and Lifeline online, OA Facebook sites, and the Region One Yahoo group subscription.

In June we started two new web-based activities: first we re-started the Blog rotating between all the Region One Board members on a weekly basis. And in association with the Blog, I started a new Region One business Facebook page. I do Facebook for myself, family and friends, but a Business page for a Service Body is a brand-new experience. I have started learning more about making use of Facebook so watch for more information on this undertaking.

In addition to activities concerning the website, I participated in general activities of the Region One Board. I maintained contact with five Intergroups around Region One and liaised with one Assembly Project team. I co-led a couple of Intergroup Renewals, one in Pierce County IG. I have a couple more scheduled; one for the fall and one for Winter 2020.

In love and Service,

Margie G., Region One Communication Coordinator

# Region One Trustee Report to Assembly 2019

I am your outgoing Trustee. There will be a confirmation process at this Assembly for a new Trustee to run for election at the World Service Business Conference (WSBC) in April 2020.

I have felt that being a trusted servant for Region One and OA has been an amazing experience. I have met so many wonderful fellows in Region One and all around the world and learned so much. Here are the activities that have absorbed a good deal of my service time as Trustee:

Board of Trustees:

Part of the ad hoc committee for the redesign of OA.org:

Look for an updated, engaging and interactive site in January 2020 (at least that is our goal). Annual review to determine how to maximize the impact of, and update, our digital services is now established practice.

One Brave Thing for Public Information/Professional Outreach Conference Committee at WSBC. For the last two years, intrepid OA committee members have embarked on creative, and in some cases astoundingly effective, projects to Carry the Message all over the OA world.

Public Awareness/Professional Tradeshows: Involved in overall campaigns to make OA better known in the world. From approving funding for OA members to set up booths at prominent professional tradeshows, to ads on social media, to enhancing our outreach on new digital communication platforms, this has been a fascinating area of work. We do not have the deep pockets of for-profit organizations, so we try to do the most with our relatively modest means. However, it is my belief that when our members are carrying the message, money is not the issue and the sky is the limit.

Traditions/Ask it Basket Inquiries: I have found the questions and the issues very engaging. I have dealt with over 115 of these since I came on the BOT.

Region One:

In all my Board work including monthly meetings, site visits, strategic planning, remote workshops and liaison work, I have been privileged to serve on what I consider to be an activist board with bright minds and big hearts. We have worked to do positive, concrete things for Region One and OA. I am proud of the project teams I have been involved with and all the volunteers (we are all volunteers remember) who have spent countless hours making sure that our Conventions are top notch, our connections run deep and we are supportive and helpful to one another. What can be better than that?!

New Meeting Welcoming

As part of my Board work, I get reports of all newly registered meetings. We made the decision in Region One that these new meetings would be welcomed personally. I have sent out over 67 emails over the last 2 1/2 years. Since Assembly 2018, I have welcomed 35 meetings in Region One. I am happy

to report that as of the last quarter, Region One went from a declining number of meetings to adding meetings!!! Let's keep that trend going for our own benefit and to make sure OA is there when the next compulsive eater needs us.

Overall, my service work can feel like too much at times, frustrating at times but rewarding always. As the Big Book says "you will not want to miss this" and I couldn't agree more.

Pat O'C, Region One Trustee

# Intergroup Renewal/Workshops/Outreach Nov. 2018 - Sept. 2019

**Pierce Co Intergroup Workshop** (in person, Margie and Cindy) Nov 10, 2018  
**Emerald Empire Intergroup Workshop** (in person, Pat) Eugene, OR November 10, 2018  
**Southeast Alaska Intergroup Sponsorship Workshop** (by phone, Pat) Feb 23, 2019  
**Greater Columbia Intergroup Workshop** (in person, Nadine, Sue) Saturday, Feb 23, 2019  
**North Cascade Intergroup Renewal** (in person, Sue and Cindy) March 16th, 2019  
**Oregon Intergroup** Convention Oriented Support, Planning and Prep Session (in person, entire Board) Portland, OR, April 13th, 2019  
**Snake River Intergroup** (in person, Nadine and Pat) Hailey, Idaho Aug 10, 2019

This year the Board used a variety of outreach techniques to connect and bring resources to all of Region One. Each Board member takes several Intergroups to serve as an ongoing liaison. They make regular phone calls or text to share news and just check in.

Additionally, over the last several years, the Board Chair, Beverly, established a monthly Intergroup Chairs call for any chair to connect and share. That call has evolved to a Resource/Workshop call that our Member at Large, Nadine, has organized. This is a focused Speaker Meeting/Workshop held quarterly. It is promoted all over the Region. The first in March was on sponsorship, the next in June was on body image. At least one more is planned for September. They are increasing in participation. On the last call (June) over 67 people were on the line. They are recorded and posted as podcasts on the Region One website: [oaregion1.org](http://oaregion1.org).

Several site visits are scheduled for Spring 2020 already. We would love to get your Intergroup in the schedule for a team of Region One to come visit. Alternately we are very open to zoom conferences or phone in workshops to connect with your members. The application for a site visit is on the Region One website. Together we get better, all over beautiful Region One.

Submitted by Pat O’C, Region One Trustee

## Section 10 - Region One Project Team Reports

# Assembly Binder Team Report 2018 – 2019

## Team Members:

Heather S.      Lake Country Intergroup, Team Lead  
Joanne S.      Emerald Empire Intergroup, Secretary  
Cassie J.      Southeast Alaska Intergroup  
Beverly M.      Oregon Intergroup, Board Liaison

Our team’s goals for the year were:

- To publish the 2019 OA Region One Assembly Notebook
- To improve on the 2018 Assembly Binder in readability and ease of use
- To create an easy-to-follow blueprint for the Assembly Binder Team

We met monthly by phone-in/computer conference. We couldn’t have done it without Heather, who organized the conferences, set the agendas and sent reminders to ensure successful meetings!

Beverly, our Board Liaison, envisioned leaving a clear process for the newly elected Chair and Assembly Binder Project Team. We planned to assemble the Binder in three phases and to spread the workload evenly throughout the year. We uploaded all the information that stayed the same from year to year. Then we began adding reports as they came in at the August 1, 2019, deadline. This made up the bulk of the binder. Cassie wrote reminder e-mails which helped ensure that most reports were submitted in a timely manner. Beverly diligently uploaded all reports as they came in, always staying a step ahead with the desired outcome in mind.

We were grateful to enlist five proofreading volunteers: Debra (Lake Country Intergroup), Nancele (Oregon Intergroup), Sherry (Peninsula Intergroup), Gail (Emerald Empire Intergroup), and Sharon (Emerald Empire Intergroup). Thank you for your invaluable service! Proofreading is a painstaking process, with each page being proofread by two people.

Joanne sketched out, with Beverly’s help, proofreading guidelines for everyone to follow. These included checking to make sure that no last names or phone numbers were included in the document, as well as details on style, type and size of font, and capitalization.

Cassie spearheaded our section on “Hope in Program”. She reached out to members in our region to ask them to share about hope and how crucial it is to their growth and recovery.

Finally, the proofread document was then uploaded to CreateSpace, a self-publishing service. Gary O. (Lake Country Intergroup) stepped up once again to take charge of this process. Together, we completed our binder: an actual professional notebook that is a yearly compilation of Region One’s Board and Region One Representatives’ service in carrying the message of Overeaters Anonymous to our fellowship.

Heather S. - Assembly Binder Team Leader

# The 2018-2019 Audit Project Team Experience

## **A Narrative Report**

Prepared for the Region One Service Body of Overeaters Anonymous

2018-2019 Audit Committee Project Team Members: Dorothy C., Loretta B., and Avram R.

Our first goal was to meet a minimum of four times. We met via teleconference, on the days we planned, to step through the Convention Audit Review, the General Audit Review, and the Narrative Review. For each of these three audit deliverables, we needed an additional teleconference session, so we met seven times over the course of the year.

Our second goal was to submit two policy changes for 2019 Assembly motions. We knew in the 2018 Assembly, that these two, Policies 4 and 5, needed attention to be more realistic and timely. Dorothy made several iterations to refine the language until it was just right. Each time, the team reviewed and commented or supported the final motions. We successfully presented these to the Chair before the mid-August submission deadline.

Our third goal was to plan, conduct, and submit the 2018 Convention Audit. We struggled with understanding how the records were maintained and documented our lessons learned. If you are on the 2019-2020 Audit Project team, please ask Dorothy C. what you want to look for early on. Most of the lessons concerned having the Region One Treasurer asking the sponsoring Convention Registrar and Treasurer to document their revenue and expenses with particular attention to evidence. Another was to describe expectations for these roles at least two times before the event. We successfully completed the Convention Audit deliverables, and submitted these to the Region One Treasurer and Chair.

Our fourth goal was to plan, conduct, and submit the 2018 General Funds Audit. We struggled with finding previous audits and some line items changed in record-keeping methods without sufficient explanation. If you are on the 2019-2020 Audit Project team, please ask Dorothy C. what documents you want to discover and review early on. Most of our lessons were about having the Region One Treasurer maintain Region One expenses with particular attention to evidence. Another lesson was to describe the expected procedures for maintaining the General Ledger, and why it is important to follow key guidelines. We successfully completed the General Funds deliverables, and submitted these to the Region One Treasurer and Chair.

Our fifth and final goal was to submit a 2018 Audit Narrative Report. Initially, we provided the 2018 General Funds Audit Narrative Report by the planned submission date, intended for official reports. Then, towards the end of the project, we submitted this narrative of the Audit Project Team Experience, intended for the incoming 2019-2020 Audit Project Team. We've kept them separate, expecting different audiences.

I encourage anyone considering joining the Audit Project team to follow our traditions and have fun.

Avram R.

# Report of Audit of Region One General Accounts

**Completed 2/8/2019.**

Auditors were: Dorothy C., Region One Audit Team member, Rosanne K., and Jan E.

Almost all of the income/expense items match up with documentation.

Check #1020, from October, for \$300, paid to Oregon Intergroup had not been cashed before the end of the year. I am checking with the Oregon Intergroup Treasurer on that. Checks #1034, for \$78.12, and #1035, for \$900, written mid-December, had not been cashed by the end of December.

There was a receipt missing for June 7, 2018, but with the assistance of several people, I was able to reach the person who could, and did, promptly find the receipt and send it to me. It turned out to be a Board expense which should have been on Sue B.'s debit card, but got posted to Beverly's instead.

We did not examine the 12/19/18 Treasurer's report or the Prudent Reserve report.

## Discrepancies found:

### PayPal Register:

On this register, there is one more Convention registration than there is an equal amount transferred to the Convention account. There were nine registrations of \$140, and one refund of \$140, for a total of \$1120. However, only \$980 was transferred to Convention checking. An additional \$140 should have been transferred to the Convention account. Since at this point (March 2019), the Convention proceeds have been deposited back into the General Fund, nothing further needs to be done.

The PayPal fees for Convention registrations did not get transferred to the Convention account along with the registration amounts. The total fees were \$45.71. I don't know if there is any policy in place about this. PayPal's fees for convention registrations vary widely. One was only \$2.99; most of the rest were \$6.50 or so. I don't know why.

The PayPal statement shows a payment on 2/9/18 for \$2.96 and a fee of \$-0.39. This is not on the PayPal register.

The 5/12/18 PayPal statement shows \$6.90. The PayPal register shows \$6.96.

The 12/19/18 PayPal statement shows \$2.33. The charge was entered on the register as \$1.69.

### Checking register:

A deposit of \$60 made on 12/30/2017 is on the Jan. 2018 bank statement, but not on the check register. It is probably on the 12/17 register.

On the October 16, 2018, entry for a purchase from Capital Copy – the bank statement shows \$23.62, but is on the register as \$22.62.

### Conclusions:

The only major discrepancy was in the non-transfer of Convention funds to the Convention account. Beyond that, the total of the other four discrepancies was \$3.65, a miniscule difference!



The books are clean: there are receipts for everything, including reference numbers written on the bank statements indicating which receipt applies to which expense. There are no unclear items.

**Other issues:**

Some items were processed in January, 2019, but are in the 2018 audit files. I'm not sure why.

The following items may be functions of saving from QuickBooks into Excel format, and opening the file in Excel:

On the General Fund register, some of the group donations are noted in column B – 'number' as "Groups", with group # in Column C – 'payee'. Other group donations have the "groups" designator in column D – 'category', and the group # in column E – 'memo'. Still others show "Donations: Groups" in the 'Category' column, with the location/day in 'Payee', and group number in 'Memo'. The variation seems to relate to source, be it an Intergroup or an Individual Group, but needs to be consistent.

The amounts of the Split Deposits are showing in the "Payment" column. Splits need their own column, rather than looking like expenses.

**Method and suggestions for the future:**

One member of the Audit Committee recruited two helpers to do the audit.

Each auditor took one month's paperwork and went through the register and checking account statements, confirming the amounts through the month. They also looked through the supporting documents, checking for accuracy.

The only part that is a bit challenging is reconciling Checks Written/Checks Cashed, because they frequently get issued in one month, and cashed in a different month. This is simply something the auditors need to be aware of, to make sure everything matches up eventually.

For doing the audit, it would be very helpful if the Treasurer could print out each monthly register from QuickBooks and include it with that month's paperwork. When the Treasurer converted the QuickBooks register to Excel, which Dorothy's computer uses, entries ended up in odd locations on the spreadsheet. Nothing was missing, it was just sorted strangely.

Generally accepted accounting principles (GAAP) guide us to call this an Expenses worksheet, not showing Net Income at the bottom, as this is a Non-Profit Organization. We also recommend a separate section or worksheet showing Revenues and Expenses netting a positive or negative cash flow for the accounting period, the 'bottom-line' for Calendar Year 2018.

I extend my thanks to Rosanne and Jan for their help in completing the audit, and to our Treasurer, Leslie, for very careful bookkeeping!

Dorothy C., General Audit Chair

# 2018 Region Convention Audit Report

Dorothy C., Oregon Intergroup

I have looked over all materials that were provided to me by the Region Treasurer and the Region Vice-Chair and Chair. This report summarizes the issues and discrepancies I found.

## **Concerns**

This audit was confusing to do, because:

- Income came from, or was reported in, a variety of sources.
- Not all of the registrations were fully listed in Square, due to cash & check payments, and to changing from PayPal to Square early in the year.
- Ways & Means totals didn't initially add up.

## **Procedure**

I copied the Treasurer's Audit Spreadsheet to use for my research, and am sending my copy along with this report.

I did not alter any of the numbers, although I created a separate column for the Split amounts, because they were showing in the Payment column.

I matched all of the receipts to entries in the spreadsheet.

I marked the lines which were erroneous bills that were later cancelled. They do not change any final numbers.

I highlighted the lines which needed correction.

## **Major Concerns**

We are sometimes listing Net Income amounts (after subtracting credit card fees) rather than Gross Income amounts. These fees are administrative expenses, and should be a line item in the expense categories. For example, the Convention registrations paid in Square had gross sales of \$16,368. The fees charged against this were \$507.04, giving a net of \$15,860.96.

I believe that the 50/50 raffle income should be handled the same way, with the full income amount as \$267, and an expense item for the 50% payout of \$133.50.

There is no reckoning given of Scholarship donations or disbursements. I was able to determine from JotForm and the Square and PayPal lists that we took in \$730 in scholarship donations. I do not know if this is the full amount, or whether funds perhaps came in from those who paid by check or were walk-ins at the Convention. I find that we awarded five \$60 scholarships (\$300 total) from donated funds, and that one \$120 scholarship was awarded by the Vice-Chair. I cannot discern if any scholarships were awarded to people who paid by check, or were walk-ins at the Convention. I also cannot tell if there is

any carryover of donated funds from 2018. If the total scholarships awarded totaled \$420, then there should be a remainder of \$310 carried over to this year.

### **Apparent Miscategorizations**

There were several items which were miscategorized. As of 7/13/19, The Treasurer has corrected them, giving us an accurate final spreadsheet for forecasting.

My total for registration income is \$21,721.30, taking into account some erroneously categorized items. This is very close to the reported total of 21,571.30. There is a discrepancy of \$150. There are notes further down in this report, and highlights on the spreadsheet showing these errors. Beyond correcting the posting errors, I feel any further pursuit of this would not be worthwhile.

### **Other Issues**

The receipts for speaker expenses show payment to the speaker of \$523.53, itemized as \$353.53 for airfare, \$80 for parking, and \$90 for meals. The \$90 was an error in communication; the speaker was told there was a per diem for meals in this amount. Therefore, it was decided not to retract that in lieu of actual bills of \$62.41.

As noted in the General Account audit, there was \$140 of registration fees which never got transferred into the Convention account. By the time that was noticed, the balance of the Convention account had been transferred back to the General account. No action necessary.

Square fees totaling \$74.27 on Region One boutique sales would correctly be divided as \$66.36 for Region, and the balance of \$7.91 charged against Lake Country. It is not a significant issue in my mind, just something to watch for in the future.

On the 2018 Convention Financials Chart, the amount for the Banquet is listed incorrectly as \$6090; \$6099.76 is correct.

In the Boutique Proceeds report, there is a discrepancy in the listing for sales of 12 & 12s at the Convention. The original report shows sales of \$300. There was a group of 12 & 12 sales which were not categorized in Square, with a total of \$300. There were also additional categorized sales of \$420, for a total of \$720. This \$420 does not show as a separate income item(s) on the Convention spreadsheet. Beverly has explained that some Intergroups bought the leftover books. Greater Seattle Intergroup sent a check in December for \$378 of this. Our Treasurer had entered it in the General Fund as a donation, and will correct its category. This leaves a difference of \$42, which I'm willing to trust was paid into the Region One Boutique proceeds. Pursuing it further seems unnecessary.

### **Questions about Region One Boutique Income**

The Big Book Study Guide and the raffles for 50/50, Convention package, and quilt all have their own category in the Actuals vs Budgeted. The general raffle doesn't. Its total income was \$283. Is it just part

of the Boutique income? Should it have its own line? If we raffle off the tablets used for convention in 2019, will they have a separate line item?

### **Possible Solutions**

1. In some of the reports this year, there were numbers that didn't match the spreadsheet data. For the future, entering all data into QuickBooks needs to come first. The reports should derive from that data, so that all of the numbers come from one source. This will save chasing down discrepancies between reports and the accounting records.
2. It would be helpful to develop a coherent, consistent method of tracking income and expenses for all categories and matching it to the Actuals vs. Budgeted report.
3. Because neither JotForm nor Square tracks the money received when paid by check or cash, those payments must be recorded systematically and reported in registration spreadsheets and/or other computer records of receipts.
4. It may be helpful to shorten the Income & Expense line item names, making the categories easier to enter and to read. Example: Convention Registration, Boutique, Hospitality, etc.
5. All income, particularly registration income, should be recorded in the income category as the gross amount taken in, with any PayPal or Square fees recorded as expenses, rather than recording net income. I am not certain that is what happened, but given that I could not reconcile the registration income amount with that reported in Actuals vs. Budgeted, it seems this could be a helpful mechanism to make that reconciliation a bit easier.
6. It would be enormously helpful to the Treasurer and future auditors if all of the financial data were recorded, with explanatory notes, as the year goes by. There were several places in the spreadsheet where there were odd occurrences with no explanations. It was necessary to ask for clarification on these items, and luckily the Region Chair was handy to do this. There are several ways this information could be exchanged. Perhaps an assistant who understands spreadsheets could take on this responsibility – NOT handling the money, but tracking it. And, maybe Region One needs an Assistant Treasurer, to help out generally.
7. Money comes in to our Region coffers from several sources: PayPal tracks journal sales information, Square is used to track Convention registrations and Boutique sales, our General Fund account handles the day to day money, and the Convention account handles all the Convention money. When Beverly and I were looking for journal sales numbers, we had to refer to all four of these to get valid numbers. This is very confusing and perhaps could be simplified.
8. It would be very helpful to have written instructions for volunteers on how to handle the various Convention monies, what categories they belong in, and so forth. This auditor is the Registration Chair for the 2019 convention, and has already had several areas of confusion which, if instructions were available, could have been avoided.
9. In both the General Account and the Convention Account, when downloaded from QuickBooks to Excel, the split amounts show in the Payments category. The Region Treasurer is aware of this issue and will seek a solution for it.
10. Going forward, have mini-audits done quarterly on both the General and Convention accounts so that we can catch issues as we go along. It would make less of a burden on the people conducting the annual audit. The Audit team will be submitting a policy change motion for this.

## Budget/Finance/Delegate Support (BFDS) Project Team Report

Terri, Central Oregon Intergroup  
 Tammy, Pierce County Intergroup  
 Marjorie, North Cascade Intergroup  
 Wayne, Lake Country Intergroup  
 Beverly, Oregon Intergroup, Region One Board Liaison  
 Leslie, Southeast Alaska Intergroup, Region One Board Liaison

**Purpose:** To assist the Treasurer in the review and management of Region One’s financial health and well-being, create and maintain a yearly budget, and support as much representation from our intergroups at Assembly and World Service Business Conference (WSBC) as possible within the budget.

### **2018-2019 Activities:**

- A. WSBC Delegate Support 2019: Region One helped send seven delegates to the WSBC in May. We sent multiple requests to intergroups because we had the money to support more delegates than were originally submitted. The Region awarded \$6,864 in support.
- B. Ways and Means WSBC: At WSBC, Region One sold pens for \$2 each. The pens were designed to “be forgotten” at various places we visit, like doctors’ offices, libraries, etc. Each pen had OA inspirational sayings and the OA contact information. This project intersected with Public Information. We sold out of pens!
- C. Assembly Representative Support 2019: Region One is helping to bring eleven Intergroup Representatives to Assembly. See 2019-2020 Committee suggestions to increase intergroup attendance at this event. The Region awarded \$3,438 in support.
- D. Board Special Project: The BFDS team is assisting the Region One Board in this project, funded with excess funds carried over from 2018. We are offering \$300 to nine intergroups to help fund a Recovery Event – a workshop or retreat as meets their needs. We are also offering \$108 to 25 intergroups (EVERY intergroup in Region One) to help purchase OA materials. This effort is ongoing.
- E. 2020 Budget: Work on the 2020 Budget included separating the Convention Budget from the Operating Budget. This helps clarify the income and cost of Convention and makes Operating Expenses easier to track. This is designed to facilitate the audit process as well.
- F. Ways and Means Convention: Fund raisers at Convention will include a Quilt Raffle, 50/50 Raffle, and sales of the Region One Journals.
- G. WSBC Delegate Support 2020: We are in the process of redesigning the Region One 2020 WSBC Delegate Support process to coincide with the new World Service Delegate Support Application.
- H. Assembly 2019: The team prepared five financial policy amendments to be presented at Assembly 2019.

### Suggestions for 2019-2020 Committee:

- A. Contact Intergroups not sending representatives to Assembly and WSBC to see if there is any way Region One can help them to send representatives to these management meetings.
- B. Other duties as requested by Region One Board of Directors.

# Bylaws Project Team Report

2018-2019

Members:

Rosanne K. – Oregon Intergroup  
Liz S. – Oregon Intergroup  
Faye D. – Sea to Sky Intergroup  
Linda S. - Peninsula Intergroup  
Cindy C. – Region One Board Liaison

As one of three Region One standing committees (the other two are Budget and Finance and Membership Outreach), the Bylaws Team coordinates with Region One committees and service bodies to bring new business to the Assembly for consideration.

This team met by conference call nearly every month starting early in 2019. In March we notified service bodies of the dates of Assembly, deadlines for submitting business motions, and included instructions for creating and submitting those motions. A reminder was sent in June.

Acting on feedback from the 2019 Convention registration team, we were able to update/refine convention registration policies to put forth for consideration. We also addressed Region One financial support for Board nominees who were not already attending Assembly funded by their intergroups. Members of the team also reviewed the Bylaws and Policies and Procedures for consistency with WSO Bylaws and Policies. Careful consideration was given to the creation of other business motions; in the end we felt they weren't needed. The team looks forward to receiving motions from the intergroups by the August 16th deadline.

There was fun and laughter putting together the mock motion we will use to practice parliamentary procedure during Assembly. We are fortunate to have members with WSBC Reference Committee experience on the Bylaws team as well as an entire group of clear and concise thinkers. I think we've all enjoyed the experience of working together!

Cindy C.

Bylaws Project Team

# Carry the Message Project Team 2018-2019

Members: Cathy Z., Dawn M., Joan M., Becky M.

Pat O’C., Region One Board Liaison

## 3 Major Goals

1. To become well acquainted with Public Information/Professional Outreach (PI/PO), especially concerning participating in Health Fairs. Completed.

Each team member was "equipped" with the *Public Information Manual and the Professional Outreach Manual* from the OA bookstore. This way they could feel informed and helpful when they placed their outreach calls.

2. To contact the 25 intergroups in Region One, offering support and funding help if they wanted to participate in community-based health fairs or professional outreach, and to help build support for any PI/PO activities in Region One. Substantially complete. The Team members were able to talk with someone or connect via email with most of the intergroups in Region One.

3. To build connections for success. Substantial progress.

Four intergroups took us up on the offer:

- Emerald Empire Intergroup was awarded \$195 for Community Health Fairs in Eugene, OR.
- Anchorage Alaska Intergroup received approval for \$150 to do a Community Health Fair in their city.
- Pierce County Intergroup was awarded \$199 to expand the geographic reach and lengthen the time frame for their coffee mat ad campaign.
- Lake Country Intergroup received a matching grant for \$69.49 to do Professional Outreach in the Spokane, WA area. Region One and the intergroup split the cost for 400 copies of the new pamphlet, “*When Should I Refer Someone to OA?*”, as reduced cost literature.

The new pamphlet, “*When Should I Refer Someone to OA?*”, is designed to be used with a wide range of health and mental health professionals such as physicians, nurses, dietitians, physical therapists, counselors, clergy, etc. NOTE: The team would like every intergroup to know that they can apply for reduced cost literature for professional outreach activities from the World Service Office. It brings the cost of this pamphlet down to just 30 cents each, plus shipping.

The team has allocated \$ 733.49 out of a total budget available to PI/PO of \$1000.

# 2018 OA Region One Convention

**October 19-21, 2018**  
*“Let’s Connect for Recovery”*

## **Spokane, Washington**

It took a real team effort to plan and execute the Region One Convention in Spokane. Lake Country Intergroup hosted the convention and many of our meetings and fellowship joined in the planning efforts. Ruth D. and Paula W. were Co-Convention Chairs.

### **Keys to our success were:**

- Holding monthly convention planning meetings using an agenda to ensure every key task area got a chance to give a status update on their activities.
- Having the Vice-Chair of Region One handle the financials for the convention.
- Having two Convention Co-Chairs to split the workload.
- Having a centralized registration process with one person handling the daily registrations, scholarships, etc.
- Continuing the commuter rate for people who could only attend part of convention.
- Receiving help from other nearby intergroups who were willing to take on key tasks.
- Adding a breakout session summary to registration packets.
- Having an exceptional Boutique experience. This year we had everything well thought out in advance, with clear instructions about separating Region One fundraising from Lake Country fundraising. Much less confusion! Be as specific as you can early on.
- We had a total of 172 attendees at the Centennial Hotel in beautiful Spokane, Washington. There were 116 attendees who took advantage of our “Best Value” rate and 150 who attended the Banquet! Our keynote speaker was from the Phoenix area and spoke from the heart about the Big Book and finding sustained recovery!

## **THEME—Let’s Connect for Recovery**

The Convention Planning committee chose this theme early in the planning cycle and found wonderful artwork of people working together rowing a canoe! This logo and theme were printed on all convention correspondence and on Region One Board email signatures.

## **CONVENTION COMMITTEE MEETINGS**

It became evident that meeting via phone conference meeting was the best way for everyone to stay in touch and plan together effectively. Ruth led each meeting using an agenda to ensure all key convention areas were covered and committee chairs were on the calls to give status updates and ask for help if needed. The Region One Vice-Chair attended most of these conference calls to provide Region information and answer questions in real time.



## REGISTRATION

Paula was in charge of tracking registration, scholarship donations, scholarship requests, and banquet ticket sales on JotForm.

### Registration Numbers:

Best Value Sale	116
Full Registration	31
Complementary	7 (Region One Board Members and raffle winner)
Commuters – Fri	6
Commuters—Sat	7
Commuters—Sun	1
Banquet Only Sale	5
<u>Registration w/No Info.</u>	<u>3</u>
<b>TOTAL REGISTRATION</b>	<b>172</b>

Donations w/Reg.	\$348
Scholarships	\$420 (This includes fee reductions used)

The Commuter option continues to be used and helps members attend for part of the weekend!

This was the first year Region tracked financials this way. While we were able to be very clear and specific about Convention-related expenses (see chart below), we need to do better about tracking actual income in future conventions. This is more complicated than it seems because we are dealing with Square fees, other banking-associated transfers, as well as boutique deposits. A workable method will be developed to make this easier.

## TREASURER

This was the first year that the Convention bank account was set-up as a standing convention account. The Region Vice-Chair monitored the account and paid all the convention-related bills. This was a HUGE help to the planning committee to have to worry about this aspect as well as opening/closing an event-based checking account at a bank. The Region One Treasurer also monitored the account and issued refunds. Net income for Region One was approximately \$18,000!

## Budget Actuals

2018 Convention Financials			
Categories	Budgeted	Actual	Comments
Entertainment	\$ 500.00	\$ 290.00	
Banquet	\$6,000.00	\$6,090.00	Based on attendee numbers & banquet costs which are paid for during registration.
Speaker	\$1,000.00	\$ 807.03	Usually budgets \$1,000 for

\$523.53 (Parking, Airfare, Meals) \$283.50 (Hotel room)			one speaker outside of R-1
Coffee/Tea	\$ 650.00	\$ 877.37	Seems like \$800 would be a better estimate.
Gifts	\$ 110.00	\$ 44.52	
Co-Chair Expenses \$127.68 Meals Paula/Ruth \$ 24.76 Meals Co-Chair \$283.50 Hotel	Unbudgeted	\$ 435.94	Convention Chair expenses are covered for meals & 2 Hotel nights
Printing \$26.45—Breakout printing \$86.39—Registration \$25.42—Registration Packets \$17.45—Print Cartridge	\$ 600.00	\$ 155.72	This is a very low actual. Usually it is higher.
Boutique	\$ 100.00	\$ 76.85	
Signage/Advertising	\$ 300.00	\$ 74.69	Signage was underused at 2018 convention so the budgeted estimate seems good.
AV Expense \$ 42.41—Cable \$ 21.75—Floor Tape \$270.56—Hotel Room-Gary \$ 52.22—Flip Chart Breakout	\$unbudgeted	\$ 386.94	We need to budget for AV expenses in every convention budget. An AV tech for Convention allows for a hotel room so they are close by.
Decorations	\$ 250.00	\$ 210.56	
Hospitality	\$ 200.00	\$ 195.00	
<b>GRAND TOTALS Expense</b>	<b>\$9,710.00</b>	<b>\$9,644.62 ACTUAL</b>	

The convention came in overall under budget. Several categories came in at or below budget estimates. However, Coffee/Tea costs were slightly more than estimated. Chair expenses were not budgeted but per Region policies Convention Chair (and in this case Co-Chair) meal expenses were paid as well as hotel rooms for Friday & Saturday night. Also, Audio Visual expense was not budgeted and we paid for the Lead A/V Coordinator’s hotel room so he could be on site for early set-up until late evenings to monitor A/V needs. In the future, every effort will be made to use comp rooms for the AV and Convention Chair to help keep these costs down.

## PROGRAM

Ruth and her team worked closely with Region One guidelines and timelines to identify several keynote choices, finally selecting Harlan G., from the Phoenix, AZ, area.

There was a concerted effort to provide quality, content-driven breakout sessions. Four tracks were identified: Working the Steps 1-12; Special Topics, Panels, and Workshops. This year we tried something new and provided Breakout Session Summaries in all registration packets to provide members more information about what to expect in each session. Speakers were given instructions to stay on topic and outlines were reviewed in advance where possible. All sessions received high marks with Body Image Panel and Letting Go of Guilt & Shame having the largest attendance.

2018 REGION 1 CONVENTION BREAKOUT SESSIONS				
TIMES	Track 1 Skyline 1	Track 2 Ballroom D	Track 3 Skyline 2	Track 4 Ballroom A
<b>8:00-8:50am</b>	Are You <i>Entirely</i> Ready? (Steps 1-3 Honesty, Hope, Faith)	A Design for Living That Works!	Bulimia/Anorexia	Special Focus Recovery and Bariatric Surgery
<b>9:00-9:50am</b>	Willing to go to <i>any</i> length? (Steps 4-5 Courage, Integrity)	Responsibility Pledge <small>(A forum carrying the message. Ways to share the message)</small>	Developing Sponsors	Guided Meditation
<b>10:00- 10:50am</b>	<i>Complete</i> Surrender (Steps 6-7 Willingness, Humility)	Recovery Roadmap Workshop	100-lbers –Panel	What is Abstinence? Panel
<b>11:00– 11:50am</b>	<i>Rigorous</i> Honesty (Steps 8- 9 Self-discipline, Love)	Letting Go of Guilt & Shame <small>(and that stinking committee in my head)</small>	Building a Strong Meeting Workshop	Men’s Meeting
LUNCH 11:50-1:15pm				
<b>1:15-2:20pm</b>	<i>Never</i> Safely (Steps 10-11 Perseverance)	Body Image Panel	Technology of Recovery Panel <small>(telephone meetings, FB meetings, Hybrid, SKYPE special speaker meetings)</small>	Relapse & Recovery
<b>2:30-4:20pm</b>	Our Anchor Holds in Raging Seas (Step 12)	How do you Frame your Life Workshop?	Spiritual Experiences	Sponsor Meet & Greet

The draft summary below is to provide a sample of what the summary for break-out sessions can look like. We got very positive feedback about providing these in the future.

## **CONVENTION BREAKOUT SESSION SUMMARY**

### **Are You Entirely Ready?**

Panel Discussion of speakers use and work Steps 1, 2, & 3. Honesty, Hope, & Faith.

### **Body Image Workshop**

This workshop will provide tips, ideas and worksheets to help you have a more positive self-image.

### **Body Movement**

Gentle stretches and wake-up exercises

### **Building a Strong Meeting**

This workshop will use current Region information and talk about common areas of need in our meetings and ideas that have worked to help grow your meeting!

### **Bulimia/Anorexia**

Panel discussion about Bulimic's/Anorexic's experience in OA and how they work the program.

### **Complete Surrender**

Panel discussion: Speakers use and work Steps 6 & 7. Willingness & Humility.

### **Developing Sponsors**

Panel 2-3 people discussing how they sponsor. What they do and don't do. Tools they use, approach to chronic slippers, how they take people through the Steps. Outlines or handouts will be available.

### **Guided Meditation**

Room with low lights, short talk about the power of meditation, when to use meditation, and then a brief guided meditation to relaxation and reflection using soft music. Then be brought out of meditation and opportunity to share about experience. Excerpts from OA literature will be used in the beginning about Step 11. This will be offered 2 times.

### **How to Frame Your Life**

This experiential workshop will help you determine your vision of recovery and provide time to create your own "vision" board to take home! (1.5 Hours)

## **LBGTQ**

Panel discussion about LBGTQ’s experience in OA and how they work their program.

## **Letting Go of Guilt & Shame (and that stinking committee in my head)**

This is a workshop designed to help participants identify and let go of negative feelings and use positive affirmations in their recovery process. (1.5 hours)

## **Men’s Meeting**

A men’s meeting focused on their unique place in OA and their recovery process. Everyone is welcome to attend.

## **Never Safely (Steps 10-11)**

Panel Discussion of speakers use and work Steps 10-11. Perseverance. Handout and ideas about how to enrich your daily use of these steps will be included.

## **100 lb’er Meeting**

Panel discussion with speakers sharing their recovery experience of large weight reductions.

## **Our Anchor in Raging Seas**

How carrying the message is the foundation of our recovery.

## **Responsibility Pledge**

Panel discussion focusing on ways to effectively “live” OA’s responsibility pledge. How to reach out.

## **Rigorous Honesty**

Panel discussion of speakers and how they took and use Steps 8 & 9, Self-discipline.

## **Serve!**

Panel discussion of the importance of Step 12 and service. Specific ideas for kinds of service and how to keep your service work fresh!

## **Spiritual Experience**

This panel/workshop will explore ways enrich your spiritual recovery process by providing attendees with ideas to personalize for their own quiet time. (1.5 hours)

## **Sponsor Meet & Greet**

Need a sponsor??? Be sure and attend! There will be fun approach for members wanted a sponsor to meet and learn about available sponsors!!

### **Technology of Recovery**

Panel discussion about use of technology in recovery. Telephone meetings, Facebook Meetings, SKYPE, special speaker meetings.

### **United We Stand**

This is an interactive workshop/panel that will help you broaden your perspectives of OA diversity.

### **We Are Not A Glum Lot.**

How to find more humor in our recovery. It's important to feel joy.... right?

### **What is Abstinence?**

Workshop or panel relating to what abstinence is and is not. How food plan and abstinence differ and how speakers have found and maintained their recovery.

### **Willing to Go to Any Length?**

Panel discussion of speakers use and work Steps 4 & 5. Courage & Integrity.

## **BANQUET**

This year we again provided a buffet for our banquet. People really like being able to make choices in type of food and portion size. Table decorations were beautiful, using fresh flowers and eye-catching glass vases and centerpieces.

### **2018 Convention Banquet**

#### **MENU**

#### **Chicken & Fish Entrees**

- Cod 6 oz per serving.
- Chicken 4 oz per serving

#### **Starch**

- Brown rice pilaf (allow 1 cup per person)

#### **Vegetables (Allow 1 cup per person)**

- Italian broccolini and carrots

**Salad (allow 2 cups lettuce per person)**

- Romaine Lettuce
- Blue Cheese, Ranch, low or no sugar options, vinegar and oil
- Veggie options for salad (i.e., cucumbers, tomatoes, celery, onions, cheese, peppers, etc.)

**Rolls & Butter**

- Whole wheat and multigrain rolls and real butter

**Mixed Berries for Dessert (Pre-set on table)**

**Coffee and Iced Tea Only**

- Coffee/Tea Station
- Decaf coffee and tea
- Water and lemon on tables

## BOUTIQUE

This year’s boutique was very well pre-planned by Ann G. She ran a tight ship and had all inventory clearly described, items separated by Region One or Lake Country for easy tracking. Items were counted, priced, and listed by late August, so there was plenty of time to set up the Square and Tablet for boutique setup. Unfortunately, there wasn’t enough time allocated for training volunteers to operate within this framework and this is an area that needs further work for future conventions. However, preplanning in all other areas helped things run smoothly and we had a sales record from these sales. We had over \$3,000 income. Over \$700 of that number went to Lake Country Intergroup!

## Convention -- WAYS & MEANS

September 23, 2018

Here is the current list of store items that will be sold in the Boutique. The first items listed with (R-1) are donated items for Region One that members of the Lake Country Intergroup want to donate to Region One. (100% proceeds to R-1)

The next list starting at Posters to Greeting Cards are store intergroup items for sale. 10% of proceeds will go to Region One (R-1) and 90% to Lake Country Intergroup (IG).

Item	Quantity	Cost per Item
Necklaces/earrings	80	\$10.00 (R-1)
Ball Chain Necklaces	20	\$5.00 (R-1)
Bookmarks	110	\$2.00 (R-1)
Book covers	40	\$5.00 (R-1)
Banners	3	\$10.00 (R-1)
Recovery Coins	150	\$3.00 (R-1)
Posters	36	\$3.00 (IG)
Small artwork	7	\$10-25 (IG)
Rose dollies	12	\$5.00 (IG)
Angels	12	\$ 5.00 (IG)

Greeting Cards 12 Sets \$ 5.00 (IG)

Below are items Region One will be bringing for the boutique and are responsible for setup/take away.

Item	Quantity	Cost
Fork Pens	56	\$ 2.00 ea/3 for \$5.00
Journals	300	\$11.00
BB Study Guides	20	\$12.00
Boat Cards	15	\$ 4.00

RAFFLES—Region One ticket prices \$1/each, 6 @\$5/ 12@\$10 only. Raffles tickets will be sold at the store for the listed raffles. ALL Raffle proceeds (EXCEPT 50/50 of course) go to Region One. There will be a special color ticket for 50/50, Convention package (paper), Quilts (paper), and large artwork raffle.

Kindle Fire	Raffle (donated by Seattle with OA Literature loaded on it)
50/50	Raffle (cash/cards/check are accepted) (special color)
Convention Package	Raffle (paper tickets and \$5 each)

QUILT RAFFLES—separate tickets (paper with addresses/phones, etc. These are the ONLY tickets that can go into the quilt raffle boxes. Any others will NOT be drawn.

- 1 large quilt
- 2 smaller quilts
- 1 small handmade quilted item

NO CHECKS ACCEPTED FOR OVER THE AMOUNT OF PURCHASE

## 2018 BOUTIQUE PROCEEDS—SQUARE

Spokane, Washington

November 1, 2018

\$ 843.00 – (90% Lake County—10% R-1) how do we take into account fees??

\$2,173.00—(R-1 proceeds)

\$ 300.00—12x12 (R-1 proceeds)

\$ 133.50—50/50 (R-1 proceeds--\$267.00 total)

\$ 126.00—Convention Raffle (R-1 proceeds)

\$ 532.00—Quilt Raffle (R-1 proceeds)

283.00—General/Fire Raffle (R-1 proceeds)

\$4,390.50 TOTAL

\$- 200.00 startup cash

\$4,190.50 gross proceeds

\$- 758.00 90% Lake County

\$3,432.50 = NET PROCEEDS no fees taken out....



## Lessons Learned:

We need to figure out a way to more accurately track net income (after fees and conversions) to reflect actual income. Before/During/After Convention. It was definitely a moving target this year.

Make sure Raffles are CLEARLY posted so folks want to participate.

Sell raffle tickets outside of the boutique so everyone is encouraged to purchase and participate.

Allow more time for Table and Square set up and Volunteer Training BEFORE Friday afternoon!!

## AUDIO/VISUAL (A/V)

We learned from the Seattle Convention that this role is a FULL-TIME SERVICE during both Assembly & Convention. A team was created and Gary from Lake Country led the team in coordinating volunteers, training, interfaces with hotel AV personnel, coordinating set-up, sound checks, and session recording. It is a MUST that each convention have an AV budget set aside. This AV coordinator is expected to arrive early for set-up and leave late after equipment break down, as well as monitoring equipment performance throughout the event. The Lead was provided free registration, hotel room for Friday & Saturday and meals. This is a small amount compared to the service this position provides to our event. Having an OA volunteer take this lead role on saves us thousands of dollars in hotel AV costs. THANK YOU, Gary O., for doing a great job!

## HOSPITALITY

We had a beautiful double suite for hospitality this year. The Greater Columbia Intergroup was in charge of stocking the suite and checking on it throughout the convention. They did a great job providing water, small diet sodas, and fresh fruit, as well as puzzles, magazines, pens, & paper for people to have a quiet place to meet, rest, or just reflect.

We did something new this year and had a raffle (two new puzzles) for anyone signing in at the Hospitality Suite! There were 35 names and two people won puzzles! Having a sign-in and raffle helped us know about how many people used the suite!

## HOSPITALITY SIGN-IN SHEET

(Yes, each time you visit Hospitality you can enter!)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Time: \_\_\_\_\_

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Time: \_\_\_\_\_

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Time: \_\_\_\_\_

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## Convention Binder Committee

July 31, 2019

As I began my initial edit, it became apparent that the Convention Planning Binder/Document required a major reformatting and edit. I am about half way through this process to date. My hope is that this can be completed as draft by December 2019. The draft will be reviewed by past Convention Chairs and the Region One Board before finalized.

Sue B., Committee Chair

# Nominations Project Team 2019

There are three members of the Nominations Project Team: Margie G., Sue B. and Sandra C. During the Board Meeting and Strategic Planning Session held in Portland in April, the Region One Board brainstormed a list of approximately 50 people who had the experience and skill to fill one or more of the Board positions which are up for election this year.

The positions which need to be filled are:

Chair – 2-year position

Treasurer – 2-year position

Member-at-Large – 2-year position

Trustee nominees – the Assembly can confirm up to 3 Trustee nominees.

As of the August 1, 2019, deadline for inclusion in the Assembly Binder, there are two applications for Chair, one application for Treasurer, one for Member-at-Large, and two applications for Trustee nominee.

All Region One Board members participated in checking with OA friends who might be great as Region One Board members. It is great to have multiple candidates for some positions.

In Love and Service,

Margie

August 1, 2019

# Nurturing Newcomers & Member Retention

## Project Team

### Team Members:

Claire B. – Visitor, Surrey  
Erin F. – Greater Seattle Intergroup—Team Secretary  
Lisa S. – Visitor, Scappoose  
Nadine D. – Visitor, Billings  
Paul M. – Greater Seattle Intergroup—Team Leader  
Ridelle R. – Peninsula Intergroup  
Sonia C.—Bitterroot Intergroup—Team Leader

Our team chose to specifically focus on the “12 Days of OA” Temporary Sponsorship program. As the new OA pamphlet – “Where Do I Start? Everything a Newcomer Needs to Know” has taken the place of the discontinued “Newcomer Packet,” the Region One Task Team, guided by Paul M.’s tireless work and revisions, has written guidelines for the “12 Days of OA” that utilizes this new pamphlet. These guidelines are now available on the Region One website:

**[www.oaregion1.org/uploads/1/4/0/4/14047174/12\\_days\\_of\\_oa\\_-\\_region\\_1.pdf](http://www.oaregion1.org/uploads/1/4/0/4/14047174/12_days_of_oa_-_region_1.pdf)**

(This document was last updated March 2019 and reflects changes that make it compatible to the Newcomers Pamphlet. The “old” Newcomers Packet can still be used with the previous 12 Days of OA guidelines)

Team members took on individual assignments – All team members committed to becoming 12 Day sponsors: I can confirm that both Paul and I have taken several fellows through this process; I have had very gratifying experiences and have gratefully taken on two new permanent sponsees because of this service. Not only did it help me identify new opportunities to sponsor, but also helped me to clarify whether I may or may not be compatible for an ongoing sponsor/sponsee relationship. It also let me support and even help a temporary sponsee locate a better permanent sponsor match, if we are not compatible.

This was a great opportunity and challenge to look at new ways to keep newcomers returning to the rooms. We have several meetings here in Seattle that have adopted a new sign-in sheet with a space to indicate if you are available to be a “12 Day Sponsor”, and two meetings have added this to their meeting script, giving all 12 Day sponsors a chance to identify themselves during the meeting by raising a hand.

In closing, in my experience this new tool has helped move my recovery forward and hopefully has kept some newcomers in the boat long enough to create relationships in recovery. They can start to see the promises and miracles that OA and working the Steps can give us all if we just keep coming back.

Gratefully Yours in service,

Erin F. - Greater Seattle Intergroup

## Quilt Project 2019

In 2018 there were no volunteers for a Quilt project – but rather than let the project drop the Region One Board decided to encourage anyone who wanted to do so to donate quilts to be raffled off at the 2018 Convention. This was very successful and rather popular at the Convention.

This worked so well last year that we decided to repeat this in 2019.

Thank you to everyone who donated quilts to the Region One raffle!

In Love and Service,

Margie G.

## Sponsorship/Virtual Sponsorship Project Team Report 2018-2019

### Team Members:

Rebecca S. – Team Leader  
 Kate V. - Bitterroot Intergroup, Team Secretary  
 Alanna C. - Southern Alberta Intergroup  
 Jo Ellen R. - Snake River Intergroup, Virtual Sponsorship Matching Committee  
 Jan E. - Oregon Intergroup  
 Nadine D. - Big Sky Intergroup, Board Liaison

### Goals:

- 1) To Increase Awareness of Virtual Sponsorship:
  - a) Compose a “blurb” about Region One Virtual Sponsorship services to be inserted into meeting formats.
  - b) Divide up list of Region One phone meetings to be contacted.
  - c) Contact Region One phone meetings.
  - d) Follow up with Region One phone meetings by emailing them the Virtual Sponsorship Meeting format “blurb.”
  - e) Record how many meetings incorporate the “blurb”.
  - f) Talk to Margie regarding inserting the question “Where did you hear about the Region One Virtual Sponsorship service?” onto the Virtual Sponsorship page of the Region One website.
- 2) Equip every Intergroup in Region One with resources to deliver a sponsorship workshop/retreat.
  - a) Compile a list of resources.
  - b) Sift through resources.
  - c) Design a workshop/retreat.
  - d) Deliver to an intergroup as a test run and gather feedback.
  - e) Distribute revised materials.
- 3) Learn all we can about the Virtual Sponsorship Matching Committee and determine what our role is vis-à-vis their work.
- 4) Investigate the possibility of transitioning Region One’s Virtual Sponsorship service to the Virtual Region.

### Results:

**Goal 1**—Developed the following “blurb” for insertion into formats of meetings in Region One, both phone meeting and face-to-face meetings: “To help members who are unable to find a local sponsor, Region One offers a ‘Virtual Sponsorship’ service. To fill out an application or for more information, please visit [www.oaregion1.org/find-a-sponsor-or-sponsee.html](http://www.oaregion1.org/find-a-sponsor-or-sponsee.html) or email [VirtualSponsorship@oaregion1.org](mailto:VirtualSponsorship@oaregion1.org). Both those looking for a sponsor and those willing to do the service of sponsoring are encouraged to apply.” Committee members contacted eleven phone meetings to ask them to include the “blurb” in their formats. Committee members also asked their local face-to-face meetings to include the “blurb” in their meeting formats.

**Goal 2**—A committee member designed and presented a retreat, titled “Twelve Steps in Thirty Days...How I Sponsor” in San Diego and Calgary, Alberta. Another member of the project team participated in the Calgary retreat, evaluated its effectiveness, and gathered participant evaluations. No changes or alterations were suggested. Retreat materials were distributed at both retreats and to all project team members.

**Goal 3**—The project team was in active communication with the Virtual Sponsorship Matching Committee throughout the entire year. The committee requested input from the project team regarding revising the “sponsee” and “sponsor” applications. With Project Team and Region One Board input, the applications were revised and simplified, helping to streamline the work of the virtual sponsorship matching process.

**Goal 4**—After consulting the Region One board, it was determined to continue the Virtual Sponsorship program within the region, rather than turning the project over to the Virtual Region.



# Strong Recovery/Member Retention Project

## Team Report

### Team Members:

Lynn K.: Big Sky Intergroup  
Jenice G.: Oregon Intergroup  
Nancy C.: Snake River Intergroup  
Paula Z.: Anchorage Alaska Intergroup  
Margie G.: Region One Board Liaison

The Project Team on Strong Recovery and Member Retention was formed at the 2018 Assembly. The Team met several times via teleconference after Assembly and was able to complete all its goals. The Team identified four goals:

1. Develop a list of resources available for members who are struggling or at risk of leaving;
2. Have links for all Region One Intergroup Newsletters listed on [www.OARegion1.org](http://www.OARegion1.org)
3. Contact unaffiliated OA meetings in Wyoming to encourage affiliation with an Intergroup; and
4. Create a member retention challenge.

Goal 1: A list of recovery resources was developed, which includes a link to the resources (documents, pamphlets, videos, podcasts), on the Region One or WSO websites. This list is posted on the “Region One Documents and Reports” page ([www.oaregion1.org/documents--reports.html](http://www.oaregion1.org/documents--reports.html)).

Goal 2: Intergroups were contacted and asked to send their newsletters to Margie G. so that they could be posted on the Region One Newsletters and Links page ([www.oaregion1.org/newsletters--links.html](http://www.oaregion1.org/newsletters--links.html)). Some intergroups have responded and their newsletters are available for all to read and enjoy.

Goal 3: Wyoming meetings were contacted by phone and by e-mail. One meeting is currently active in Wyoming and is affiliated with a Colorado Intergroup. Another very small group remains unaffiliated.

Goal 4: Instead of creating a member retention challenge, the Team decided to create a Strong Recovery and Member Retention Checklist, which offers numerous ways that members can encourage new members to return and begin working the OA program. The Checklist is posted on the “Region One Documents and Reports” page ([www.oaregion1.org/documents--reports.html](http://www.oaregion1.org/documents--reports.html)).

Submitted by Lynn K. and Paula Z., Team Leaders

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# Section 11 – Region One Intergroup Reports



## Alaska Intergroup

P.O. Box 761

Palmer, Alaska 99645

### Annual Report

This year Alaska Intergroup published three journals. The first issue's topic was abstinence, the topic for the second issue was meetings, and the third issue's topic was unity. Alaska Intergroup purchased bulletin board information and members have posted them. Members have delivered the Professional Presentation Folders to local physicians.

The meetings report that they have seen an increase in newcomers. Saturday morning meeting is a Big Book study meeting. After listening to a Big Book Study with a couple of AA speakers, the group decided to listen to the speaker of the 2010 OA Birthday Party Big Book speaker. The Sunday Serenity Meeting has listened to speakers from the Los Angeles Intergroup. The members are listening to the Old Timers Podcast. They have heard strong recoveries from members in another area. The Wednesday meeting is a topic meeting. They have been reading "For Today" based upon the topic, and share their experience, strength, and hope on the reading. The "Practice These Principles" meeting on Thursday has been studying the OA and AA 12 and 12. They study both Steps and Traditions.

Randy S.

## Anchorage Alaska Intergroup

**Name of Intergroup:** Anchorage Alaska Intergroup

**General geographic area:** Southcentral Alaska

**Number of Groups:** 17 total – 8 in Anchorage and 9 in other communities

**Intergroup Chair:** Elizabeth M.

**Website address (if any):** [www.aa-alaska.org](http://www.aa-alaska.org)

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**News from our intergroup:** Anchorage Alaska Intergroup (AAI) works to carry the message to those who still suffer from overeating by focusing on maintaining existing meetings, hosting workshops, and using and experimenting with technology as a method of outreach. AAI rents space we call the OAsis where Intergroup meetings and four weekly meetings are held and where literature is displayed for sale. We share the space with Al-Anon, which has a room separate from the meeting room they use as an office and library. We split the rent.

### **Retreats and/or Events we've offered this year:**

Nov 10, 2018 Workshop – “How Do I Keep Coming Back?” One member coordinated the workshop based on the OA 2016 World Service Conference Recordings: “Happy Joyous and Free #1 & #2”, “Actions that Lead to Freedom” and “Balancing Physical, Emotional and Spiritual”. Seventeen members attended, in spite of the cold weather on that Saturday. We appreciate Region One and World Service offering recordings so they can be used by individuals and groups.

May 4, 2019 Workshop – “Abstinence vs. A Plan of Eating”. A committee of four AAI members planned the three-hour workshop that was based on a very helpful outline shared by Region One. The event was well attended and determined a success. Attendees found the workshop relevant and useful.

### **Other services our Intergroup offers:**

1. Our website, [www.aa-alaska.org](http://www.aa-alaska.org), is robust and provides new and long-time members a single place to go for local OA information.
2. This year AAI created, tested and then opened to OA members a private Facebook page to help connect with other OA members.

### **Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes:**

The last time we hosted a Region One Intergroup Renewal Workshop was in May 2017. We are in communication with Region One about hosting a representative in early 2020.

### **Strengths and what's working well:**

In Anchorage, we have at least one meeting each day of the week. AAI has a solid base of long-time members who are working the program as part of their daily lives, most of whom give service to help keep AAI and meetings going.

The Oasis, AAI's rented space, provides a comfortable, consistent meeting space and shelves on which to display literature for sale.

**Challenges and how we are addressing them:**

We aren't growing the number of members and, in particular, AAI struggles to attract and retain younger members (18- to 30-year olds). One of the goals of the private Facebook page is to appeal to our younger members and make them feel included in our OA family/fellowship.

To pay rent on our Oasis space requires vigilant budget monitoring. We have reduced our budget to bare bones to be able to afford the Oasis space that is deemed as very important by members in a survey.

**Special projects we've completed or are planning:**

We will host a weekend retreat October 25, 26, and 27- "Staying Spiritual in the Steps" at a local retreat center. Retreat leader will be Lawrie C. from Canada. We haven't had a local retreat in some years and are thrilled to offer this to local and non-local OA members and members of other 12-Step programs.

**What we're doing to make OA known in our community:**

AAI had a table/booth at a local health fair that was tied to the very popular annual Heart Run for American Heart Association. Two members coordinated it and we were able to obtain a grant from WSO to help with costs.

A member ordered from OA.org and paid for posters with tear-off tabs. She also had made a stamp with our website address to use to print the information on the tear-off tabs. These were passed out at AAI board meeting and group meetings for distribution and posting around town including at doctors' offices.

**What we're doing to strengthen our meetings and help our members recover:**

We are using a Google Groups e-mail list to let members know about Region One on-line and telephone speakers meetings, changes in location, time, and format of meetings. We regularly update our website that includes a list of OA meetings, locations, times and topics.

**We encourage members to give service by:**

Service needs and opportunities are identified at AAI board meetings, shared by group reps at meetings and also documented in the meeting minutes.

**Tips and ideas we'd like to share with other Intergroups:**

**Check out our website:** [www.OA-Alaska.org](http://www.OA-Alaska.org)

If your intergroup doesn't have a technology committee, recruit one. Our technology committee created and maintains our website, our Google Groups email list, and experimented with a possible Skype meeting.

**We'd like to hear ideas from other Intergroups about:**

How are you effectively carrying the message to young people who still suffer from compulsive overeating?

Submitted by: Elizabeth M., August 15, 2019

# Big Sky Intergroup

**General geographic area:** Billings, Montana

**Number of Groups:** 4

**Intergroup Chair:** Lynn K.

**Website address (if any):**

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## News from our intergroup:

- All of our Intergroup positions are filled (Rotating Chair, Secretary, Treasurer, Region One Representative and WSBC Delegate) Our rotating Chairperson puts together the agenda from the last meeting and asks for new business. Our intergroup involvement has improved since we started this rotating chair position.
- Every group in our area has representation at Intergroup which creates good communication and unity.

## Retreats and/or Events we've offered this year:

- A Candlelight Meeting was hosted the first weekend in January. The theme of the meeting was **We Are a Piece of the Puzzle**. This theme is being carried over to our fall retreat in October at Red Lodge. We are hosting a speaker from Idaho.
- A Fellowship Weekend was held in June to promote unity among our members. Attendees played games, socialized and had an OA meeting.

## Other services our intergroup offers:

\*This year we have incorporated a quarterly Speaker Meeting so we can hear each other's personal stories. This has helped our members' personal recovery and has helped the groups to be stronger as well.

\* We have also created a monthly Twelfth Step Within (TSW) meeting to aid our struggling members and strengthen the recovery of abstinent members.

\* Members of our Intergroup have also participated in traveling meetings in which we have gone to other parts of our Intergroup that do not have a meeting to carry recovery.

## Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.

- We have hosted an Intergroup Renewal in early 2018. What came out of the experience was a new enthusiasm for recovery. We made reach out calls to struggling members and those we hadn't seen in a while. We also started a Newcomer Meeting. Another project we started was



putting up a billboard to advertise for OA. It was a very positive experience and we have signed up for a follow-up Renewal in the spring of next year.

**Strengths and what's working well:**

- One of our Intergroup strengths is that we have good attendance which helps with communication and unity.
- Our Intergroup has rotating leadership. Regular attending members sign up to chair a different monthly meeting. This helps also with the unity of our Intergroup.
- We also fellowship in many ways which creates connections, unity and recovery. Some of these activities are: coffee dates, get-togethers, and we go to plays and movies also.

**Challenges and how we are addressing them:**

- One of our challenges this past year was communication. We used the SWOT analysis to invoke communication from all members and helped clear the air and promote unity. Many of the things we started this year came out of this procedure, such as fellowshipping, a speaker meeting, and a TSW meeting,.

**Special projects we've completed or are planning:**

- We have connected with our neighboring Intergroup. Some of our members have attended their retreat and hopefully they will participate in ours this fall. We also invited them to attend our Intergroup Meeting by phone. This was very successful. A member of their Intergroup listened in on our meeting and then shared their Intergroup news as well.

**What we're doing to make OA known in our community:**

- We have taken meeting lists to our treatment center. We also put posters in public buildings and we put the OA sticky notes on the back of bathroom stall doors.

**What we're doing to strengthen our meetings and help our members recover:**

- To help strengthen our meetings and help our members we have been using the "12 Days of Sponsorship" with newcomers. We have a monthly TSW meeting which has had good attendance. We have a group text that goes out each morning to help encourage abstinence and recovery as well as staying connected.
- Our Intergroup representative emails everyone all newsletters and information that is sent to her from OA and other regions.

**We encourage members to give service by:**

- We encourage participation in service by asking members to take a service position in the group and Intergroup and or group.

- We also encourage abstinent members to sponsor others. We will be having a Sponsorship Workshop in August on Sponsorship Day.

**Tips and ideas we'd like to share with other intergroups:**

- Our rotating Leadership
- Our Reach Out Project which includes a calendar which makes it easy for reaching out

**We'd like to hear ideas from other Intergroups about:**

- Ideas that are working to retain newcomers

**Submitted by:** Lynn K., July 22, 2019

## Bitterroot Intergroup

**General geographic area:** Western/Central Montana

**Number of Groups:** 15

**Intergroup Chair:** Rhonda

**Website address (if any):**

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**News from our intergroup:** Upcoming Spring Retreat (location TBD) May 15-17, 2020. Elections and rotation of service take place at our Annual Fall Retreat. At the time of this report, transition of board had not yet happened.

**Retreats and/or Events we've offered this year:** Spring Retreat (May 17-19, 2019) was in Kalispell, MT. It was a small group and format was workshop style. Attendees were pleasantly surprised and enjoyed it. The Fall Retreat (September 7-9, 2019) was at Boulder Hot Springs near Helena, MT.

**Other services our intergroup offers:** We offer: Convention and retreat scholarships, host retreats, new meeting and public information support funds, and have a website for retreat information. We also have a member-only email list-serve to communicate Bitterroot Intergroup, Region One and OA WSO news and information.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.** Our Intergroup has not hosted a renewal workshop. After our next service elections, I will suggest it to the next Chair.

**Strengths and what's working well:** People are getting involved, there are good discussions at Intergroup, and members have a desire to help each other. Intergroup is becoming more cohesive and consistent. It is helpful to have monthly phone meetings. They help keep us connected and on track with our goals and actions for the year.

**Challenges and how we are addressing them:** Geography is a challenge. We meet by phone 10 months each year and face to face 1 or 2 months at our spring and fall retreats. Getting all meetings represented and having consistent attendance is probably our biggest struggle. We get an infusion of energy at our retreats, but it can be difficult to maintain through the year.

**Special projects we've completed or are planning:** We are in process of revising our bylaws and policies. It is a tedious task, but we are making progress.

**What we're doing to make OA known in our community:** Libby tried to attract more members by putting notices in the local newspaper and putting up OA posters.

**What we're doing to strengthen our meetings and help our members recover:** The new meeting in Havre meets at the same time as the Saturday Kalispell meeting. They reached out to see if that group would allow them to conference with the Kalispell meeting. This has been encouraging to the newcomers in Havre and the small group in Kalispell. The Kalispell and Bigfork meetings have text

message groups. People use it to share if they will attend the meeting, are running late, or announce a newcomer is going to be there.

For strengths with Missoula meetings, there is a lot of consistency that people show up for meetings and keep the doors open. There is a lot of sharing with first step when we have a newcomer. People are encouraged to give service, especially in a small meeting and people all need to participate in order to keep the meeting going. There is a high desirability that the meetings stay open. One member is now willing to hang up flyers in the community to educate people of the availability of meetings. It seems to be a trend that people participating in other 12-Step meetings are being encouraged by their sponsors to attend OA. It speaks to the acceptance and viability of the OA program that others are recognizing the worth, viability, and accessibility of "other" 12-Step meetings. From other groups it is nice to hear how other people maintain contact with newcomers to encourage them to keep coming back. The nurturing newcomers committee continues to work on attracting newcomers and keeping them. The new newcomer pamphlet seems to be compact and informational. I just miss the area on the front of the old ones when others in the meetings put their names and numbers for the newcomers to call. There needs to be a good alternative and it will be addressed and worked on hopefully.

**We encourage members to give service by:** Sharing OA updates, asking members to join our meetings, sponsor retreats.

**Tips and ideas we'd like to share with other Intergroups:** I think it would be nice for Intergroups or meetings to receive a literature credit to acquire new literature when it comes out or possibly a one-time discount code when they order a new literature item of their choice. I'd like to see the new brochure that replaces the newcomer packet. Our meeting still has several packets and doesn't plan to order the new brochure until we've depleted the stock on hand.

We utilized Jotform to do the WSBC agenda questionnaire so we can review and submit responses all in the same place. WSO provides the survey monkey for submitting responses to them from our intergroup. However, it is nice to have an all-inclusive format to review the entire motion and vote. Setting up a Jotform has really helped our intergroup complete this task. We can skip over the noncontroversial items and discuss the items that were challenging or had mixed responses.

**We'd like to hear ideas from other Intergroups about:** It was really helpful to have the WSO bylaws document available as we work through updating the bylaws for Bitterroot Intergroup. It would be nice to have other bylaws and policies to review.

It would be nice to have more information about 'grant' funds offered by Region One. What is the process for application and the maximum that would be considered?

Getting more information about conferencing technology that would allow groups to connect.

**Submitted by:** Rhonda S., August 8, 2019

## Catch the Wave Intergroup

**General geographic area:** Southern Oregon Coast

**Number of Groups:** 6

**Intergroup Chair:** Cindy T.

**Website address (if any):**

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**News from our intergroup:** Working toward attendance and growth to help others on the South Coast.

**Retreats and/or Events we've offered this year:** Unity Day meeting, picnic and Intergroup meeting.

**Other services our intergroup offers:** Helping with ordering literature, working at Intergroup level to encourage individual and group growth by having our Intergroup meetings 3-4 times a year filled with information and substance for representatives to take back to their groups.

**Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.** Yes, we hosted an outreach workshop. As a result we opened a phone meeting.

**Strengths and what's working well:** Our meetings in Coos Bay/North Bend area continue to grow slowly. Brookings is participating more in Intergroup.

**Challenges and how we are addressing them:** Poor attendance in our Reedsport and Florence meetings. Meeting is close to folding.

**Special projects we've completed or are planning:** Working on website.

**What we're doing to make OA known in our community:** Newspaper periodically announces meeting. The website directs others to information about our meetings and events.

**What we're doing to strengthen our meetings and help our members recover:** Trying to support groups with information about retreats and events and encourage attendance to those events.

**We encourage members to give service by:** Attending and building their own meetings. Giving service for Intergroup by giving even occasional service.

**Tips and ideas we'd like to share with other intergroups:** We are small and we're spread out geographically. We're making a point of communication with all groups, even making sponsors available within our Intergroup.

**We'd like to hear ideas from other intergroups about:** Attraction and retention for our meetings. How to increase effectiveness of our small Intergroup.

**Submitted by:** Cindy T., July 24, 2019

# Central Oregon Intergroup

**General Geographic area:** Central Oregon  
**Number of Groups:** Total of four: 3 in Bend, 1 in Redmond  
**Intergroup Chair:** Janice K.  
**Website Address:** [www.Centraloregonoa.org](http://www.Centraloregonoa.org)

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**News from our Intergroup:** We are small, but we are mighty. Our meetings may have between three to fifteen participants, with a core of seventeen frequent attenders. Our numbers are increasing slowly. Our membership spans diverse age groups. Our Intergroup is pleased to announce the formation of a new meeting. We have a core of three strong members who are willing to six months of steady attendance in order to launch the new meeting.

## **Retreats and/or Events we've offered this year:**

We held two sessions of 15-week Step Study.

We have held an Intergroup Renewal. Our areas of focus were Sponsorship (which has increased) and Defining Abstinence. Our motto is "Together we get better."

Last winter we held our annual "Hope for the Holidays" marathon meeting. In early spring we held another marathon meeting based on the "Roadmap to Recovery" we received at WSBC last year. Our retreat happened in May, and we have another marathon meeting scheduled for September. It will be an interactive study of Chapters Two and Three from the AA Big Book. We plan to be represented at the Region One Convention in October, and we will plan another "Hope for the Holidays" marathon for November or December.

## **Other services our Intergroup offers:**

We currently have a monthly newsletter based on the spiritual concepts of the Twelve Steps. We offer hard copies, e-mailed copies, and it is on our website.  
We offer scholarships for events.

## **Strengths and what's working well:**

We are good at engaging newcomers who are interested in beginning work on abstinence and step work immediately. We are less able to retain those who are not quite ready yet.

We are good at placing principles before personalities.

We try to be broadly inclusive, and encourage all members to share their experience, strength and hope. We are good at allowing all members to find their own definition of a Higher Power.

Although we are a small group, we are good at providing support to our program, both interpersonally and financially.

## **Challenges**

We are not good at twelfth-stepping the lapsed/lapsing member. “Call Five To Keep Them Alive” has been mentioned, but not worked frequently enough.

We tend to lose newcomers who are not immediately interested in entering actively in program.

## **Special Projects:**

We are currently establishing a fifth meeting.

We are hoping to become more active in local Health Fairs.

## **What we are doing to make OA known in our community:**

There is a monthly newsmagazine called ‘The Source’ that lists activities on a daily basis. Our meeting times and places are listed in it.

Members periodically leave bookmarks at the public library and often leave fliers and/or posters in their doctors’ offices.

## **What we are doing to strengthen our meetings and help our members recover:**

Our sharing tends to be positive and well based in experience, strength and hope. We encourage members to share how they used the Twelve Steps to solve their problems when our experienced members model it.

Our “Meetings after the Meeting” are excellent. We have a good blend of experience in our members, long term, mid-range and new. Our variety is such that there always seems to be something for everyone.

## **We encourage members to give service by:**

We ask them to. If we see someone we think would be good at doing a job, we ask them if they might be interested in serving in that capacity.

Some jobs seem to require specific skills, such as the Intergroup Treasurer. Our current Intergroup Treasurer was a targeted recruit. One group rep said, “Gee, that’s right up \_\_\_\_\_’s alley. I wonder if \_\_\_\_\_ would do it.” So, the Rep asked. \_\_\_\_\_ agreed. Bango! We had a new Treasurer. (By the way, we love her.)

We find it helps to appreciate those who serve, by mentioning (in meetings and outside of meetings) how very helpful we find them, how much we need them, and how very well they all do their jobs.

## **Tips and ideas we’d like to share with other Intergroups:**

We have become careful in how we arrange to call newcomers. Instead of one person who volunteers to call all newcomers, we have begun to handle it this way:

After asking for newcomers in the opening format, and after they give us their first name, we ask “\_\_\_\_\_, would you like a call this week to answer any questions you may have?” If the answer is yes, the leader then looks around the room and asks “Who wants to call \_\_\_\_\_?” A member will raise their hand, the leader indicates the volunteer and says, “\_(members name)\_ will be calling you this week.” Remember to smile. The newcomer knows the face, name and share of who is calling her. It seems to work well.

**We’d like to hear ideas from other Intergroups about:**

- Twelfth-stepping members
- Helping lapsed/lapsing members
- Public outreach

**Submitted by:** Janice K., July 30, 2019



## Eagle Cap Intergroup

General Geographic area: Eastern Oregon

Number of Groups: 4

Intergroup Chair: Cathy

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Eagle Cap Intergroup (ECI) has continued as the smallest Intergroup in Region One. There are a total of four meetings, in which there are only about a total of 10 members. Some of these members attend two meetings a week. Since the face-to-face meetings have only one person, those meetings in Baker City have used a group phone number where others can join the meeting. It has helped a great deal when there is only one person in the local meeting place.

Even though the Intergroup is small, ECI did send a representative to Region One Assembly and a delegate to the 2019 WSBC. The funding came from Region One to help with the expenses.

Cathy, ECI Chair, has scheduled the ECI business meetings. She has served as Chair for over five years. One year she was the Vice-Chair, but did the work as the Chair.

Barbara S. was the WSBC delegate for 2019. This was her second year in that office. She does not plan to be a delegate again. The information about the business at the WSBC was reported by Barbara. She is still working with the Conference Literature committee on the Young Persons sub-committee.

The Intergroup voted to have the Chair be in charge of the ECI banking in the instance where the elected Treasurer is unable to do the job. This means that the chair has that extra responsibility until there is a new officer election in November. ECI is considering the possible project with the funds that Region has offered. There is a possibility ECI could work together with Snake River Intergroup.

# Emerald Empire Intergroup

**General geographic area:** Eugene, Oregon

**Number of Groups:** 9

**Intergroup Chair:** Open Position

**Website address (if any):** [www.oaeugene.org](http://www.oaeugene.org)

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**News from our Intergroup:** Our Intergroup continues to support five steady meetings in the Eugene area, one in Albany, one in Cottage Grove, and two in Roseburg. We have a good community of members who support each other.

**Strengths and what's working well:** We have regular attendance at meetings and members stay in contact by phone between meetings.

**Challenges and how we are addressing them:** Recently several people on the board stepped down from their positions. We are choosing to have an optimistic and hopeful attitude--new people will step up to fill the vacancies!

**Special projects we've completed or are planning:** We sponsored a 15-week Step Study Workshop from February 3 through May 12, 2019. It was very successful. We asked for help from Region One to buy materials (a canopy, table, and banner) to use at events where our intergroup can carry the message.

**What we're doing to make OA known in our community:** One meeting secretary runs an ad in the *Eugene Weekly* to publicize a meeting. We are considering running ad listings for all our meetings. We put up the colorful OA posters around town on community billboards. We will be attending the Pride Day Festival in August to answer questions and give out literature to interested members of the community.

**What we're doing to strengthen our meetings and help our members recover:** We hold business meetings on a regular basis after each regular meeting to discuss how we can improve our meetings. We have recently discussed how we might do a better job making the newcomers feel welcome; also how to encourage rotation of service positions.

**We encourage members to give service by:** We ask members individually, face to face, rather than make a pitch to an entire meeting. We have found that making a personal pitch seems to get better results.

**What we do to focus our Intergroup on Primary Purpose:** Our Primary Purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. What we strive to do in our Intergroup is to emphasize the working of the Twelve Steps as the way to recover. For the first time, we held a Workshop to take

members through the 12 Steps in a comprehensive way, not only for their personal recovery but to develop a stronger network of sponsors in our area.

**Ideas we'd like to share with other intergroups:** This August we will be having a picnic (our first ever) so that members will have a chance to socialize. We reserved a picnic shelter and members will be able to bring a lunch and just talk, so we can hopefully build fellowship. We will be carrying the OA message at the Eugene Pride Day Festival, where will have a booth with literature, and we anticipate answering questions and giving out literature to interested community members.

**We'd like to hear ideas from other Intergroups about:** Ideas about how to encourage members to step up to do service, to encourage rotation of service, to better welcome and retain newcomers.

**Submitted by:** Joanne S., Intergroup Treasurer, June 25, 2019

# Greater Columbia Intergroup

**General geographic area:** Southeast Washington

**Number of Groups:** 9

**Intergroup Chair:** Deidre H.

**Website address (if any):**

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## **News from our intergroup:**

### **Retreats and/or Events we've offered this year:**

April Workshop: Steps 1, 2, and 3. Our speaker, Janelle, came to us from Spokane. We had about 20 people in attendance.

June Retreat held at Lazy F retreat center in Ellensburg. Our retreat leader, Christa, came from Vancouver, BC. The retreat theme was "Higher Powered". We had 26 people in attendance.

### **Other services our intergroup offers:**

### **Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

We had an Intergroup Renewal workshop that coincided with Unity Day. We chose the theme "Recovery is Contagious" for our group. From the questionnaires it was determined that our members want more in the way of recovery-related events like workshops and mini-marathons with speakers from other areas. Also the attraction and retention of newcomers was a common goal/concern. We formed two committees, one dedicated to planning workshops and one dedicated to public outreach. The April workshop mentioned above was the result of one of these committees.

### **Strengths and what's working well:**

We have several abstinent members and a growing number of people who are willing to sponsor. Meeting attendance has grown over the last couple of years. We opened a new meeting on Thursday evening in Richland that has been well attended. Several newer members have stepped up to do service in some way - opening meetings, helping with the planning of workshops and events, making calls.

### **Challenges and how we are addressing them:**

Our two committees formed at Intergroup Renewal seem to be stalled, but we are working on addressing this issue. We have had some dissention from members because the new Intergroup board is not handling accounts in the same way it's been done in the past (certain accounts had been kept separate from Intergroup control, for example). Along these same lines, transparency regarding finances has been a concern. Our goal is to always strive to follow OA guidelines so that when questions arise, we can point to those guidelines and say that is why we are doing it this way. We also strive to provide regular financial reports and encourage meetings to do the same.

**Special projects we've completed or are planning:**

- Creation of a private Facebook page for our members
- April Workshop on Steps 1-3
- September Workshop on Sexuality and Recovery in OA
- June Retreat - Higher Powered
- Public Outreach Committee
- Workshop Committee

**What we're doing to make OA known in our community:**

We have a newly-formed committee in the process of:

- Developing a website for our Intergroup
- Developing a plan for distribution of Lifelines/OA pamphlets to doctor's offices/health facilities

**What we're doing to strengthen our meetings and help our members recover:**

- "12 Days to OA" for newcomers
- Focus on newcomers - Step One in meetings where newcomers are in attendance
- Communication regarding meetings via text, email, and Facebook
- Adherence to the 12 Traditions
- Transparency regarding financial status of meeting accounts

**We encourage members to give service by:**

- Opening meetings or being a substitute opener
- Attending/leading/sharing at meetings
- Reaching out to newcomers
- Participating on event committees

**Tips and ideas we'd like to share with other intergroups:**

**We'd like to hear ideas from other intergroups about:**

- Ideas for public outreach
- Ideas for retaining newcomers
- Encouraging step work
- Encouraging sponsorship

**Submitted by:** Jennifer W., Vice Chair, August 18, 2019

# Greater Seattle Intergroup (GSI)

**General geographic area:** Greater Seattle Area

**Number of Groups:** 37

**Intergroup Chair:** Jon O.

**Website address (if any):** [www.seattleoa.org](http://www.seattleoa.org)

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**News from our Intergroup:** OA in the Greater Seattle area is alive and well. Members daily demonstrate a willingness to work together for the common good as we face the challenges and experience the joy of recovery and abstinence. One can find the whole range of meeting experiences in our area – from small, struggling meetings, to small and medium-sized but healthy meetings – all the way to large, vibrant and diverse meetings with long-time recovery where newcomers are welcomed and given a path to recovery. Meetings and members strongly support GSI through contributions of money, time and participation. There is a strong culture and tradition here where many meetings support retreats by offering scholarships, allowing members to attend who otherwise would find that financially challenging. Because of that practice of generosity, over recent history, no one has been denied a requested scholarship (paying one half the cost of the event) due to a lack of funds for scholarship support. Members who might not otherwise attend without assistance are encouraged to apply.

We benefit from a group of very good “Trusted Servants” that include “old”, or at least “long”-timers to members who are newer in recovery but contributing energy, excitement, and new ideas to all our benefit. There has been a concerted effort to bring new and different people into service roles and we have seen their positive impact in a number of areas. GSI, along with many groups, emphasize rotation of service, giving people who have served a break and introducing other members to the benefits of service.

## **Retreats and/or Events we’ve offered this year:**

We continue to offer weekend retreats in both the Winter and Late Spring at an area camp. There has been a renewed energy and excitement with both of these, and attendance levels above what they have been for a number of years. Both of these have a good foundation of solid messages and examples of Recovery and Abstinence through the 12 Steps.

One of newer weekend events is a Big Book Workshop that takes place in September (this will be the third year). This was started and is largely run by a group whose members are OA’ers committed to recovery as outlined in the Big Book. Out-of-town speakers have been brought in to lead these weekends which have been very well-attended. This is not what we technically think of as a retreat, since while it is held in a local hotel, most members do not stay overnight, but go home in the evening. GSI supports this by funding up-front costs and publicizing the event. In return the event has been extremely generous to GSI in returning excess funds generated to support the mission of GSI and OA in this area. They have made very significant contributions to GSI – both financially as well as highlighting a path to recovery for many members.

We also have a number of one-day events, including a “Burn Party” (journals, 4<sup>th</sup> Steps, etc.) in January, “I Love OA” and “Unity Day” in February, “Sunlight of the Spirit” in June, “12<sup>th</sup> Step Within” in July, “Sponstravaganza” in August, “Freedom From Fear” in October, “IDEA Week” and “Attitude of Gratitude” in November, and “12<sup>th</sup> Step Within” and “Serenity Night” in December.

**Other services our Intergroup offers:**

We have two recorders that we use to record speakers at events, retreats and speaker meetings. We have been limited to how many we could have on our website, and size of audio files. Our Webmaster, and Webmaster Trainee researched options, and came up with a recommended solution which has just been implemented and which will now allow us to begin posting a backlog of podcasts on the seattleoa.org website and more actively seek to add to that library.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

We did Intergroup Renewal 2 years ago and continue to work on areas that we identified during that process. It was, and continues to be very helpful to the mission of GSI.

**Strengths and what’s working well:**

Good attendance and participation. Enthusiastic volunteers when something needs to be done. Good mix of long-timers and newer members getting involved beyond the group level. Excellent record-keeping. Great website and Webmasters. 3 weekend retreats / workshops, and a number of one-day or night events that tend to repeat. Finances are very strong.

A very positive change that I have observed over the past couple of years is with our retreats where there appears to be a renewed sense of joy, laughter, and fun that is palpable, something which in my experience / opinion, seemed to be lacking for several years. “We are not a glum lot” has been in evidence with recent retreats. In the experience of many of us, the fun aspect of recovery has been very important and beneficial for our recovery. A catalyst for the change I’m referencing perhaps was the decision to have a talent show on Saturday night at the Winter Retreat 2 years ago. In the previous few years, after the evening meal and silent auction, a few people might stay around the common area and play games and cards, but many attendees went to rooms or cabins and had a quiet evening. Nice, but not terribly exciting, or fun.

The talent show the first year showcased some amazing talents shared by our members – talents which for some had been latent for years spent in their disease. In a safe space members took the risk to perform, many to great acclaim, and the evening ended with some uproarious fun. That activity was built on and continued, but this year was now followed by a spontaneous dance party because a number of members were having too much fun and not ready to go to bed. It has been my experience over the years that laughter is frequently the result of healthy recovery and members who appreciate the new life they have.

**Challenges and how we are addressing them:**

Reaching out to the professional community. With the medical institutions and education and training facilities in the Seattle area there should be a number of opportunities for us to work together and make professionals aware of OA and how it could help current or future clients / patients. We are working on that issue, but have just scratched the surface in this area and we are still struggling to figure out effective ways to do this.

**Special projects we've completed or are planning:**

Our "Reaching Outside the Circle" Task Force is working to determine how can we reach out to the Professional Community. Our Task Force focused on "Promoting Strong Meetings" is working on developing a "Speakers List" which will be available to meetings who seek recovering members to share their recovery, and other members have done a significant amount of work developing and training on the "12 Days of Sponsorship" initiative and we have a number of participants and groups involved with that.

**What we're doing to make OA known in our community:**

Not enough – this is an area of potential growth for us.

**What we're doing to strengthen our meetings and help our members recover:**

Speakers list, and outreach to groups that have historically not participated in GSI. We can expose those members to a wider vision of OA beyond what they might just see in a local meeting, let them know how GSI and resources of OA can assist their groups and encourage their participation beyond just their home group.

**We encourage members to give service by:**

Recruiting them to join GSI, work on retreats, workshops and events.

**Tips and ideas we'd like to share with other intergroups:**

Putting podcasts on our website: Since we are in a large metropolitan area, anonymity issues might be easier for us to deal with than might be possible in smaller areas. But it has been well-received and helpful for our members.

**We'd like to hear ideas from other intergroups about:**

Reaching out to professionals

**Submitted by:** Jon O., Chair, Greater Seattle Intergroup (GSI), August 1, 2019



## Jefferson State Intergroup

**General geographic area:** Southern Oregon / Northern Cal

**Number of Groups:** 10

**Intergroup Chair:** Vickie N.

**Website address (if any):** [www.sooa.org](http://www.sooa.org)

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**News from our intergroup:** This has been a good year for our Intergroup. We are staffed and very active and are working on getting representatives for all our meetings. We have provided a Zoom meeting for representatives so they can attend monthly meetings remotely. Our Intergroup sponsored all the events with the leadership of our communication board member. She is the facilitator and she does a great job. We have had a lot of fun and good attendance and members have enjoyed a lot of recovery. We are planning our annual retreat the first weekend in October in Gold Hill at St. Ritas Retreat. It has been a great success and always supports recovery for long-time and new members. We have been doing the retreat for years, helping lots of people. We have started some new meetings, but we also lost one. We are hosting an online speaker meeting the second Wednesday of every month from 7-8PM in Southern Oregon. We will be sending a Delegate to the Region One Assembly.

**Retreats and/or Events we've offered this year:** Our yearly retreat in Gold Hill, Oregon is the first weekend in October at St. Rita's Retreat. We have speakers from Region 1 and 2 sharing their experience, strength and hope on different topics. We also sponsored all the OA Events this year with great attendance and lots of fun and great recovery. Lots of sharing and service from all members

**Other services our Intergroup offers:** We have a web page that posts meetings and happenings, etc. We have a phone answering service to tell about our meetings, and to answer questions about OA. We have an online meeting that has been set up for our members with guest speakers. We offer a Zoom meeting for our Intergroup members so they can attend remotely.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Last year for Sponsorship Day we hosted two people from Region One to do a dual sponsorship event and Intergroup Renewal. We did a survey from our meetings about what needs to be done for our meetings. A lot came of it. We had three breakout teams: one chose to work on sponsorship, and make a new sponsor list, more variety on the list, and how to help sponsors and sponsees. Our other teams were Sharing, Hope, and Physical Recovery at meetings, putting it in the format. The last project was Member Retention, including calling newcomers and having a Q&A after meetings for newcomers. We discussed having newcomer meetings.

**Strengths and what's working well:** Our long-standing retreat gives the opportunity for service from all members. We get lots of new information from speakers and time to spend with other OA members. There is lots of sharing time. The Intergroup is sponsoring our OA events and the attendance is much better.

**Challenges and how we are addressing them:** Retaining members both new and old. We have strong meetings with formats that are following OA's formats. We have group conscience meetings that help let people discuss their meetings and what improvements would help. Also, rotation of service is sometimes challenging. We read Tradition Seven, which talks about money and service. We have some sponsors who require service as part of the recovery process for sponsees.

**Special projects we've completed or are planning:** I feel the retreat is a special project. We also have a telephone meeting for one meeting in our Intergroup that was a 12 X 12 outreach. We have speakers from out of the area.

**What we're doing to make OA known in our community:** We have people who take literature and brochures to health fairs a couple of times a year and share with people. We have an answering phone service that lists our meetings and a person will call back if a message is left. The volunteer answers questions about OA and the meeting. We also have a website that has events and meetings information.

**What we're doing to strengthen our meetings and help our members recover:**

Sharing our experience, strength and hope in recovery in our meetings. Encourage people to lead the meetings and have a strong format. We encourage members to give service by reading the Traditions, especially Tradition Seven and talking about it being a tool and it's part of what keeps us coming back.

**We encourage members to give service by:** We always read the Traditions and point out especially Tradition Seven that talks about service, and how important it is for our recovery; that Tradition Seven is one of our tools that helps us with recovery. We encourage people to give service to connect with our meetings so they keep coming back.

**Tips and ideas we'd like to share with other Intergroups:** I think the retreat helps us a lot. It is a great way to reach out to members. It seems daunting but gives opportunity for service to all members keeping your intergroup active in all events and meetings. Since the Intergroup has been hosting the events, the meetings have been well attended with lots of recovery.

**We'd like to hear ideas from other Intergroups about:** Retaining newcomers and rotation of service and continuing to encourage members to volunteer for service opportunities.

**Submitted by:** Vickie N., July 24, 2019

## Lake Country Intergroup (LCI)

**General geographic area:** Eastern Washington -Northern Idaho

**Number of Groups:** 19

**Intergroup Chair:** Heather S

**Website address (if any):**

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**News from our intergroup:** This past year we have been busy creating an even stronger Intergroup. Our meeting numbers did go down by 3 meetings, but we did gain a new meeting. We cover a large area of Eastern Washington and Northern Idaho. We have a meeting every day of the week, with a diverse age group of members with long time recovery from over 30 years to newcomers. All of our activities are well attended, and we have no problem finding willing participation for volunteers.

**Retreats and/or Events we've offered this year:** We offer three workshops a year created by our workshop special events person. Our annual retreat at Camp-Sid-Sen, on beautiful Lake Coeur d'Alene, is a three-day intensive recovery-based experience.

**Other services our Intergroup offers:** We have our own literature person who keeps a well-stocked supply of literature for meetings to buy from. To save on shipping, they take large orders monthly for meetings. We supply new meetings with set up literature, so they feel supported from the beginning. We have an extensive audio library.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Yes, the Board came to Spokane to view the convention space and a workshop. We found out that we had a strong, dynamic intergroup. It also showed areas that need improvement. We will be applying for an Intergroup Renewal this fall.

**Strengths and what's working well:** Quarterly Intergroup meetings that are well represented by each meeting representative, dedicated Board and Committee Chairs. We always look forward seeing and to being together for the greater good of OA.

Our annual retreat held at Camp-N-Sid-Sen on beautiful Lake Coeur d'Alene

Well stocked audio library

Three awesome and well-attended workshops a year

Highly creative monthly newsletter with distribution to over 200 people, containing sponsor list, meetings and important news with lots of inspirational reading

We have had an ongoing 16-week Twelve Step Workshop since OA came out with the Workshop and Study Guide book.

New committee for PIPO with renewed focus on getting the word out

Challenges and how we are addressing them: Building communications so we have a great reach to our meetings in between time of our Intergroup meetings. Building numbers at meetings. Retaining newcomers. Both are being addressed by continuing to personally picking up the phone and reaching out.

**Special projects we've completed or are planning:** Our last special project was hosting the 2018 Convention. That was HUGE and was a great success for Lake Country. We have a Bullet Journaling workshop planned; a new fun and creative approach to journaling.

**What we're doing to make OA known in our community:** Our new PIPO committee has a two-year plan to get the word out: reaching professionals by applying to their conventions and surrounding community activities, ads going out to radio and newspapers, and posting OA fliers on public bulletin boards, libraries, stores, and at doctors' offices as well.

**What we're doing to strengthen our meetings and help our members recover:** Twelve Step Workshop, meetings every day of the week, our newsletter to help with all Lake Country information and inspiration.

**We encourage members to give service by:** Talking about it at meetings during announcements, giving personal stories of service and how it enriches our programs. We had a workshop on sponsorship and service.

**Tips and ideas we'd like to share with other Intergroups:** Make it fun, share recovery by being the example. Sharing our newsletter: Sign up by contacting: [katyblue.oa@gmail.com](mailto:katyblue.oa@gmail.com).

**We'd like to hear ideas from other Intergroups about:** Creating a way to have members call in to Intergroup meetings from long distances, Zoom, Uber Conference and how that works. How they do their websites.

Submitted by: Heather S., July 30, 2019

## North Cascade Intergroup (NCI)

**General geographic area:** Northwest Washington State

**Number of Groups:** 15

**Intergroup Chair:** Claire H.

**Website address (if any):** [www.oa-nci.org](http://www.oa-nci.org)

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### **News from our intergroup:**

- New board members: Chair, Vice-Chair, Treasurer, Secretary. We are meeting in person between Intergroup quarterly meetings. We are listing the strategic goals (7) on our agendas, and a vision statement: "Stepping together for Recovery."

### **Retreats and/or Events we've offered this year:**

- Spring retreat at Camp Casey, April 5-7, 2019; Intergroup Renewal workshop - March 16, 2019, and Relapse Workshop on September 15, 2019

### **Other services our Intergroup offers:**

- Outreach Committee

### **Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

- Yes, an Intergroup Renewal Workshop, which resulted in three working committees: Workshops, Sponsorships, and Outreach.

### **Strengths and what's working well:**

- Intergroup meeting attendance is increasing. Having two speakers is attracting members in the morning session. We will add time for questions and group sharing.

### **Challenges and how we are addressing them:**

- We addressed a challenge in communication with a Region One board member and a representation from our board. It was successful.

### **Special projects we've completed or are planning:**

- Spring retreat in April with Speaker-led format

### **What we're doing to make OA known in our community:**

- The Outreach Committee from Intergroup Renewal is doing more advertising in different venues, Intergroup members are visiting other meetings, and board members are visiting other meetings in different areas and sharing information about our meetings and the fact that everyone is a member of the Intergroup!

**What we're doing to strengthen our meetings and help our members recover:**

- Shifting service positions, more well attended business meetings, phone lists for those who are willing to be available, flyers for coming events.

**We encourage members to give service by:**

- Discussing it at Intergroup and individual meetings.

**Tips and ideas we'd like to share with other intergroups:**

**We'd like to hear ideas from other intergroups about:**

- Sponsorship

**Submitted by:** Claire H., August 22, 2019

## Northern Lights Intergroup (NLI)

**General geographic area:** Edmonton, Alberta, Canada including north, west and east areas of the North

**Number of Groups:** 15

**Intergroup Chair:** Bev S.

**Website address (if any):** [www.oaedm.com](http://www.oaedm.com)

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**News from our intergroup:** I'm happy to announce that in the last year, our Intergroup has had 3 new group meetings start up. This is great news, as our Intergroup geographic area is spread out and it's nice to see group meetings opening in smaller locations outside of Edmonton.

**Retreats and/or Events we've offered this year:** Members/groups have been organizing more marathons and we continue to offer a Spring and Fall Retreat. We've been fortunate enough thus far to fly in speakers for our retreats from outside Canada. All events in the past year have been well-attended and have had positive feedback from them. Example marathon: Newcomers Marathon.

**Other services our Intergroup offers:** Literature sales, opportunities for service, website, member support outside of Edmonton, travelling to various group meetings. Meeting "BOMBS" were a bunch of members attending a lower attended group meeting.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Not in the last year, but are looking forward to the possibility of planning another Intergroup Renewal workshop.

**Strengths and what's working well:**

- Lots of returning members who lead meetings
- Anonymity is respectfully practiced
- Newcomers welcomed well and connected with other members
- Intergroup helpful, friendly and a real feeling of fellowship for support
- Members willing to travel distance to support group meetings

**Challenges and how we are addressing them:**

- Retaining newcomers: had a special topic Newcomers marathon, making sure contact info is exchanged with newcomers so that they can be connected with in-between meetings
- Geographic distance between meetings: doing road trips to distant group meetings
- Not being able to have members connected into monthly Intergroup meeting (currently don't have a strong Wi-Fi connection): looking for new location for Intergroup meeting so that we can get connected with outside area members
- Empty Intergroup positions

**Special projects we've completed or are planning:**

- Newcomers Workshop, Various types of Step Studies, road trips to outside Edmonton meetings
- Incorporating members from other home groups as "guest" speakers in our own meeting

**What we're doing to make OA known in our community:**

- Handing out OA Professional Pamphlets to various workers in the healthcare community
- Local ongoing public announcement on radio station
- Members having wallet cards to hand out when appropriate
- Website
- Putting meeting announcements in local coffee news

**What we're doing to strengthen our meetings and help our members recover:**

- Having members be "guest" speakers to share their experience, strength, and hope
- Step study groups open to all OA members at any point
- Meetings being welcoming, cheerful, encouraging and supportive
- Letting OA members know about available sponsors (Sponsors List); sponsoring is heavily encouraged
- Visiting distance located meetings
- Outreach calls/we care lists
- Being honest in meetings

**We encourage members to give service by:**

- Holder of the key to open meetings
- Lead meetings
- Get there early to assist in setting up meeting and staying after meeting to clean up
- Attending NLI meetings and/or their group business meeting, working on committees
- Sponsoring
- Showing appreciation for all service given no matter how small
- Encourage all members to participate in oral readings during group meetings
- Mention service opportunities in meetings

**Tips and ideas we'd like to share with other intergroups:**

- Always reach out to newcomers after meeting
- Encourage members to listen to podcasts
- Celebrate progress for members as well as for groups
- Our webmaster created our own Google Drive where we post all our monthly reports, sponsorship list, minutes of intergroup meetings, agendas ...all info available in one place

**We'd like to hear ideas from other Intergroups about:**

- Staying connected with members/groups that are a long distance away
- How to use social media and still maintain anonymity
- Ideas for step studies
- How NLI can intermingle with other Intergroups

**Submitted by:** Bev S., July 23, 2019





OVEREATERS ANONYMOUS  
**OREGON INTERGROUP**

UNITY • RECOVERY • SERVICE

<http://oregon-oa.org/>

## Oregon Intergroup

**General geographic area:** Northwest Oregon and Southwest Washington  
**Number of Groups:** 54  
**Intergroup Chair:** Liz S.  
**Website address (if any):** [www.oregon-oa.org](http://www.oregon-oa.org)

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### **News from our intergroup:**

We are getting extremely excited about hosting the 2019 Region One Convention, “Bridges to Recovery”, in Portland, Oregon. Our committee is working hard to present four “tracks” of workshops, three different keynote speakers, and a variety show for entertainment on Saturday night.

### **Retreats and/or Events we’ve offered this year:**

We’ve put on two Serenity retreats, one in spring and one in the summer as well as many “marathons” or full-day workshops throughout the year in such diverse locations as McMinnville, Salem, Portland and Vancouver, all of which have been well-attended and very well-received.

### **Other services our Intergroup offers:**

We have a CD lending library and offer once monthly speaker meetings that can be attended live or can be listened to on a dial in phone number.

### **Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Not yet. We plan to later this year.

### **Strengths and what’s working well:**

We have maintained our meeting number at 54. The number of men attending intergroup meetings has risen!

### **Challenges and how we are addressing them:**

We continue to have vacancies on the Board and in Committees. We are going to focus on how to make Intergroup more relevant to meetings, so that they will be more inclined to send representatives to Intergroup.

**Special projects we've completed or are planning:**

THE 2019 PORTLAND CONVENTION!!!!

**What we're doing to make OA known in our community:**

We continue to use posters from WSO and have meeting directories and newsletters that we distribute. We are planning on a campaign to have people buy pens with an OA outreach slogan on them and the OA website for members to "lose" in the community as a form of public outreach.

**What we're doing to strengthen our meetings and help our members recover:**

Encouraging the 15-week self-study workbook groups: our members have hosted a couple so far. We just elected an Event Coordinator – a position that has been vacant for quite some time. She is energized and plans to get us back to monthly workshops.

**We encourage members to give service by:**

Right now, volunteering for Convention-related activities. Throughout the year, there is an emphasis on trying to get a workshop offered at least once per month. We also post positions in our newsletter.

**Tips and ideas we'd like to share with other intergroups:**

Distributing pens is a good idea and a way to get the word out about OA – people may discard literature but will probably hold onto pens that work.

Our Intergroup has also come up with a new twist on helping groups that are struggling. We have instituted something called the "meeting of the month". Once a month, a meeting is picked to support and a group of people go there. The meetings we've chosen have been grateful for this support.

**We'd like to hear ideas from other Intergroups about:**

How to grow our Intergroup.

**Submitted by:** Alice W. and Liz S.

# Peninsula Intergroup

Placeholder for report

# Pierce County Intergroup (PCI)

**General geographic area:** Tacoma, Washington

**Number of Groups:** 11

**Intergroup Chair:** Becky

**Website address (if any):** [www.piercecountyoa.com](http://www.piercecountyoa.com)

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**News from our intergroup:** Two new meetings were established over the past year – The noon “Big Book Tuesday” meeting and the Sunday evening “Back to Basics” meeting. Both are well attended. The Sunday meeting sponsors a speaker the last Sunday of every month. We increased awareness of OA meetings via a free local “Coffee News” flyer. We began a quarterly OA newsletter in January, 2019, with articles submitted from group members and notices of OA events within and outside of our community.

**Retreats and/or Events we’ve offered this year:** PCI hosted a “Sponsorship” marathon in the fall of 2018 – it was well attended and the speakers were very helpful and informative. PCI has been encouraging our groups to host marathons and we’ve already had several group-sponsored marathons completed or scheduled, including Thanksgiving and New Year’s Day. In addition, PCI is hosting a retreat in early November, our first retreat in two years. The theme is “Wisdom to Know the Difference”.

**Other services our intergroup offers:** PCI Website, Meeting Directory, Retreat and Conference Scholarships

**Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.** PCI hosted an Intergroup Renewal workshop in November, 2018. The Region One coordinators were extremely supportive and helpful in working with the participants to brainstorm and determine what three major areas we wanted to work on for our future. Three committees resulted from this Renewal workshop: (1) Events Committee-coordinates and publicizes all OA events within and outside of our community, (2) Connection Committee – methods and materials that can increase connections between OA members, and (3) 12-Step Within Committee – investigating possible strategies to help OA members work the 12 Steps. These committees continue to meet to work on the goals and objectives defined in the workshop.

**Strengths and what’s working well:** The members of PCI are very supportive and quick to volunteer when a need arises. All do very well in bringing PCI news back to their groups and bringing group issues/information to the PCI.

**Challenges and how we are addressing them:** Getting group members to volunteer to be a representative to PCI for their group.

**Special projects we’ve completed or are planning:** With help from a web-knowledgeable member, we were able to transfer our PCI website to Google Suite.

**What we're doing to make OA known in our community:** Our Public Information and Professional Outreach committee did a fabulous job of reaching out to the community via a local news flyer, the "Coffee News". They were able to place an ad for OA for 6 months. They also offered our OA groups sandwich boards to put outside their meeting locations during meetings.

**What we're doing to strengthen our meetings and help our members recover:** PCI is trying hard to publicize the various OA events happening in our area and the surrounding areas to give our members a broader access to OA activities. Our "Connections" newsletter, published quarterly, includes member-written articles to also help our members.

**We encourage members to give service by:** Volunteering for retreats, marathons, PCI positions.

**Tips and ideas we'd like to share with other Intergroups:**

**We'd like to hear ideas from other Intergroups about:**

**Submitted by:** Becky, PCI Chair, August 2, 2019

# Regina Intergroup

Placeholder for report

## Sea to Sky Intergroup

<b>General geographic area:</b>	British Columbia, Yukon
<b>Number of Groups:</b>	25
<b>Intergroup Chair:</b>	Lynne M. (formerly Carlos)
<b>Website address (if any):</b>	<a href="http://www.oaseatoskyintergroup.com">www.oaseatoskyintergroup.com</a>

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**News from our intergroup:** Elections for 2019-2020 have become a season event, not one month of voting. HP works in mysterious ways. One of the standout developments is that we have 4 new groups. These, geographically, join 3 others that serve what we refer to as the Fraser Valley. All have trusted servants guiding them. Great service, some of it by newcomers who decided the way to 'have their own OA,' was to start their own groups, thereby saving up to 2-3 hours of travel each week.

**Retreats and/or Events we've offered this year:**

We attended at Sunset Beach as part of the PRIDE events for this year. Two other events are planned for the fall. One is a Health Fair and the other a Celebration of Recovery Fair.

**Other services our Intergroup offers:** newsletter (online and paper based), meeting directory (online and paper based), 12 Step Within response to requests, as a service to member groups, PI/PO, and we forward 7<sup>th</sup> Tradition donations to Region One and World Service. Our delegate acts as our communicator between WSBC and member groups, as well.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Intergroup did hold an Intergroup Renewal Workshop in the past year. I was not on the Intergroup Board at that time so I cannot tell you much about it.

Intergroup also planned and delivered a weekend conference on understanding, appreciating and respecting how the Big Book is a core text for our recoveries. Excitement and Hope are commonly referenced as people talk about this weekend event. Of course, members also travelled to similar events in Nanaimo, BC and to Kelowna, also Big Book weekends. We are thankful to those Intergroups. The return to the Big Book for direction - the revolution underway for the past 4-5 years - may be the motivation for these well-attended events.

In previous years (many years ago now, I think), we did host a Region One Conference.

**Strengths and what's working well:** Love and tolerance at the Intergroup level, support and service for new groups, participation at Intergroup meetings.

**Challenges and how we are addressing them:** Elections are taking longer than the old, desired one month but that might be an opportunity to encourage new members to stand forward. How we are addressing this: acceptance, trusting all happens in HP's time, not ours. We just do the actions we are called upon to do and trust in HP.

**Special projects we've completed or are planning:** Our strategic planning process begins this month (this is an ad hoc committee process, at the outset). An audit is just completing (Financial) and our Bylaws review committee reports in to membership this month. PI/PO projects, beyond supporting member groups to do outreach, are ongoing and exciting this year.

**What we're doing to make OA known in our community:** PI/PO has had a very active servant this past year who just did the actions of her portfolio. Three large events are planned for this year.

**What we're doing to strengthen our meetings and help our members recover:** This coming year, I am making it my commitment to talk about rotation of service and asking our reps if there is anything Sea to Sky Intergroup can do to help them. Our Twelfth Step Within Coordinator listens deeply to members' wants and needs. Our newsletter (when the editor position is filled) tries to be both inspirational and informative about OA events happening through our Calendar of Events. Our Literature Coordinator is taking a different approach to her portfolio by being more systematic about new orders from WSO. This saves money we pay on Shipping and other taxes.

**We encourage members to give service by:** asking - by valuing service before skill, and by instituting ProTem positions with support offered by the Intergroup. If we are to bring back enthusiasm and service to Intergroup (as has been a recent emphasis), this seems wise.

**Tips and ideas we'd like to share with other Intergroups:**

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**We'd like to hear ideas from other Intergroups about:**

Tradition 5

**Submitted by:** Lynne M., Chair, August 2019



## Snake River Intergroup

**General geographic area:** Southern and Eastern Idaho-to Oregon border and Montana border

**Number of Groups:** 15

**Intergroup Chair:** Jo Ellen R.

**Website address (if any):** n/a

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### **News from our Intergroup:**

#### **Retreats and/or Events we've offered this year:**

We are offering a Sponsorship Workshop for 4 hours. We have invited another Intergroup, Eagle Cap in Oregon, to join us.

#### **Other services our intergroup offers:**

We create a quarterly meeting list and phone list for our Intergroup. On this list all sponsors are marked in **bold**. We sponsor a Twelfth Step Within monthly meeting, which is available in person or by telephone. We financially support new meetings with 3 months' rent money, up to \$75. We also give them literature. A member manages our quarterly newsletter. We send out notice of meeting changes and Intergroup meetings to members via snakeriveroa@gmail.com.

#### **Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes**

We have not done this in two years.

#### **Strengths and what's working well:**

We have an Intergroup meeting quarterly instead of bimonthly. We locate meetings in a different part of our 300 mile area each time to increase participation. People can join in by phone. One group rep called from Hawaii, where she was vacationing.

Our fall (Boise) and spring (Twin Falls) meetings are held in conjunction with the fall and spring workshops put on by local meetings.

We encourage members to attend out of local area meetings when they are in other parts of the state. It strengthens small meetings and encourages a broader OA perspective.

This year we decided to follow an OA recommendation for Intergroup budgets and adopted that format.

#### **Challenges and how we are addressing them:**

Our geographic area is huge! Participation in Intergroup is not good, though we try to help members to see the bigger picture than local meetings.

Meetings need quarterly reminders to give to Intergroup, Region One and WSO. Many lack a group treasurer. We would like to offer two full scholarships to Region One Assembly but cannot.

Three meetings closed this year: in Eagle, Kuna, Ketchum. One group chose to use non-OA books, saying they had held a group conscience about it. I believe this was a factor in its closing.

One group decided to switch to another eating addiction Twelve Step organization to better serve anorexics.

The third group did not set topic or timer limits; thus there was a lot of rambling and off topic religious talk. Leaders in two groups refused to sponsor or direct people to sponsors.

**Special projects we've completed or are planning:**

Region One is helping us with a sponsor training workshop.

We offered a Step 11 workshop in which OA members shared creative talents (poetry, music, art, nature walks, coloring, guided meditation) to help us all achieve meditation and increase spiritual contact with HP.

**What we're doing to make OA known in our community:**

Our PI/PR committee struggles to connect over distance and come up with ideas we can afford.

**What we're doing to strengthen our meetings and help our members recover:**

We offer a monthly Twelfth Step Within meeting in Boise, also available by phoning in.

We recommend Virtual Sponsorship for members in small meetings with few local choices.

**We encourage members to give service by:** Being group representatives.

**Tips and ideas we'd like to share with other Intergroups:** Offer phone-in service for all meetings. Our local meetings frequently have members call in who are sick or otherwise unable to attend in person.

**We'd like to hear ideas from other Intergroups about:**

**Submitted by:** Jo Ellen R., August 1, 2019

## South Sound Intergroup (SSIG)

**General geographic area:** Serving Grays Harbor, Lewis, Mason & Thurston Counties in Western Washington

**Number of Groups:** Twelve (12)

**Intergroup Chair:** Heidi BC

**Website address (if any):** [www.oasouthsoundintergroup.org](http://www.oasouthsoundintergroup.org)

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### **News from our intergroup:**

- SSIG sent a representative to the Region One Assembly in Spokane, WA.
- Reviewing and updating our Bylaws and Policies & Procedures documents.
- Continue active Public Information campaigns to carry the message.
- New LGBTQ+ friendly meeting started.
- Recovery from Relapse meeting started.

### **Retreats and/or Events we've offered this year:**

Since our Intergroup Renewal event in early 2018, SSIG has focused on advancing initiatives such as workshops, speaker meetings, and newcomer meeting.

### **Other services our Intergroup offers:**

- We provide seed money to new groups to cover start-up expenses (literature).

### **Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

SSIG hosted an intergroup Renewal workshop in early 2018. Four sub-committees were created and updates are provided at each SSIG monthly meeting:

- Quarterly Speaker Meeting – Four (4) speaker meetings were hosted between June 2018 and May 2019. Podcasts are posted on SSIG website.
- Workshops – Two (2) workshops were hosted over the past year.
- Newcomer Meeting – a monthly 30-minute newcomer meeting was developed and continues.
- Teen Meeting – a committee was created to develop this meeting within the context of a high school without success.

### **Strengths and what's working well:**

- Meetings continue with core attendance and community has some long-term abstinence.
- New meetings have been created that provide greater accessibility to members.
- Renewal workshop provided energy and renewed commitment to community.
- Focus is on abstinence and recovery.
- Outreach efforts connect new members.

**Challenges and how we are addressing them:**

- Low attendance at meetings addressed through additional public information and outreach.
- Intermittent fund distribution from groups addressed through request to groups to distribute 7<sup>th</sup> Tradition quarterly.

**Special projects we've completed or are planning:**

- Creating a budget for Intergroup is in process.
- Paid marketing campaign in Coffee News (distributed to restaurants, etc.) is in process.
- Updates to Policies & Procedures and Intergroup Bylaws are in process.

**What we're doing to make OA known in our community:**

- Flyers available to members to post in public places.
- Bookmark OA flyers in library books campaign.
- Outreach to physicians' offices.
- Booth at local health fairs.
- New Intergroup website.

**What we're doing to strengthen our meetings and help our members recover:**

- Focus on recovery, not on meeting size.
- Move speaker meetings to meeting dates with low attendance.

**We encourage members to give service by:**

- Serving as a representative or board member.
- Using talents of members for outreach and special committees (marketing, budget committee, etc.).
- Sponsoring

**Tips and ideas we'd like to share with other intergroups:**

N/A

**We'd like to hear ideas from other intergroups about:**

- Outreach ideas

**Submitted by:** Heidi BC, July 31, 2019

## Southeast Alaska Intergroup

**General geographic area:** Southeast Alaska (land area of 35,138 square miles)

**Number of Groups:** 3

**Intergroup Chair:** Cassie J.

**Website address (if any):**

**News from our intergroup:** This last year we have expanded our geographic area to encompass all of Southeast Alaska. Our Intergroup name changed from Juneau Intergroup to Southeast Alaska Intergroup and we updated our bylaws. We have face-to-face meetings in Juneau (Wednesday and Saturday) and Ketchikan (Saturday) as well as a couple of members living in remote villages who regularly participate in meetings via telephone. Ketchikan has a conference call meeting on Tuesday evening which enjoys regular participation by local members and other Alaska callers too.

Southeast Alaska Intergroup is self-supporting; we pay our meeting rooms rent, ensure plenty of literature is available, participate in 10% Region One and 30% World Service contributions, fund mini-workshops and retreats at least every other year.

We have Intergroup meeting participation with Juneau and Ketchikan members attending the monthly meeting regularly.

**Retreats and/or Events we've offered this year:** We are currently planning a mini retreat (one day) for this fall which will include a speakers meeting and a workshop. The focus will be supporting our membership.

We plan to have a full weekend retreat at the Shrine of St Therese in May 2020. The Shrine is a beautiful location about 20 miles north of downtown Juneau. We invite everyone to come to this Retreat.

**Other services our intergroup offers:** We ensure that all meetings have materials for newcomers, other literature available at meetings.

**Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.** We had an Intergroup Renewal workshop previously. We are online for a follow up visit from Region One to continue working toward a stronger Intergroup.

**Strengths and what's working well:** We rotate service positions each year (sometimes just rotate among the same people!) and encourage newcomers to participate through one on one conversations. We hold monthly Intergroup meetings and we have group conscience meetings when needed. We are involved in service at the Region and the WSO levels. Meetings in Juneau and Ketchikan consistently have 5 – 10 people with outreach among members between meetings. We have a long record of sponsoring excellent weekend retreats each or every other year, bringing someone from outside Southeast Alaska to lead the retreat. We have several long-time abstinent members who consistently participate in meetings and service. We do lose members to retirement and fun in the sun as they move from Southeast Alaska to destinations in the contiguous 48 and maybe Hawaii! We have a kind and

loving group and reach out to each other as often as possible. We have a good supply of literature at meetings to sell and share with our attendees. We share our experience, hope, and courage.

**Challenges and how we are addressing them:** Limited number of small meetings, few members, only occasional newcomers. In both Ketchikan and Juneau people will attend regularly then quit coming. We do our best to contact as many as we can. We are working on a 12<sup>th</sup> Step Within Project that is not yet fully planned. If we have a larger group at a meeting we use a timer to ensure everyone gets to share.

**Special projects we've completed or are planning:** Mini retreat in Fall 2019. Weekend retreat in May 2020 at the Shrine of St Therese. Twelfth Step Within Outreach Project. We are applying for Region One grants to fund PI/PO materials so we can participate in health fairs and to make New Meeting Starter Bins (literature, other materials) to prepare for new meetings.

**What we're doing to make OA known in our community:** We have hung posters around Juneau and Ketchikan on a frequent and regular basis over the years. Ketchikan members have placed Lifeline magazines at clinics. Ketchikan meetings are listed in the newspaper, on Sitnews (Ketchikan E-newspaper) and the Local Paper (a free weekly).

**What we're doing to strengthen our meetings and help our members recover:** Step Study workbook groups are active in Juneau (all participate by Zoom and/or phone) and Ketchikan (face to face meeting). We discuss helping those who still suffer in every Intergroup.

**We encourage members to give service by:** We encourage all members to participate in service, we rotate positions at Intergroup yearly and at the group level as often as possible. Recently we have had members attend Region One and World Service Assemblies and Conventions. This always helps our home groups.

**Tips and ideas we'd like to share with other Intergroups:** We have grown to include small communities in Southeast Alaska. Several members call in from villages. We're here! Come visit!

**We'd like to hear ideas from other Intergroups about:** How to build our membership; ways to connect via technology; ideas for other meeting formats.

**Submitted by:** Cassie J., July 29, 2019

## Southern Alberta Intergroup (SAI)

**General geographic area:** Southern Alberta, Canada

**Number of Groups:** 13

**Intergroup Chair:** Susan A.

**Website address (if any):** [www.aa-southernalberta.com](http://www.aa-southernalberta.com)

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### **News from our intergroup:**

Three new groups opened this year and one closed.

**Retreats and/or Events we've offered this year:** Fall retreat in November and a spring retreat in May.

Individual groups in Southern Alberta have hosted 8 marathons, each one focused on a different topic relating to program.

We ran two Step Study groups using the Step Study guide.

**Other services our intergroup offers:** Literature may be ordered from our literature chair.

This helps keep costs down as we can place large orders with one shipping cost. We are also providing groups with free copies of the newcomer booklets and the pamphlet to medical professionals so members may take this to their medical providers.

**Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.** Yes, we have and we have already provided this information to the Region One.

**Strengths and what's working well:** This year we were able to fill the full slate of officers, committee chairs, as well as region and WSO representatives. Our intergroup business meetings are generally well attended and almost all groups have a representative who is frequently able to be in attendance.

We are financially stable because our groups make regular donations to our Intergroup, and money raised beyond expenses for marathons and retreats is sent to SAI.

**Challenges and how we are addressing them:** As always, we work towards attracting and keeping new members. Individual groups are working on things like improving meeting formats, using temporary / interim sponsors and outreach contact through care calls to newcomers and members who have been absent.

**Special projects we've completed or are planning:** We had a large contingent of members travel to Seattle for the Region One convention this year.

**What we're doing to make OA known in our community:** Our Public Information group has purchased a new banner for use at events and is working on other initiatives to inform the public of our presence and program.

For the last four years we have participated in Recovery Day in our city.

**What we're doing to strengthen our meetings and help our members recover:** Our Region and WSO representatives have been excellent at keeping us informed and encouraging all groups to take advantage of the activities and ideas coming from these sources, such as dialing in to Skype speakers and collecting and reporting points for the Convention challenges.

**We encourage members to give service by:** Each group is encouraged to send a representative to SAI business meetings each month. Our Retreat and Marathon Coordinator encourages every group to host a marathon or retreat each year. We usually host at least one activity a month beyond our regular meetings.

**Tips and ideas we'd like to share with other Intergroups:** Inviting members to attend a marathon once a month at a host group's meeting space allows all of us to see more faces and places as well as makes money for the Intergroup to help provide resources.

**We'd like to hear ideas from other Intergroups about:** Public Information initiatives.

**Submitted by:** Susan A., August 2019



## Southern BC Interior Intergroup

**General geographic area:** Southeastern BC

**Number of Groups:** 10

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Southern BC Interior Intergroup  
October 2019

Our intergroup has eleven groups but not all attend.

I consider our Intergroup like the “Little Engine That Could”. Many times I repeat “I think we can, I think we can”.

Part of our challenge is we only meet three times a year. Our geographic area is large but I refuse to give up.

We do as much free advertising as possible, on current event web pages and our free newspaper.

It would be great to go to Region One. Our next Intergroup meeting is in a few weeks. That is where we will decide.

We could use the encouragement and new ideas that Region One provides.

In loving service,

Theresa S.  
Chair, SBCII

# Vancouver Island Intergroup (VIIG)

**General geographic area:** All of Vancouver Island and Gulf Islands

**Number of Groups:** 19

**Intergroup Chair:** Lauren N., Victoria BC

**Website address (if any):** [www.oaviig.org](http://www.oaviig.org)

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## **News from our intergroup:**

Our meetings are reporting many newcomers and those that come to more than a few meetings. Attendance is constant. Three small towns have contacts posted on oa.org for those who may need to talk to an OA member, but where there isn't a designated meeting time/place.

## **Retreats and/or Events we've offered this year:**

VIIG's annual retreat was in downtown Nanaimo, June 7-8-9, 2019. The event registration cost of \$75 was to attend the speaker meetings all weekend. It did not include food or lodging: everyone was able to arrange that for themselves. We had a clothing exchange and the Literature Rep sold literature all weekend.

One of the committee's main goals this year was to make the event management as easy for the committee as possible. Last year we had 10 on the committee and this year we had only 4. We felt this was because some of the organizers got burnt out last year.

Most participants rated the event as excellent in every category. A few people wanted to attend daily and we decided that this was too much work for the committee to organize, so we kept the cost at \$75 for the three days and then participants could come and go as they chose.

We had 52 registrants, including four scholarships.

The registrar, Michelle M., reports that it was very easy to manage this year. The registrations were mostly e-transfers and the reimbursements were also mostly e-transfers.

We are proposing to book the venue for next year for June 5, 6 and 7, 2020, and if another town wants to host this event, we can cancel by the end of 2020.

## **Other services our intergroup offers:**

**Has your intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Yes, we hosted one in March, 2018 in Nanaimo, BC. It was well-attended and the workshop administrators were very helpful and effective. We had some outcomes achieved.

- Welcoming Newcomers and Retaining Members:

- Victoria Saturday Morning meeting produced a “12 Days of OA” document for newcomers and sponsors. This document is posted on the VIIG website.
- Intergroup Renewal Projects – Parksville has created a document regarding the “12 Days of OA” for newcomers, including tips for sponsors.
- Here is the final report from the Spirituality Group from Angela B.
  - -The group never met outside the initial workshop.
  - -Articles about Spirituality were published in the 2018-June, September, December and 2019 March issues, as well as the upcoming June issue of Anchors OA(VIIG Newsletter)
  - -They generated one submission from a reader in the March, 2019 issue.
  - -An Anchors OA account on Instagram was created in May, 2018, for an idea I had using social media to explore ideas on spirituality; this didn’t morph into anything.
  - Discussion was had regarding Instagram account for Anchors OA and it was noted that it may be wise to have an inactive account in OA’s name taken down. This account has been taken down now.
- 2-3 groups have used the 12-Step 15-week workshop tools.

**Strengths and what’s working well:**

We had 40 attendees to the workshop in spring 2018. The four committees were successful in getting some awareness out to VIIG over the year; two groups produced materials.

**Challenges and how we are addressing them:**

There is a lack of volunteers for service work beyond a few activities. We have had to cut back on activities, but have success in the following: nine Intergroup meetings per year, sending reps to Region One and WSBC, retreat and events, literature sales, newsletter, the VIIG website.

**Special projects we’ve completed or are planning:**

We would like to have an “OA Day” workshop before next February.

**What we’re doing to make OA known in our community:**

Public Information is minimal. However, we have this presence in the community: retreat and events, literature sales, newsletter, the VIIG website.

**What we’re doing to strengthen our meetings and help our members recover:**

The newsletter gets sent out four times per year with stories and updates on the events coming up. Our website is a go-to for our Intergroup as well, and we get a few emails a week on the “Contact Us” page from newcomers and others.

**We encourage members to give service by:**

Asking members to do simple tasks if they aren’t able to take on an Intergroup position.

**Tips and ideas we'd like to share with other Intergroups:**

Keep it Simple – if we try to over-complicate the preparation of the retreat, it begins to take on the workload of a full time job.

**We'd like to hear ideas from other Intergroups about:**

Ideas for "OA Day" workshops: we tend to get good turnouts for a day that lasts between 10-4pm on a Saturday.

**Submitted by:** Lauren N., Chair, Vancouver Island Intergroup, Victoria BC, August 1, 2019

## Section 12 – 2020 Project Team Resources

### 2019 Project Teams: Help Make It Happen!

What are your hopes for your meetings, your intergroup, and your personal recovery this year? Is there a way that Region One can more effectively take care of “business” so that we have more time and energy to carry the message of recovery?

Let’s make it happen in our Region One Project Teams!

Our 2019-2020 Project Teams are:

#### **“Nuts-n-Bolts” Project Teams**

Assembly Notebook

Audit

Budget/Finance/Delegate Support (including Ways & Means)

Bylaws

Nominations (this team will not be formed until Spring 2020)

#### **Recovery-focused Project Teams**

Nurturing Newcomers

Outreach: Carrying the Message / PIPO

Sponsorship (including Virtual Sponsorship)

Strong Recovery & Member Retention (including outreach to remote groups)

Your Team can bring resources and strength to recovery in Region One. Project Teams will meet during Assembly to generate ideas and create an action plan for the coming year. Teams will share their plans with Assembly and make requests for funding their projects. The following pages offer some action plans and resources which your Team may find helpful. You can also look at reports in this year’s Assembly Notebook as a source of information and ideas.

Thank you for sharing your time, energy, and RECOVERY to strengthen Region One!

# Project Teams: Purpose, Action Plan and Resources

The following information may be helpful to Project Teams as a “**starting point**” when setting goals, tasks and timelines for the coming year. The process for some of our Teams is set by our Bylaw and Policy documents; other Teams have more room to be creative.

## ASSEMBLY BINDER PROJECT TEAM

**Purpose:** Help next year’s Assembly run smoothly by providing a complete, accurate, and easy-to-use Assembly Binder. Include amazing resources to strengthen our meetings, intergroups, personal recovery and Region One as a whole. Consider creating a section of resources that go with the theme of next year’s Assembly!

### Action Plan:

1. Review the Assembly Binder outline in Google Docs and modify, if needed.
2. Modify the suggested timeline in Google Docs as appropriate for this year.
3. Discuss whether there are additions or improvements your team would like to make to the Binder for next year.
4. Create a new Google Docs location with folders to hold this year’s documents. Note: Do not delete or copy over last year’s content!
5. Send notice of Board, Project Team, Intergroup Reports, and any other content needed. Note: Provide an easy template for Project Team and Intergroup reports. Email this out with plenty of advance notice.
6. Update standard documents as required with date and location of upcoming Assembly and upload to Google Docs.
7. As documents are received, upload to appropriate Google Docs folders. Mark the item as received in the Assembly Notebook outline.
8. Follow up on reports not received. Ask Board Liaisons to help.
9. Ask for volunteers (not necessarily on the Binder Team) to proofread. One member of the team should be the “proofreading coordinator.” Ensure each section is proofread twice. Be sure to remove last names, personal emails, or any other information that should not be posted online.
10. Combine sections into one document. Insert page numbers and section dividers. Generate a table of contents.
11. Proofread the combined document to look for formatting errors.
12. Provide completed document in WORD and PDF format, electronically to Chair, at least 30 days before Assembly. Note: the Binder needs to be posted on the website 30 days before Assembly.
13. Upload and format completed document, including the cover, on Create Space. When approved, submit to Amazon as a product.
14. Provide the Chair with a link to use for purchasing the Assembly Binders!

### Resources:

1. Last year’s Assembly Binder is an excellent reference.

2. Reports from the last few years' Assembly Notebook Team.
3. Ask your Board Liaison for necessary email and other contact information.
4. Know some good proof-readers? Ask them to help!

## AUDIT PROJECT TEAM

Purpose: To audit Region One financial records, including annual Region One Convention. This Team might also make suggestions and develop tools to help the Treasurer more easily maintain security, clarity, and transparency of Region One funds, and to facilitate future Region One audits.

### Action Plan:

1. Read the Region One Policies, making special note of all sections relating to finances and audits.
2. Create a time-line to complete both audits according to the date requirements given in Region One Policies.
3. Audit and submit a written report of revenues and expenses for Convention. This report will be included in Assembly Binder. This audit will need to be completed early in the year, per Region One Policies.
4. Audit and submit a written report of the General Fund (non-Convention) financial affairs of Region One. Check the Policies for the required completion date.
5. Submit the Audit Team's general / narrative report for the Assembly Binder.
6. The Audit Team may choose submit Policy motions to Assembly.
7. The Audit Team may develop and offer tools to help the Treasurer.

### Resources:

1. Reports from the last few years' Audit Team.
2. Ask your Board Liaison for necessary email and other contact information.
3. The Region Treasurer will provide necessary bank statements and other documentation.

## BUDGET/FINANCE/DELEGATE SUPPORT PROJECT TEAM

Purpose: To assist the Treasurer in the review and management of Region One's financial health and well-being, create and maintain a yearly budget, and support as much representation from our Intergroups at Assembly and WSBC as possible within the budget.

### Action Plan:

1. Read the Region One Policies, making special note of all sections relating to finances.
2. Create a calendar for completing time-sensitive tasks for the year.
3. Work with the Treasurer in the quarterly review of the current budget.
4. Review Region One Policies related to finances each year, and submit motions to Assembly as needed.
5. Develop next year's budget proposal for presentation to the Region One Board and to Assembly for approval. The General Fund budget and Convention budget should be separate.
6. Encourage and assist with the 7<sup>th</sup> Tradition and donations to any special appeal campaigns.
7. Help Region One's Intergroups apply for financial support from Region to send Representatives to Assembly and to send Delegates to WSBC. Provide applications for both support funds in a timely way. Ensure that Region One Intergroups are notified of the deadline to apply for Delegate Support Funding from OA World Service.

8. Decide how to allocate budgeted support funds based on Region policies and submit a recommendation to the Board.
9. Assist with offering Ways and Means items for Region One Convention and WSBC, and throughout the year. Note: Some projects, such as journal sales, are ongoing and will require minimal organization. Other projects, such as the Quilt raffle, are traditional, but require more work. Your Team may choose to create (or solicit) a quilt subcommittee if a quilt income is included in this year's budget.

Resources:

1. The past few years' BFDS reports are in the Assembly Binder.
2. The Treasurer can provide templates for necessary timelines, applications and budget spreadsheets. These are available on the Treasurer's laptop.
3. Budget documents are available on the Region One website documents page.

## BYLAWS PROJECT TEAM

Purpose: To review and propose changes (if needed) to Region One Bylaws and Policies, and 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. Each member of the Team should become very familiar with Region One Bylaws and Policies.
2. Set a meeting early in the year for discussion of questions and concerns about these documents, noting areas that may need clarification, update, or correction.
3. Create a calendar for completing time-sensitive tasks for the year, based on notice deadlines contained in the Bylaws and Policies.
4. Create a Google Drive location for storage of Team documents.
5. 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.
6. Encourage early submission of motions to allow for time to provide assistance to those submitting motions.
7. Submit motions from the Bylaws Team, if any are recommended.
8. Number motions in a clear and consistent manner (for instance, BL-1 for Bylaws motions, P-1 for Policies motions).
9. After ensuring that all motions are proofread, in order, and presented clearly, provide electronic copies to the Assembly Binder Project Team.
10. Ensure that required notice of motions is provided to Region One Intergroups and Assembly Representatives. Note: Current requirement per Bylaws is 30 days before the opening of Assembly.
11. If attending Assembly, be available to serve on the Reference Committee, if needed, to clarify motions referred by the Chair, motions which receive three or more amendments, or Emergency New Business motions.

Resources:

1. The past few years' Bylaws Team reports are in the Assembly Binder.
2. The Region One Parliamentarian is an excellent resource for your Team.



3. When in doubt about wording, check to see if the OA World Service has a similar Policy or Bylaw. You may not need to re-invent the wheel.
4. Check other Region websites for Bylaws and Policy documents to see if they have wording you can use.

## NOMINATION PROJECT TEAM (with Board Liaison)

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

### Action Plan:

1. Each member of the Team should become familiar with the election requirements, notice requirements and job descriptions in the Region One Bylaws and Policy documents.
2. Create a calendar and an outreach plan for contacting Intergroup Chairs, Representatives, Delegates and others in Region One who may know, or be, potential nominees.
3. Update and post downloadable application forms on the Region One website at least six months prior to Assembly.
4. Review applications received for eligibility requirements and notify any applicants who do not meet the qualifications for office.
5. Provide electronic copies of applications received to the Assembly Binder Project Team.
6. Arrange to copy and distribute applications resulting from nominations from the floor at Assembly.
7. Obtain volunteers from guests attending Assembly to serve as scrutineers/counters of ballots.
8. When requested, announce applications received for each position open for election.
9. Gather ballots when required; count ballots with assistance of at least two non-voting volunteers.
10. Provide voting results to the Chair at Assembly.

### Resources:

1. The past few years' Nomination Team reports in the Assembly Binder.
2. The voting instructions included in the Assembly Binder.
3. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.
4. When a person declines to put their name forward for office, be sure to ask them who else they would recommend you ask.

## NURTURING NEWCOMERS / NEWCOMER RETENTION

Purpose: To provide resources to assist newcomers in their first year of membership in OA. To increase newcomer retention in Region One.

### Action Plan / Ideas:

1. Consider / discuss: What would cause a newcomer to keep coming back to an OA meeting?
2. Create an enhanced meeting format and explanatory flyer that allows for newcomers to be welcomed, acknowledged, and educated about OA. Make the format available to Intergroups.

3. Make “The First 12 Days in OA Sponsorship Program” available to Intergroups with a “how to implement” document for interested meetings.
4. Help intergroups organize a once a month newcomer meeting (Pick one meeting location a month and advertise intergroup-wide).
5. Design an “easy ideas for retaining newcomers” document (to include making sure newcomers are called by someone following that first meeting).
6. Check out the Newcomer Meeting Leader Kit at [oa.org/files/pdf/Newcomer-Meeting\\_Leader-2016.pdf](http://oa.org/files/pdf/Newcomer-Meeting_Leader-2016.pdf).
7. Many “newcomer” resources are available on the OA website.
8. Offer opportunities for members to “practice” welcoming newcomers and answering their questions.
9. Insert your wonderful ideas here!

Resources:

1. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.
2. The First 12 Days in OA Sponsorship Program draft document available from Cindy C., Region One Secretary.

## CARRYING THE MESSAGE / PUBLIC INFORMATION & PROFESSIONAL OUTREACH PROJECT TEAM

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 / Ideas

1. Start a PIPO campaign encouraging OA members to do “One Brave Thing” to make OA known in their communities.
2. Contact Intergroups and Professional and Public Information Project Teams and help them with Information events.
3. Help locate newspapers and websites that will run ads or feature stories for compulsive overeaters.
4. Link-up groups and Intergroups, so that Professional and Public Information people can be shared within the Region.
5. Assist the hosting intergroup of Convention to use the event as an opportunity to carry the message outside of the Fellowship. Current Region Policy 8.3.1 states that “newcomers and members’ guests shall pay no registration fees.”
6. Review and approve (within budget and guidelines) applications from Intergroups seeking Region funding for PIPO projects.
7. Insert your wonderful ideas here!

Resources:

1. World Service PIPO materials and/or World Service PIPO committee.
2. Audio and call notes from the Region One PIPO focus meeting: [www.oaregion1.org/audio-recordings.html](http://www.oaregion1.org/audio-recordings.html)
3. Contact [Regiononetrustee@gmail.com](mailto:Regiononetrustee@gmail.com).

4. PIPO funding from Region One.
5. Reduced-cost literature for health fairs is available from OA World Service.

## SPONSORSHIP PROJECT TEAM (Including Virtual Sponsorship)

Purpose: To increase the number of available sponsors, increase access to available sponsors, offer resources to encourage and assist sponsors, and to encourage those not currently working with a sponsor to begin to do so.

### Action Plan / Ideas:

1. Target potential sponsors with “The First 12 Days in OA Sponsorship” document
2. Publish “Easy Ideas” to build sponsors for Intergroup newsletters and websites as well as through Region One OA yahoo group
3. Create/distribute a Sponsorship workshop format (view one format on oa.org)
4. Sponsorship on Demand at the end of every meeting (assign a sponsor to volunteer to stay after the meeting to answer questions from new sponsors)
5. Create enhanced sponsor-friendly sign-in sheets i.e. “are you a sponsor?” “Food, Steps, all?”
6. Contact Intergroup retreat organizers to suggest a sponsorship workshop during their retreat.
7. Insert your wonderful ideas here!

### Resources:

1. Refer to “Growing OA Recovery Worldwide: Building Healthy Service Bodies Workshop” [oa.org/files/pdf/Final-Conference-Report.pdf](http://oa.org/files/pdf/Final-Conference-Report.pdf) p. 59
2. Audio recordings on Sponsorship, available at [www.oaregion1.org/audio-recordings.html](http://www.oaregion1.org/audio-recordings.html) and on many other OA websites.
3. WSO Virtual Workshop: “Sponsorship Success.”
4. Sponsorship packet from OA World Service.
5. Many more sponsorship resources are available on the OA website.

## VIRTUAL SPONSORSHIP PROJECT TEAM (subcommittee of the Sponsorship Project Team)

Purpose: To connect members willing to sponsor by email/Skype/online/telephone with those wishing to be sponsored. Increase access to sponsors by OA members who live in smaller intergroups or remote areas of Region One.

### Action Plan / Ideas

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, other Intergroups in Region One, and the Region One Board.
5. Ensure that Virtual Sponsorship has at least one “spokesperson” in each Region One Intergroup.

6. Maintain a record of comments and suggestions received to help continue to improve this service.
7. Insert your wonderful ideas here!

Resources:

1. Read the past few years' reports from the Virtual Sponsorship Team.
2. The Region One Communication Coordinator can provide access to online tools for your Team.
3. Use the Region One Yahoo Group to get the word out about Virtual Sponsorship.
4. Connect to the new Virtual Region webpage (there may be some virtual sponsorship resources there) at [www.oavirtualseervices.org/](http://www.oavirtualseervices.org/).

## STRONG RECOVERY & MEMBER RETENTION PROJECT TEAM (Including Outreach to Remote Groups)

Purpose: To offer opportunities and resources for members to strengthen their meetings and their personal recovery; to offer 12<sup>th</sup> Step Within resources and connection for members who are struggling and at risk of leaving OA; and to encourage connection and offer recovery opportunities to members of remote or isolated groups in Region One.

Action Plan / Ideas:

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 with communicating 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.
6. Using the Strong Meeting Checklist, design an interactive twenty-minute "mini workshop" for use during Intergroup meetings.
7. Create a calendar for outreach to small intergroups, unaffiliated groups and remote groups in Region One. Enlist others to help you with this outreach.
8. Insert your wonderful ideas here!

Resources:

1. Your Board Liaison can give you contact information for intergroup chairs and unaffiliated groups in Region One.
2. Ask your Board Liaison about "hybrid" (phone and face to face) meetings in Region One.
3. The Communications Coordinator can help you post information to the Region One Yahoo Group.
4. Many Twelfth Step Within resources are available on the OA website, as well as other Regions' websites.

Project Team Goals

## Project Team Goals

**Team Name:** \_\_\_\_\_

**Team Leader:** \_\_\_\_\_

**Team Secretary:** \_\_\_\_\_


**Team Members: Name / Email / Phone**


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_


Team email? \_\_\_\_\_


**Follow-up: (next meeting details)**


Note: Each section below can be used for separate goals, or for phases of a larger project.

<b>Goal 1:</b>				
Action Item	Assigned to	Resources	Complete by	

<b>Goal 2:</b>				
Action Item	Assigned to	Resources	Complete by	

<b>Goal 3:</b>				
<b>Action Item</b>	<b>Assigned to</b>	<b>Resources</b>	<b>Complete by</b>	

<b>Goal 4:</b>				
<b>Action Item</b>	<b>Assigned to</b>	<b>Resources</b>	<b>Complete by</b>	

<b>Goal 5:</b>				
<b>Action Item</b>	<b>Assigned to</b>	<b>Resources</b>	<b>Complete by</b>	

This form is available as an interactive pdf on the Region One website.  
 Please visit <http://www.oaregion1.org/intergroup-renewal.html>

## Tech Tools to Connect Your Project Teams

Here are a few tools that may help your Project Team get together after Assembly.

Different tools have advantages and disadvantages, and each has “free” and “premium” versions. Know what features are available if you’re using the free version. Explore the websites to learn more and call the company if you need help. Test technology before your meeting, and ask everyone to sign in early to work out any issues and start your meeting on time.



**FreeConferenceCall.com**

Participants may join by phone or computer. FCC of allows for video, recording and screen sharing for up to 1,000 people.

The meeting may be moderated using a “dashboard.” The dashboard is helpful if you have many participants, but be sure to have a practice session beforehand. If your group includes Canadian callers, ask the company for at least one backup phone number, or encourage those from Canada to join by computer with Wi-Fi.



[www.skype.com](http://www.skype.com)

Use Skype to place free video conference calls for up to 25 people. Join calls with your computer or on your smartphone. The call organizer can set up a “group call” in advance. Skype allows video calls, but it may sometimes be necessary to have all or some people turn video off to boost quality. You must send the organizer your Skype name in advance so he/she can accept your contact request before the meeting.



**UberConference**

[www.uberconference.com](http://www.uberconference.com)

Use the free version of UberConference for up to 10 people. It works on your phone or computer, but does not allow video.

The organizer may schedule a meeting in advance, generating an email invitation (and automatic reminders) to all participants. Uberconference also allows for screen-sharing and recording, and is fairly intuitive to use.



[www.zoom.com](http://www.zoom.com)

Zoom offers video, screen sharing, recording and the ability to set up “rooms” for small group work. The free version will only allow for meetings up to 40 minutes, although the organizer may be offered a free upgrade to extend the call. Join a Zoom call with your phone or computer.

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## Section 13 – Assembly Workshops

### Workshop Outline: How Individuals Can Share the Hope

Each One, Reach One: Share the Hope!

What Can I Do to Carry the Message?

<b>Intro</b>	Margie and Cindy	3 minutes
<b>Instructions/Break into Groups</b>	All	2 minutes
Group 1: Carrying the Message to Potential Members	All	10 minutes
Groups 2 & 4: Talking to Newcomers and Member Retention		
Group 3: Unity: Our Common Welfare with Worldwide OA		
*Read all questions together aloud; Discuss assigned question		
<b>Report Out: All Groups</b>	All	10 minutes
<b>Action Plan: Each One, Reach One, Every Day</b>	All	10 minutes
<b>Report out: All Groups</b>	All	10 minutes
<b>Wrap Up</b>	Margie/Cindy	5 minutes

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

**Tradition 1:** Our common welfare should come first; personal recovery depends upon OA unity.

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

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

\*\*This workshop was adapted from the 2019 WSBC Forum.

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

**Tradition 1:** Our common welfare should come first; personal recovery depends upon OA unity.

**Tradition 5:** Each group has but one primary purpose—to carry its message to the compulsive overater who still suffers.

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

**2019 OA Strategic Plan:** Growing OA Membership Worldwide



2019 OA World Service Business Conference:  
Growing Our Membership Worldwide

# F O R U M

EACH ONE, REACH ONE, EVERY DAY—  
CARRYING THE MESSAGE OF HOPE

*Presented by the Region Chairs Committee*

## Forum Program

## Welcome to the 2019 WSBC Forum: Each One, Reach One, Every Day— Carrying the Message of Hope

---

**What if every OA member took action to carry the message of recovery to at least one person every day?**

The goal of this forum is to generate useful ideas to GROW OA MEMBERSHIP WORLDWIDE and to encourage all members, groups and service bodies to join in the “Each One, Reach One, Every Day” movement!

In this forum today we have abstinent, committed OA members from all over the world, and we will be drawing on YOUR experience!

We will work together in discussion groups to answer the questions in this booklet. Each question is designed to help us generate ideas that can be implemented by members in local (and virtual!) fellowships.

Our hope is that you will present these ideas (or hold your own forum) in your home intergroup and initiate projects to grow OA membership worldwide.

Thank you for your enthusiastic support of OAI

In service,

*The Region Chairs Committee*

### CARRYING THE MESSAGE TO POTENTIAL MEMBERS

1. What got me “in the door” of OA?
2. What is your favorite one-on-one encounter you’ve had introducing someone to OA?
3. What is a simple, easy idea I have heard for carrying the message?
4. Describe a successful public information / professional outreach project your intergroup or group has put on.

### TALKING TO NEWCOMERS AND MEMBER RETENTION

5. What is a great way to greet a newcomer?
6. How can I help and encourage a newcomer in OA?
7. What keeps me in OA?
8. How do I carry the message of HOPE in my meeting?
9. What is a good way to make coming back an attraction?
10. How can I help and encourage a member who is struggling?

### UNITY: OUR COMMON WELFARE WITH WORLDWIDE OA

11. How can I understand the challenges of OA in countries other than my own, and how can I be of service to these members?
12. How might I expand my OA circle by attending virtual meetings?
13. How can face-to-face and virtual meetings help one another?
14. How can I help OA members who do not have literature in their own language?
15. How can I reach beyond my own meeting and service body to find ways to help those in OA in other areas?
16. How can I support members and meetings which have a different way of approaching the program than I do?

### ACTION PLAN: EACH ONE, REACH ONE, EVERY DAY

17. What actions can I take to help grow OA membership?
18. What actions can I ask OA friends and sponsors to take with me?
19. What actions can I ask my meeting to take?
20. What actions can I help my intergroup / service body take?
21. **How can we make taking action to grow OA membership an ongoing, daily recovery action for every OA member?**

# Fun and Fellowship

## Twelve Step Within: Fun and Fellowship

---

### Purpose:

Use this resource to celebrate and enrich recovery, increase member retention, and encourage fun and fellowship to maintain recovery, prevent relapse, and live happy, joyous, and free lives!

We are not saying fun and fellowship equals recovery. Many recovered OA members become and remain abstinent through working the Steps from *Alcoholics Anonymous, Fourth Edition* (Big Book). Working the Steps brings us a spiritual experience, which allows us to live happy, joyous, and free lives. The Fellowship keeps us in the rooms and connects us with each other as we allow the Steps to transform us. Yet, many of us have lost the ability to have fun while in our disease.

The Twelve Step Within Fun and Fellowship Subcommittee surveyed OA members from all over the world to discover the barriers to fun and fellowship and the solutions to overcome them.

### Survey results:

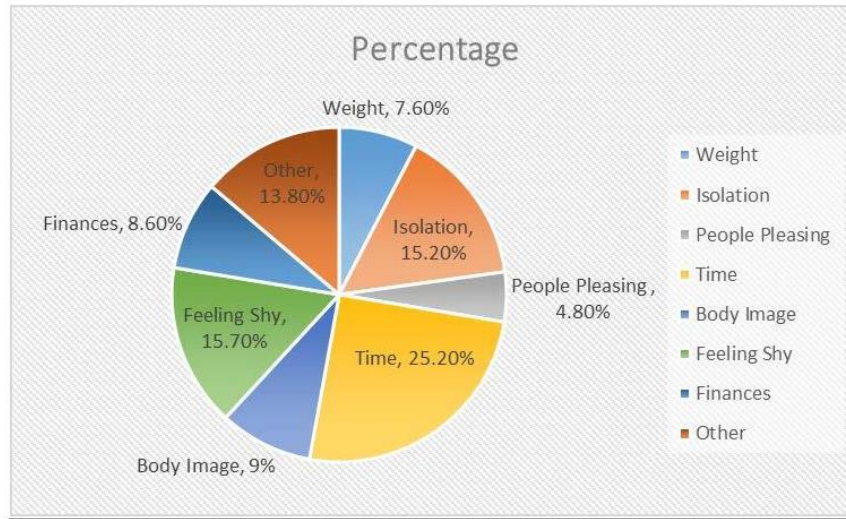
#### **1. What are your barriers to fun and fellowship in recovery?**

- Time 53%
- Feeling shy 33%
- Isolation 32%
- Body image 19%
- Finances 18%
- Weight 16%
- People pleasing 10%
- Other 29%

Note: People were able to respond to more than one category; percentages add up to more than 100.

#### **Other responses included:**

- Caretaker of family member
- Other OA members busy
- Lack of participation or interest from other OA members
- Poor health
- Fear of people
- Living in remote area



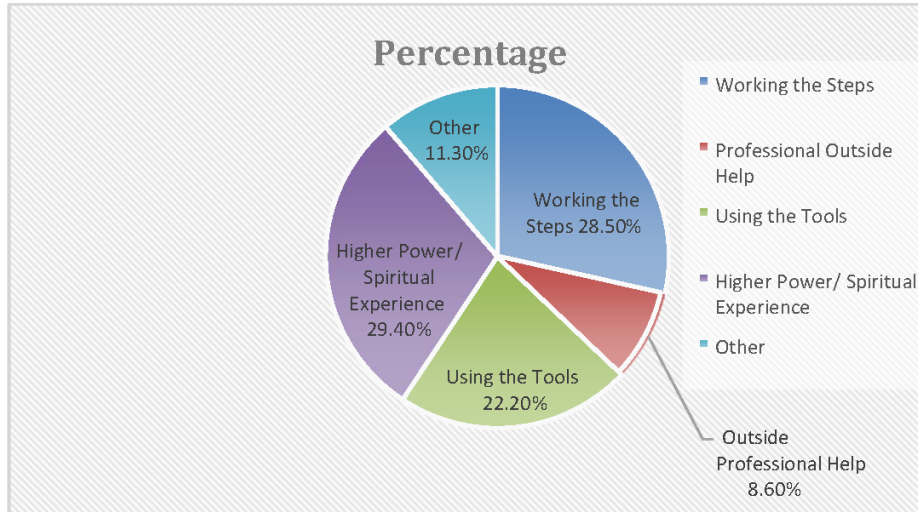
**2. What has been helpful in overcoming these barriers?**

- Working the Steps 63%
- Outside professional help 19%
- Using the Tools 49%
- Higher Power/Spiritual Experience 65%
- Other 25%

Note: People were able to respond to more than category percentages add up to more than 100.

**Other responses included:**

- Group meetings
- Others offering an invitation
- Service work
- Going out to meals as a group after meetings
- Sponsor
- Fellowship
- Positive sharing
- Upbeat workshops
- Working the Steps as written in the Big Book
- Unconditional acceptance



**What the Big Book says about fun and fellowship:**

To read what the Big Book says about fun and fellowship, see *Alcoholics Anonymous, Fourth Edition*, pages 132–133, starting with “But we aren’t a glum lot.”

**Suggestions for including fun and fellowship in your OA journey:**

**Alone:**

- Mindful walking or hiking in nature
- Attending dancing, writing, or art classes
- Learning a craft, such as crocheting, knitting, or painting
- Playing with a pet
- Coloring
- Enjoying a bubble bath
- Biking, swimming, or trying yoga or gym classes
- Volunteering

**Fellowship ideas:**

- OA workshops
- Inviting others for a game night
- Movie with OA members
- Bowling
- Abstinent picnic
- Roller skating
- Karaoke
- Comedy club outing
- Clothing or jewelry exchange

**Member retention:**

- Outreach calls
- Visiting members in hospitals/bringing a meeting to someone
- Including and mentoring new OA members in service

**Are you willing to commit to doing something fun with another fellow OA member this month?**

OA Board-approved

---

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# 12<sup>th</sup> Step Within

## **Reaching Out: Suggestions for Individuals, Groups and Service Bodies**

Everyone needs a safe and caring environment to achieve progress in recovery. Newcomers and those in relapse are particularly vulnerable, and they need us to talk to them with the utmost sensitivity. When working with those who are still suffering, we must remember that relapse is not contagious; in fact, working with others will strengthen and reinforce our own recovery.

Do not be disappointed or discouraged if the results you hope for do not materialize. Remember that nothing will hinder our message more than being judgmental toward those we are trying to serve. Above all, we must be loving and compassionate. The following are suggested ways for individuals, groups and service bodies to support their members.

### **Suggestions for individuals**

1. Contact members you have stopped seeing at meetings.
2. Share your experience in using the program to come through relapse and return to recovery.
3. Offer to take someone who may be isolating to a meeting.
4. Offer encouragement to members you know to be struggling with food or Step work.
5. Let struggling members know about retreats and workshops in your area.
6. Hold a workshop about recovery from relapse (see Appendix B for Recovery-from-Relapse workshop formats).
7. Do not be afraid to ask someone how his or her food is.
8. Give your telephone number to those who may need it.
9. Ask a member in relapse to help you with service, where appropriate.
10. Offer to bring a member in relapse to a meeting, even if they have not stopped attending meetings.
11. Offer to work together through "Been Slipping and Sliding? A Reading and Writing Tool" (see Appendix D).
12. Email or telephone someone daily.
13. Have daily contact with another OA member to read and discuss *Voices of Recovery* or *For Today*.
14. Be careful to avoid judging or criticizing those you are trying to support.
15. Keep an open mind about those who choose additional, outside support or help.
16. Do not have expectations about newcomers or those in relapse.
17. Sponsor others through the Steps.
18. Let others know there is a solution by writing your personal story of recovery from relapse and sending it to OA's *Lifeline* magazine or to your local OA newsletter.
19. Attend Twelfth-Step-Within events.
20. Start a Twelfth-Step-Within meeting. The Suggested Recovery-from-Relapse Meeting Format and Suggested Step-Study Meeting Format can both be downloaded from



www.oa.org or ordered through the OA literature catalog (available from the World Service Office). The Suggested Recovery-from-Relapse Meeting Format is also included in Appendix A of this handbook.

21. Don't shy away from discussing relapse.
22. Be the attraction by being well yourself and by attending your local meetings and workshops (attraction rather than promotion).
23. Counter negative sharing with positive sharing at meetings.
24. Take your mess to your sponsor; take your message to your meeting.

### Suggestions for groups

1. Discuss ways to mark International Twelfth-Step-Within Day, which falls on December 12 each year.
2. Invite speakers with experience in recovery from relapse to share. Contact the World Service Office (WSO) for a list of speakers.
3. Urge all abstinent members to reach out to others before, after and between meetings.
4. Hold a workshop or retreat about recovery from relapse (see Appendix B).
5. Use the QA-approved Suggested Meeting Format (download from [www.oa.org](http://www.oa.org)).
6. Use the Suggested Recovery-from-Relapse Meeting Format (download from [www.oa.org](http://www.oa.org) or see Appendix A).
7. Change the meeting format periodically to focus on recovery from relapse.
8. Encourage newcomers and members in relapse to take on service in their home groups.
9. Obtain Serenity Prayer coins from WSO and have them available to hand out.
10. Encourage and celebrate abstinence at meetings by handing out recovery coins to demonstrate that long-term abstinence is possible.
11. Make sure your meeting format allows plenty of opportunity for sharing.
12. Have an open invitation to all members to go for coffee before or after the meeting.
13. Provide literature that addresses Twelfth-Step-Within concerns such as *Members in Relapse, A New Beginning: Stories of Recovery from Relapse* and the Recovery Checklist.

## 14. Ensure your group offers a warm welcome to every member at every meeting.

15. Use only QA-approved literature at meetings (this includes AA Conference-approved literature).
16. Establish a call-a-thon on the 12<sup>th</sup> of each month.
17. Circulate a list/book to allow members to share their contact details so they can stay in touch between meetings.
18. Hold additional meetings at the homes of housebound members.
19. Take an annual "Group Inventory" (see Appendix G).
20. Use recordings/podcasts of recovering speakers in meetings (download from [www.oa.org/podcast](http://www.oa.org/podcast)).
21. [www.oa.org/podcast](http://www.oa.org/podcast).

# Workshop Outline: Sharing Hope In Meetings

Each One, Reach One: Share the Hope!

## **SHARING HOPE IN MEETINGS**

### **Intro**

MOC Meeting on Hope	Tammy	4 Minutes
Super Hero Intro	Nadine	1 Minute
Story of Hope	Nadine	3 Minutes

### **Elevator Pitch Examples**

How do you become ready to share hope when asked?	Nadine	5 Minutes
---	--------	-----------

### **Instructions for Sharing**

Tammy	2 Minutes
-------	-----------

### **Practice makes Permanent**

All	20 minutes
-----	------------

### **Group share and wrap up**

Tammy/Nadine	10 Minutes
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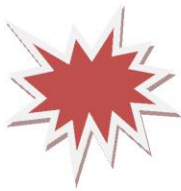
# O.A. SUPER HEROS OF HOPE!



What would it look like in meetings to share **HOPE?**



I USED TO BE LIVING THIS WAY,  
I TOOK THESE ACTIONS,  
THIS IS HOW I'M DIFFERENT.



**DEVELOP A 3 MINUTE PITCH ON YOUR HOPE**

“ HOW POWERFUL HAS HOPE BEEN TO MY RECOVERY? ”

ONE MINUTE ON THE PROBLEM.....TWO MINUTES ON THE SOLUTION

THIS IS MY EXPERIENCE  
THIS IS MY STRENGTH.  
THIS IS MY HOPE.



**HOPE SPOKEN HERE**

## Workshop Outline: Sharing Hope through Strong Intergroups

1. How does an Intergroup SHARE HOPE? 5 min.

2. Why is FUN important to Intergroups? 7 min.

F... freedom to be

U... Understood and understanding, uplifted

N... Niceness, nearness, nurtured

Service at its heart is satisfying, scary maybe, but supported.  
It should make us feel that we have grown and contributed.  
Ideally, that we enjoyed what we did.

3. What can I do to help make my Intergroup hopeful and fun?  
20 min.

*Small group session--wait for instructions--use Ideas sheet.*

4. *Sharing Ideas - Each group chooses a spokesperson* 20 min.

5. *Wrap up - where do these ideas go from here?* 3 min.

# “12 Days of OA” Guidelines for Temporary Sponsors

## Who can be a Temporary Sponsor for the “12 Days of OA” program?

Any member of Overeaters Anonymous (OA) who has a desire to help another member go through this orientation can be a Temporary Sponsor in the “12-Days of OA” program.

## Who can be a Sponsee in this “12 Days of OA” program?

Anyone can be a Sponsee in this temporary sponsorship program, regardless of whether you are new, returning, or a long-time OA Member. In short, anyone who wants to go through this orientation process is invited to experience it.

## What is the purpose of this Program?

- To help newcomers, returning members, and other members connect to the OA recovery program through using this personal, short-term introduction to OA.
- To give someone a chance to experience what it is like to sponsor before perhaps becoming a Regular Sponsor.

## Is temporary sponsorship a requirement to be in OA?

The only requirement for OA membership is a desire to stop eating compulsively. The “12 Days of OA” temporary sponsorship program is optional. Furthermore, the decision to participate in the temporary sponsorship program is independent of whether or when one decides to connect with a regular Sponsor or be a regular Sponsor.

## What is needed to start this orientation?

First, two copies of the pamphlet entitled *Introducing Overeaters Anonymous – Where do I start? – Everything a Newcomer Needs to Know*. (One copy for the Sponsor and one copy for the Sponsee)

Second, a means to communicate over a distance: a phone, e-mail availability, or the ability to text messages.

## Guideline Notes:

1. Let the person know that you would be glad to be their Temporary Sponsor for this orientation. This will entail you setting up a time when you will call them daily to discuss together a part of the program, using readings from the involved pamphlet.
2. It is best not to hand these instructions to the Sponsee, for the Sponsee may try to do it alone. This is a “we” program, not an “I” program. It should never be done in isolation, for isolation is part of the problem.
3. During your first contact with the Sponsee, give the Sponsee the reading and task assignments for the next call, this next call taking place on Day 1 of the program. Then, near the end of the Day 1 call, give the Sponsee the assignments for Day 2 of the program. And so on.
4. This process happens over 12 sessions, which may not occur in 12 days. For instance, you may want to have calls during weekdays only.
5. During your calls, share your experience, strength, and hope with the solution offered by OA. Without dominating the conversation and without judgment, share just enough to draw them out, answer their questions, and encourage their unique process of recovery and discovery.
6. Do not discuss outside literature, diets, other solutions, etc. If they still have other ideas in mind, they may not be fully ready to work the OA recovery program.
7. Remember it is not your responsibility to get someone abstinent (nor is it possible). The journey of the Temporary Sponsee will be between that person and his or her own higher power. You are there for support and strength.

## “12 Days of OA” Guidelines

### A Temporary Sponsorship Program for Newcomers or Returning Members

The readings for this program come out of the pamphlet entitled *Introducing Overeaters Anonymous – Where Do I Start? - Everything a Newcomer Needs to Know*. Both the Temporary Sponsor and the Sponsee should have a copy of this pamphlet.

Day	Subject & Reading for Sponsee:	Question(s) for Sponsee to answer and discuss with you the next day:
1	<b>15 Questions:</b> Read pages 1 – 3, starting w/ <i>Dear Newcomer</i> through <i>You Are Not Alone</i> .	Answer the 15 Questions on pages 1 & 2. (Circle those to which you relate) Discuss.
2	<b>Requirements:</b> Read on page 22 from section <i>What are the requirements for OA Membership?</i> Read pages 23 – 24, starting with <i>Who runs OA?</i> through <i>What are the Twelve Traditions?</i>	What has led you to OA? What does “eating compulsively” mean to you? Do you have a desire to stop? Discuss. Listen to Sponsees initial concerns about OA. Discuss.
3	<b>Symptoms:</b> Read on pages 4 & 5, section entitled, <i>Many Symptoms, One Solution</i> . Read on pages 27 – 29, <i>Welcome Home!</i>	Write about symptoms you have experienced. How early did these symptoms start? Discuss
4	<b>Abstinence:</b> Read on page 5, section entitled, <i>Abstinence – Our Primary Purpose</i> . Read on page 5, sections entitled, <i>The Tools of Recovery</i> and <i>A Plan of Eating</i> .	Write about which compulsive eating or compulsive food behavior concerns you most. Discuss.
5	<b>Meetings:</b> Read on page 5, section entitled <i>Meetings</i> . Read on page 22, sections entitled, <i>How much does OA cost?</i> and <i>How does OA support itself?</i>	Suggest the Sponsee make a plan to attend 6 meetings. Discuss. (This can include phone, on-line or Skype meetings, but live or face-to-face meetings are preferable).
6	<b>OA Fellowship:</b> Read on page 21, section entitled <i>Can I stop eating on my own just through reading OA literature?</i>	Write about your feelings about receiving help from other members in OA. Discuss. Suggest that they start calling members listed on a <i>Where Do I start</i> pamphlet or a meeting sign-in sheet.
7	<b>Action Plan and Further Tools:</b> Read on page 6, sections entitled, <i>Telephone, Writing, Literature, and Action Plan</i> .	Draft an Action Plan for the next several days that will help support your recovery. Discuss.
8	<b>Draft a Food Plan:</b> Read on pages 29 & 30, the section entitled, <i>Disclaimer</i> . Read pages 7 – 13, starting with the section entitled, <i>Further Information: A Plan of Eating</i> through section entitled <i>Please Note</i> :	Draft an initial food plan that will support you. Discuss.

Day	Subject & Reading for Sponsee:	Question(s) for Sponsee to answer and discuss with you the next day:
9	<p><b>Anonymity:</b> Read on page 6, section entitled, <i>Anonymity</i>. Read on page 25 section entitled <i>Why does OA place such emphasis upon anonymity?</i></p>	<p>Discuss the concept of anonymity.</p> <p>Discuss the meaning of humility.</p>
10	<p><b>Are you convinced?</b> Read pages 18 – 20, starting with <i>What is compulsive eating?</i> through <i>Can't a compulsive overeater just use willpower to stop excessive eating.</i></p>	<p>Now that you've been in the program for a while and have taken some actions, are you convinced you are a compulsive eater? Write your thoughts and feelings on this subject. Discuss.</p>
11	<p><b>Higher Power:</b> Read pages 20 &amp; 21, section starting with <i>What is meant by "a power greater than ourselves"?</i> through <i>Is OA a religious society?</i> Read pages 16 &amp; 17, section entitled, <i>Structure and Tolerance.</i></p>	<p>Write a few paragraphs about your understanding of a higher power. If you struggle with this, are you open to the idea of higher power meaning the power of the group? Has your food history been characterized by self-will? Could the concept of invoking a higher power help your recovery? Discuss.</p>
12	<p><b>What's Next?</b> Read on page 6 &amp; 7, section entitled, <i>Service</i>. Read on page 5 section entitled <i>Sponsorship</i>. Read on page 17, section entitled, <i>Conclusion</i>.</p>	<p>Write about your experience of the first 12 days process and discuss. Review your action plan for how you will move forward.</p>

**Important Note:** At the conclusion of the 12<sup>th</sup> Day, you may offer to help the Sponsee find a regular on-going Sponsor or continue to sponsor them yourself.

**Remember:** In Overeaters Anonymous, there is hope and help. Together we can recover!  
I put my hand in yours, and together we can do what we could never do alone.

Download these pages at [www.oaregion1.org/12DaysofOA](http://www.oaregion1.org/12DaysofOA)

If you have questions, comments, or suggestions regarding this document, please email [retention@oaregion1.org](mailto:retention@oaregion1.org)

*This literature has been approved by OA Region 1 as local literature. The content reflects the experience, strength, and hope of our Region 1 members. At this time, it is not OA Conference approved or Board of Trustees approved, and, as such, it does not reflect OA as a whole.*

# Service Conflict Resolution

## Group Conscience AGENDA

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### Intergroup

### Special Meeting

### Date and time

### Location

Attendees:

Please read: Trusted Servant handout (attached), Conflict Resolution Worksheet (attached)

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Time Allotted	Introductions, if needed Open with the Serenity Prayer, Reading of the 12 Traditions	All
Time Allotted	Opening thoughts/setting the stage  *’s conflict resolution worksheet Experience, strength and hope around conflict in service “Voices of Recovery” July 11th	Group Conscience Moderator
Time Allotted	Roundtable/five-minute shares  Share from conflict resolution worksheet if you choose A reminder to use “I” statements	All
Time Allotted	Vision for future Intergroup communication – living in the solution  How will we communicate with each other going forward? What does effective, supportive communication look like?	All
Time Allotted	Close with “I Put My Hand in Yours”	All

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## Overeaters Anonymous – Conflict Resolution Worksheet

“Individuals have the right of appeal and petition in order to ensure their opinions and personal grievances will be carefully considered.”

For members having difficulties with others, with groups or service bodies, or wishing to appeal a decision made at any level, the following process can be very helpful to everyone involved.

Problem solving begins “at home.” It is important to start from the beginning, completing each process before proceeding to the next.

1. I am concerned about:
2. How this affects me:
3. I have taken the following steps towards resolving this concern ( <i>complete ALL that apply</i> ). a) On a personal level (e.g. inventory, HP, sponsor, consideration of the Traditions and Concepts of OA):
b) At the group level:
c) At the service body level:
d) At the BOT level:
e) Other:

**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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# Section 14 – Focus on Hope





## Region One OA Members Share Their Stories

*What does HOPE mean to you?*

H - Help, to me when I need it, help for you when you ask.

O- Optimism, I am starting to trust that all really will be well.

P – Perseverance, this is NOT a one and done thing, it is an everyday thing.

E – Energy, I get back what I put in and then some. Investing my time, heart, brain and effort in OA and my recovery benefits me.

*Pat – Oregon*

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I came to OA with HOPE. The first 8 meetings I attended, at 4 of them I was the only person there. But I had HOPE. God persevered and I kept going. God promised that if I continued in OA and worked the program to the best of my ability, I would draw closer to HIM. I realized that that's what I was in OA for. To achieve a closer relationship with my Higher Power. And it has happened! I have become closer to God, my Higher Power. And that HOPE is still working and so am I.

*Toby W. - Peninsula Intergroup*

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My journey in OA began with a desperate need for hope that things could get better. For me, life had become unmanageable and my weight was just one symptom of that unmanageability. I was attending my doctor's appointments to take care of my new baby, but the doctor could see that I was the one who needed help. Coming into the rooms of OA was uncomfortable but I could see hope there. The longer I stayed the more I understood other members and their stories. That helped me really see the hope the program had to offer because I knew they understood the bottom I was in. I am filled with gratitude for all the members who have shared their stories of experience, strength and hope during all points of my recovery. Having a sponsor light the path as well as strong meetings and fellowship have allowed me to connect with my Higher Power and feel more hopeful despite my life circumstances. Thank you OA for your message of hope.

*Diane R. – Vancouver*

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When I first came to OA 24 years ago, I was miserable in all areas of my life. I had no HOPE that this could ever change.

But in my first meetings, OA members who had once been just like me shared about the changes in their lives that had come about because of OA:

- They shared that they were once significantly overweight or underweight...and now they were physically healthy.
- They shared about the emotional chaos they experienced before program...then about their new emotional balance they found through working the OA program.
- They shared that they used to turn to food for comfort...then about the real comfort they found by turning to the spiritual solution found in the Steps.

Looking back, it was REALLY important that these members shared first what their lives used to be like. If they hadn't, I would have simply thought they were better than I was. But they had been right where I was, and were now living peaceful, good lives! I will be forever grateful to those who shared their message of HOPE with me...they helped change my life so that I can now carry the message of HOPE, as well.

*Beverly M., Oregon Intergroup*

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Hope is something I didn't have much of when I first came to the Fellowship in November 2015. I had been trying to control and enjoy my binging since I was a little girl (my first hint: my Halloween candy never lasted more than 48 hours). Since coming into the Fellowship, I have had the opportunity to witness several men and women living in contented abstinence, recovered from their compulsive eating foods and behaviors, as a result of them experiencing a spiritual awakening through working the 12 Steps. This gave me hope that I could recover, too. In March 2019, I fully awoke to my powerlessness over food and the unmanageability of my life, and started working the 12 Steps out of the Big Book with my loving and patient sponsor. On August 22, 2019, I celebrated 165 days (5.5 months) of contented abstinence and am living a recovered life by practicing these principles in all my affairs, one day at a time. I am humbled and incredibly grateful that God is demonstrating through me what God can do, which brings hope to other members who are struggling as I once did.

*April P. Gratefully recovered compulsive overeater - Vancouver, BC Canada*

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My word for hope is optimism. Optimism is looking on the side of possibilities. When I was in my disease I had no possibilities. Well, I had one, the possibility that I would keep on eating in that crazy manner each time I tried not to. But OA has given me hope, optimism, that if I do the footwork, ask for help, and try new things, that my life will go in a positive direction. Listening to what others do who are abstinent and free from the same compulsion I have, makes me feel optimistic that I can do the same and that, if I do, I will experience the same. I have found this to be true--sometimes quickly, sometimes slowly--and the best part is that optimism creates more optimism. Hope creates hope and then I become aware that I am moving in a positive direction in each moment.

*Mary L. - Greater Seattle Intergroup*

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Hope is what keeps me coming back to the rooms, where OA meetings occur. I feel a sense of belonging because I identify with the voices that I hear there. I connect with the stories that are shared about every topic, and underneath each story there is hope as a foundation, hope that uplifts me, like the

Steps. Time and time again... Courage, to walk into the room, even when I have no Desire, and sit in fellowship and then Hope, settles, and filters, and I come to believe that life can be different for me.

*Elise W.*

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Hope is the light that had been extinguished in me. When my counselor asked, "What do you like to do?" I had no answer for her. The only thing I liked to do was EAT but that was making me miserable too. I did not see a way out. Years of yoyo dieting had completely beat me. I did not have another diet in me. I had nothing to lose (well I actually had 30 to 40 pounds I'd love to lose) so I thought I would check out OA.

I got hope and a route to follow back to life at my first meeting. I didn't understand much but at the end of the meeting I asked, "What do I do now?" An OA member replied, "There are the 4 words". Desperately I asked, "What are the four words???" He answered, "3 meals, no snacks". That's not a diet. That's doable. Maybe I could live with that. I decided it was worth a try. Been doing it ever since: 9 years, 33 pounds less, many times 12 steps later and 100's of pounds lighter in spirit. Now hope filled. The light is back on! Watching the light come on for others as a sponsor has been one of my greatest thrills. Hope - the gift that keeps on giving.

*Pat – Oregon*

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<b>H</b> aving an	INSTRUCTIONS:
<b>O</b> pen mind to	Find a recovered sponsor who
<b>P</b> recise	teaches 12 Steps according to
<b>I</b> nstructions:	the precise instructions as laid
<b>N</b> ot self, but	out in the Big Book of
<b>G</b> od's in control.	Alcoholics Anonymous.

*Elizabeth S. – Northern Lights Intergroup*

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I was almost without hope when I came to my first OA meeting on December 14, 2016. I had tried for the previous three years to lose weight on "diets," each time starting on January 1. Each time, the "diet" had worked until it no longer worked and I then packed back on the weight. I could not face the prospect of starting another diet at age 65 in January 2017, starting at 180 lbs. over my too-skinny weight in college (137 lbs. to 317 lbs.). After I called the meeting contact person the day before my first OA meeting, I got a spark of hope that something more than my own efforts could help me successfully lose weight and keep it off. In the years leading up to my coming to this OA meeting, I had had a lower body aneurysm (an event that is fatal 90% of the time), painful phlebitis in my legs to the point that I was struggling to walk, a foot so numb that it felt like a block of wood tied to my right leg, edema so bad in my ankles that my loose socks made my legs look like a child had squeezed play-dough, sky-high blood pressure, and sleep problems that allowed me to fall asleep many times at the steering wheel of my car, whereby I had caused two separate motor vehicle collisions.

Before coming to this first OA meeting for me, I had resolved to make every effort to do whatever the OA program suggested that I do to recover. However, because I was filled with intense shame and self-loathing, I could not hear much of what was said at that first meeting, other than that I thought my trigger food might be "pizza". Just after the closing prayer at that meeting, an OA member came up to me, telling me that "pizza" had been her trigger food too and that she had a hard time giving it up. In

quick response, I blurted out viscerally and loudly that I was not giving up pizza. In my mind, my reaction shouted at me that I had failed miserably, doing so before getting out the door after my first OA meeting. I then did the drive home with my shame and self-loathing greatly enhanced, and my spark of hope before the meeting seemingly then extinguished. As I drove home, I said aloud each of my health problem followed by the loud refrain, “. . . but I can’t give up pizza”.

I was totally dejected and demoralized when I arrived home. I chose to distract my mind by reading in the OA 12 & 12 book I had just purchased at the meeting. At near the close of the third step chapter, I read that night, “Once we compulsive overeaters truly takes the Third Step, we cannot fail to recover.” I then said that phrase over and over again, letting it sink in: “We cannot fail to recover. We cannot fail to recover.” I told myself that I just had to do this one thing right, and I would get better. That night I went to bed with a growing hope, and I got up the next day embarked on my spiritual quest, a quest that has now lasted almost three years. Today, I am down 140 lbs. of fat, regularly running and lifting weights, more emotionally healthy than I have ever been, and connected with a power greater than my own self-will that guides my life and gives me the power to carry out the action steps to live a life that I now embrace each day, a life beyond my wildest dreams.

*Paul M., Seattle, WA*

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- H. Honesty
- O. Open mindedness
- P. Perseverance
- E. Eagerness

Hope for me is a longing to belong and love myself. Honesty requires being vulnerable. It grows along with my recovery. Open mindedness expands with hearing and being present with other OA members working the 12 Steps. Perseverance is essential in our recovery. It continues throughout our journey. Eagerness is what I take from hope at meeting.

*Kelli D. Big Sky Intergroup - Billings, MT*

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Hope is that feathered thing in our soul that Emily Dickinson spoke of that sings and "never stops at all." Since coming to OA almost 7 years ago, hope has ebbed and flowed in my life, but has never been extinguished. There is a saying in OA that HOPE stands for Hang On Pain Ends. And that has proved true in my life. My disease tells me that "it will ALWAYS be like this. However, my disease is a known liar! The pain that used to drive me to the food is not without end. If I eat to cover it up, pain returns with its imps: misery, confusion, and self-pity. When I sit with the pain, feel its feelings, and use the Steps to deal, sanity and serenity return.

This process inspires and restores my deepest hopes.

*Jan E. - Oregon Intergroup*

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When I first came to OA, I was so far down, I didn’t even know what hope was. That changed, gradually, as I started to work the Steps and live a life in recovery. Hope was the first gift OA gave me and keeps giving me every day I wake up and choose to live in recovery. A slogan we often hear is... “don’t give up before the miracle happens;” for me that miracle was the gift of hope. Without hope, I wouldn’t have stuck it out for all those years of slips and relapses. Without hope, I wouldn’t have kept coming back

and that is where the miracle happened for me. Hope is a powerful thing and the longer I am in program, the more hope I see. From the newcomers just starting out and hoping for just a glimpse of recovery, to those long timers who know how even the tiniest bit of hope can see you through those tough and bumpy patches we all experience from time to time, hope abounds in OA. It's all around us, if we just choose to look for it, and I choose to hope today because OA has given me the ability to do so.

*Christina U. - Oregon Intergroup*

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When I speak to a struggling newcomer, I relate my own failings when I tried to control the food, whether by diets, exercise or weight loss clubs. Then I usually surprise them by saying that I can't do this abstinence thing-I can't! I'm a compulsive eater! If I could stop, I would have never come to OA. But my HP can do this abstinence thing. Then I ask them: "Do you need a miracle with the food? Then you came to the right place! There are miracles here. And if a crazy compulsive eater like me can get the miracle of abstinence, so can you!"

*Janis E.*

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HOPE:

Two years in OA have taught me that my sugar and flour addictions are unrelenting. Also, that achieving and maintaining abstinence is a team sport – daily phone calls, readings, journaling, and meetings with people who share my disease are vital. Hope comes from our shared struggle. Nothing gives me more joy than seeing hope reflected in the faces of those around our meeting table.

*Margaret T. - Jefferson State Intergroup*

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H onesty

O penmindedness

P erseverance

E quality

These are the positive attributes I have gained in recovery.

*Barbara S. - Eagle Cap Intergroup*

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## Short Stories of Hope from the OA Lifeline Magazine

### *Glimmer of Hope*

It was December, and I had hit my bottom. My despair and anguish were monumental and unrelenting. I had tried every conceivable diet, weight-loss scheme, pill, and quick fix, and nothing had worked. I know now that I had not addressed the real, underlying issue: I was a compulsive eater.

I felt there was no hope left. At that moment, a still small voice inside me told me to check out the OA website. There I found a list of questions that, if answered “Yes,” were good indicators of an issue with compulsive eating. I checked every box. That night I made a decision to attend an OA meeting. It was the best decision of my life and a huge turning point for me.

As the meeting progressed and I listened to members telling their stories, tears welled up and began to stream down my face; I realized their stories were mine. I felt a connection. For the first time in my life, there was a glimmer of hope.

That glimmer has kept me in recovery, abstinent and coming back for four years now. I’ve learned to use the Tools, and my life is much more balanced as I work the Steps with the help of my Higher Power. Every time I walk into a meeting, I feel such gratitude as I’m reminded of the greeting we receive every week: “Welcome to Overeaters Anonymous. Welcome home!”

*Sharon R., Billings, Montana USA*

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### *Always Hope*

Our meeting responded to a discussion question from an issue of Lifeline: “What would you say to a still-suffering compulsive overeater?” One day at a time, through the program and other recovering overeaters, our spirits begin to shine through the clouds of loneliness and isolation. Keep coming back. The miracle will happen for you too.

There is hope. There is always hope. No matter what level of despair or pain you are experiencing and no matter how bleak your future seems, there is hope.

This is a program of action, so focus on what you can do. Can you call someone? Journal? Read literature? Get to a meeting? Be of service? Pick something and then do it. Hope will glimmer on the horizon like the rising sun as you take action in this program.

“God could and would if he were sought” (Alcoholics Anonymous, 4th ed., p. 60), so keep coming back. You’re worth it. You too can discover freedom from food obsession, one Step at a time. Try different meetings. Find someone who has what you want and ask them to be your sponsor. We love you already. Without a doubt, there is hope. The promises speak of this hope, which will become real.

*A.K., Tempe, Arizona USA*

## *Word of Hope*

When I woke up on Unity Day, I wasn't too thrilled to be around people. The disease of compulsive overeating, which for me is a cacophony of voices in my head, was screaming that I didn't need to be at Unity Day with other compulsive overeaters. My disease was permitting me to isolate! It didn't matter that I made a commitment or would see my friends. That morning my disease spoke much louder than my Higher Power.

As I completed my morning prayer and meditation, I became softer to the idea of going. By doing the next right thing and putting one foot in front of the other, I arrived at Unity Day and found my seat.

My disease's volume was much higher than usual, so I didn't really hear the first speaker. But then something happened. When the Fellowship surrounded me, my breathing slowed, my body relaxed, and my heart opened. I could feel the love of my Higher Power in the room. Finally, I was able to hear what was being said and let it flow into my heart, soul, and being.

The word that resonated with me most on Unity Day was "authentic." It was how one speaker described her abstinence. To me, it meant each person in OA has his or her own definition of abstinence that is right for him or her.

All too often, I confuse abstinence with food plan. Abstinence for me is no bingeing or purging, no starving or restricting, and no overtly sugary foods. A food plan is a Tool I use to maintain my abstinence. My food plan is three meals a day with a snack before bedtime. For each meal, I limit my starches and include a certain number of fruits and vegetables.

Although my food plan hasn't changed drastically in the twelve years I have been in OA, my ability to stick to this food plan has been imperfect. I also have had an ongoing struggle with an internal judge that labels my actions, words, and feelings as "good" or "bad." So on days I have eaten exactly according to my food plan, I have said I had "good, clean abstinence." But more often than not, I was "bad," which just added fuel to my compulsive eating and other destructive behaviors. Now I can see that labeling my abstinence as "good" or "clean," depending on my ability to eat exactly according to my food plan, has been a form of self-sabotage.

On Unity Day, I found hope in using the word "authentic" to describe my abstinence. With the help of my Higher Power I can stop calling my abstinence "good" or "bad," which jump starts the judge inside of me. As long as I am free from bingeing, purging, restricting, starving, and eating sugary foods, one day at a time, I have maintained the abstinence that is just right for me. I have maintained an authentic abstinence.

*Edited and reprinted from The Stepping Stone newsletter, Northeast Wisconsin Intergroup, March/April 2012*

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## *Connecting to Hope and Help*

I've always been a loner, happy in my own company, where I write, create, talk to myself, and can completely be myself with no mask, no pretenses, and no judgment. I had been a misfit throughout my life, always extremely self-conscious around other people. In the company of others, I would feel an element of forced politeness and false cheerfulness; afterwards, I'd feel drained and need to recover. For many years, I'd chosen food over friendships, preferring to stay at home in safety with the only thing I could be myself with—food. I began using food to avoid most situations, and just before coming to OA,

I was avoiding life completely in order to eat and eat and eat. I preferred intimacy with food over intimacy with my husband, and I couldn't socialize because it meant being away from food for too long. My closest friends were at work. They knew about my long-term issues with food, but even with them, I couldn't commit fully to a friendship. I didn't have anything to give.

I avoided OA for some time for a few reasons, one of which was fear of being around other people. This filled me with dread and anxiety. Eventually, my desperation led me through the doors, and I faced my fears. I weighed 21 stone 8 pounds (137 kg, 302 lbs) and was considering weight-loss surgery. I felt extremely self-conscious at my first few meetings, but I heard stories of hope and transformation that brought me back. My self-esteem was very low, and I didn't believe this program would work for me, even though I could see it clearly had worked for others. However, once I found my sponsor and began working the Steps, a transformation began to take place. I practice the Tools daily and work hard at the Steps, and despite my belief that I could not become abstinent, I did. I am now seventy-three days abstinent and I've released 2 stone (13 kg, 28 lbs) in weight so far. I still feel self-conscious at meetings but I'm learning the value of reaching out and not isolating with food.

I've heard it said that connection is the opposite of addiction. I know that, although I enjoy being alone, there comes a point when solitude changes; instead of me taking time for me, it becomes my disease isolating me. It's easy for my disease to keep me away from other people because it's within my comfort zone to isolate, but with the help of other members, I'm slowly poking my head out from under my fragile shell.

Connecting with others has given me both hope and help. Hope comes as I listen to the shared experiences of others: their transformations from compulsive eaters to peaceful, self-accepting people with physical, spiritual, and emotional recovery. Help is here because of the shared honesty in meetings, as members talk openly about their feelings, their pain, their joy, and their journeys with food. And finally, I know I'm no longer alone.

*Sian T.*

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### *Old Errors, New Hope*

*Step Twelve: 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.*

I know I am not alone, because of the fellowship I find in the OA rooms. This knowing works positively in all areas of my life—just as the Twelfth Step does. Today, I was sharing my experience, strength, and hope with a relative newcomer, and I wanted that person to know she was not alone. I found it necessary to talk about what I used to be like before OA, and the exact nature of some of my prior wrongs. When I shared my wrongs and the bad behavior of my former life, the newcomer was able to see me as having something she wanted: joy and hope, despite darkness in my past.

Speaking aloud again some of my most horrible wrongs made me aware of just how many character defects I've been relieved of. Prior to OA, my major driving force was self-seeking. I did not consider any far-reaching consequences to others or long-term effects on myself. My life was all about keeping the fear, loneliness, and insecurity at bay. There was no real hope, because I did not know a Higher Power was available to help me.

Today, I can live in and with those feelings without eating or lashing out. If I'd known it was possible to deal with my feelings instead of numbing them with food, how many evils could I have avoided, how much shame could I have shed, how much happier could I have been?

Today, I have a genuine belief that my HP can restore me to sanity. I also have Tools to use, Steps to take, and friends to help me keep from returning to self-destructive behavior: wanton self-indulgence in food, attention-getting, and manipulating those around me. I can only go forward from where I find myself today; not forgetting my prior lifestyle, but no longer doomed to continue down that negative path. Without OA and a connection with my Higher Power, I would still be blaming myself, hiding out, and always eating, eating, eating to stop the pain.

*Mollie R., Coeur D'Alene, Idaho USA*

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# Where Can We Read About Hope In Our Literature?

***In:***

***On Pages:***

***For Today***

**3, 61, 106, 134, 244, 333**

***Voices of Recovery***

**10, 16, 55, 68, 109, 139, 199  
236, 277, 295, 312, 328**

***OA 12 & 12***

**9 – 15, 86, 92, 95, 120, 139, 143**

***Big Book of Alcoholics*  
***Anonymous*****

**Hope: 5, 7, 18, 27, 29, 43, 44,  
45, 48, 66, 71, 94, 103, 108,  
132, 144, 148, 153, 162, 163  
Hoped: 265, 302  
Hopeful: 110, 158  
Hopefully: 23, 154  
Hopeless: 10, 14, 17, 20, 26,  
42, 43, 44, 92, 94, 113,  
Hopelessly: 42  
Hopelessness: 6, 25, 43, 92,  
153, 157  
Hopes: 73  
Hoping: 38, 44, 105, 147**

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## Section 15 – World Service Resources and Events

### Region One Highlights from WSBC 2019

A total of 24 members from Region One attended WSBC 2019 – 20 Delegates representing 16 of our Intergroups, our Region Trustee, our Region Chair, and two visitors! Here are a few highlights from their experience:



#### **The Power of the Group**

- ♡ After attending for four years, I think I finally have it down! My first year was a little daunting but Region One’s mentor program is strong; I felt well supported by my mentor and other Region One delegates. I hope I have passed on that sense of support to those I have mentored. Thank you so much for sending me, GSI, and I invite you all to follow us in a service role you’ll never forget!  
*Cindy – Greater Seattle Intergroup*
- ♡ FRIDAY MORNING - I was sick!!! coughing; headache; a very bad night of sleeping; just about fainted when I got up, I was so dizzy. So I decided to stay in bed and see if I was better for the afternoon; I was NOT... I missed that whole day’s business session. I regret that I was not there to hear the pros and cons as well as the questions that come during a debate. (That is so much fun - I work hard at staying an agent of God, not on My agenda....You would be surprised at how such an assembly can bring up ideas, suggestions that can resolve the testiest of problems.....I love it.)  
*Ev – Northern Lights Intergroup*
- ♡ On Wednesday, there was a forum “Each One, Reach One, Everyday—Carrying the Message of Hope.” The committee persons who plan for these do a great deal to make it useful.  
*Barbara – Eagle Cap Intergroup*
- ♡ A key takeaway for me was that it wasn’t about sitting in the rooms with other young people, but hearing about attractive recovery from anyone of any age.  
*Cindy – Greater Seattle Intergroup*
- ♡ Everyone deserves thoughtful consideration even in the midst of a beehive of conference activity.  
*Kate – Bitterroot Intergroup*
- ♡ It is a remarkable service experience, one which provides me with ample challenges and opportunities for personal growth while I strive to receive and provide input into decisions that affect our fellowship. It is at WSBC that I am privileged to experience a true group conscience, where all opinions are respectfully heard, and decisions are made by members truly listening to their Higher Power. It is a powerful thing.  
*Marjorie – North Cascade Intergroup*
- ♡ We delegates from the Region One area were a tight-knit bunch, providing encouragement and support to each other throughout the process. We were not alone in a crowd! Yet, outside of the delegates from Region One, the crowd of delegates came from all over the world from 17 different

countries, and I found these people were easy to speak with. The delegates came from Australia, Austria, Brazil, Canada, Costa Rica, Germany, Greece, Israel, Italy, Mexico, New Zealand, Portugal, Spain, Sweden, Thailand, United Kingdom (including Scotland), and the United States.

*Paul – Greater Seattle Intergroup*

- ♡ I was again very impacted by the scope of our fellowship, and was very honoured to join 188 delegates from 18 countries to recite “I Put My Hand in Yours”, and the Serenity Prayer in multiple languages. And I was again struck by the uniqueness of doing business the way we do – with everyone focused on what is best for our fellowship as a whole, pausing when necessary to say the Serenity Prayer, practicing principles before personalities, and a willingness to yield egos and opinions when necessary for the highest good of OA. I remembered that one of my goals after conference last year was to learn the Serenity Prayer in some other languages, and I didn’t do that. One delegate from Spain suggested we as a local fellowship learn the Serenity Prayer in a few languages and recite it at our meetings. What a fabulous idea!

*Jodi B. - Southern Alberta Intergroup*

- ♡ I was hugely impressed with the knowledge—indeed expertise—of our trustees, staff, and chairpersons. What a well-run business meeting!

*Sherry – Peninsula Intergroup*

- ♡ We always end the business portion of the Conference with the Green Dot ceremony. A Green Dot is defined as a member attending their first conference or a returnee of 10 years passed. It still gives me chills and brings a tear to my eye. It always brings thunderous applause. It is hard and overwhelming work being a Delegate, but it is a service job that binds us to each other. We understand because we were all there once.

*Tammy – Pierce County Intergroup*

- ♡ It is important that as many viewpoints as possible be present and represent our beloved fellowship.

*Marjorie – North Cascade Intergroup*

- ♡ One of the highlights was conference approval of the new book “Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous” by a resounding majority. I have a draft of the book should anyone wish to borrow it. Very honest and moving stories that I’m sure will impact many.

*Jodi B. - Southern Alberta Intergroup*

### **Serving the Fellowship**

- ♡ This year’s WSBC theme was “Growing Our Membership Worldwide”. 188 delegates from seventeen countries attended WSBC. 60% of eligible Region One intergroups were represented, second only to Region 3, at 71%.

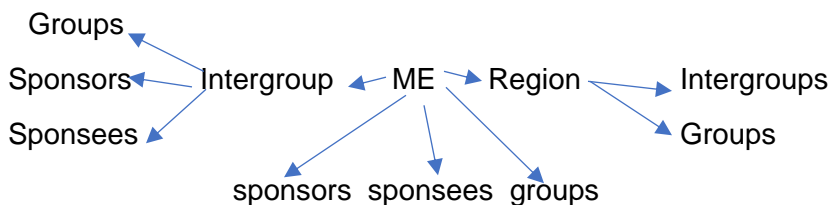
*Cindy – Greater Seattle Intergroup*

- ♡ Thank you, NLI, for this opportunity to participate in service at World Service level; I get to see God at work and to see great people doing amazing service. I am so grateful to be part of all that.

*Ev – Northern Lights Intergroup*



- ♡ In many ways, it was a marvel to see the efficiency level by which the WSBC handled its business and the earnest manner by which the delegates involved themselves in the process.  
*Paul – Greater Seattle Intergroup*
- ♡ It was a privilege and joy to serve with members from 18 different countries in our precious forward-looking worldwide fellowship of Overeaters Anonymous.  
*Jan – Oregon Intergroup*
- ♡ Each One, Reach One, Every Day. How to grow OA worldwide and reverse the tide of shrinking membership. The Forum was about several things including: taking personal responsibility to reach out to people every day; how to carry the message to potential members; how to retain newcomers; how our common welfare extends worldwide.  
*Liz – Oregon Intergroup*
- ♡ The PIPO workshop was excellent and fun. Lots of good ideas were shown us. Ways of sharing briefly about OA with someone were explored. The display boards were left out in the hallway all week for us to study for ideas.  
*Rosanne – Oregon Intergroup*
- ♡ Each One, Reach One, Every Day – Carrying the Message of Hope. After a couple of presenters, as we sat at our round tables, we then moved to action and used a list of questions, each person around the table shared their experience, strength, and hope – or lack of! to help each one of us learn new thoughts and ways to share and carry his/her message to newcomers and returnees. The idea is that we do not simply carry the message, we are the message.  
*Cassie – Southeast Alaska Intergroup*
- ♡ We have great Twelfth Step Within resources on OA.org, but they're hard to find. OA Region One website lists/links them.  
We'll reach lots if we share good stuff this way:



“I’m learning that the tools I’m comfortable with are not accessible to everyone, so I’m willing to learn new ones, like ZOOM.”

*Sherry – Peninsula Intergroup*

- ♡ I can’t again express my gratitude for sending me to Albuquerque. It has been my pleasure and honor to represent you. I’m so excited to help the new delegate on this journey next year. I have one more obligation in my term. I will be attending the Assembly in Portland as a Representative from Oct 16th -18th. It will be bittersweet knowing this will be my last duty, but I know it’s not the end; it’s just going to be a new chapter.  
*Tammy – Pierce County Intergroup*

- ♡ Our Forum topic this year was “Each One, Reach One, Every Day--Carrying the Message of Hope”. For me, it was one of my favorite events at WSBC. We split into groups and discussed 21 questions about carrying the message to new members and member retention. It really made me think about what actions I could do locally and worldwide to “reach one”. The Regions Chairs Committee did a fabulous job encouraging communication on carrying the message of hope to all still suffering compulsive overeating.

*Rita – Vancouver Island Intergroup*

## **A Fuller Living Experience**

- ♡ It was nice to have all the Region One delegates meet together on Tuesday night. The fact that we are spread across a large area does prevent us from getting acquainted during the rest of the year.

*Barbara – Eagle Cap Intergroup*

- ♡ Yes, I would do this again – I learned so much about what is going on in OA and was amazed, surprised and excited for the future of OA.

*Cassie – Southeast Alaska Intergroup*

- ♡ Attending WSBC was again a life-changing experience. It was very interesting being back for a second year. I arrived and got settled, fully expecting the complete high of last year when it was a sparkly new adventure, and...lo and behold...letdown! It was very interesting to see what I expected to feel this year versus what I felt. The feelings passed and I showed up and had a great time. And I apparently am still getting to know myself after 28 years in recovery...so more recovery and the conference hadn't even started yet!

*Jodi B. – Southern Alberta Intergroup*

- ♡ It was another recovery-enriching year at World Service Business Conference! Thank you for the opportunity to carry the WSBC message back home to you.

*Cindy – Greater Seattle Intergroup*

- ♡ It was an intense, exciting week, full of new faces from other regions as well as friends made in Region One at Assembly last year. I enjoyed evenings of fellowship going out to dinner and playing cards in the room after that.

*Liz – Oregon Intergroup*

- ♡ This was a life changing experience. I found I was energized by the enthusiasm of worldwide members. I also did not think I was interested in the business side of OA, but I was very captivated by it. The energy there was great. I met people from around the world and made several friends. Felt my program was enhanced and I was very excited to go back and share these ideas with my groups.

*Lynn – Big Sky Intergroup*

- ♡ It has again been a real privilege to serve OA in this manner. It is a challenging week, requiring a lot of focus and energy; but a lot of energy is returned. I forged closer relationships with members of my region, as well as some from across the country.

*Marjorie – North Cascade Intergroup*

- ♡ I am always moved at the opening of each session by the saying of the Serenity Prayer in a language other than English.  
*Barbara – Eagle Cap Intergroup*
- ♡ My going to the 2019 World Service Business Conference (WSBC) in Albuquerque was a remarkable experience for me. I doubt that I will ever forget this event. I am very grateful that Greater Seattle Intergroup (GSI) provided this opportunity for me to be of service in this fashion for the good of OA.  
*Paul – Greater Seattle Intergroup*
- ♡ I want to thank you so much for the honor and privilege of representing VIIG at the WSBC. I will always remember this wonderful experience. Thank you!!!  
*Rita – Vancouver Island Intergroup*
- ♡ Something powerful about being in a room with over 200 long-time abstinent brothers and sisters from all over the world. Nearly everyone who shared at meetings had been abstinent for 30-40 years.  
*Sherry – Peninsula IG*
- ♡ It's always enlightening to reconnect with OA members from around the world and to connect with my Region One delegates. This service position has given me the opportunity to build friendships beyond my wildest dreams. I started out four years ago frightened and alone, to this year meeting members at the airport, sharing Ubers and rental cars, to rooming with Kate from Montana for my 2nd year. God has put amazing people on my recovery journey and for this I am grateful. I have been able to mentor 4 wonderful members in the course of my 4 years of service and I've watched them become mentors. I am so proud of them.  
*Tammy – Pierce County Intergroup*
- ♡ We wrapped up business on Saturday afternoon with an afternoon hike along the Rio Grande, and then the banquet, keynote address, and dance. This year Linda H., outgoing GST from Region 8, told her story. And then dance we did! I danced until close to midnight with only a dozen or so of us left on the dance floor. What an amazing opportunity to be ourselves, celebrate our hard work, and have fun. The highlight was dancing and singing along to 'We Are Family'.  
*Jodi B. – Southern Alberta Intergroup*



Thank you to ALL of our Region One Delegates!  
Your service makes OA strong!

## 2020 OA World Service Business Conference

**April 20-25, 2020**

**Albuquerque, New Mexico**

[oa.org/members/events/world-service-business-conference/](http://oa.org/members/events/world-service-business-conference/)

Delegate Support applications are due to  
Region One by **October 1, 2019.**

World Service applications are due by  
**November 1, 2019.**

Intergroups must apply to Regions first to  
be considered for Delegate Support funding  
from World Service.

Email [bfdsoaregion1.org](mailto:bfdsoaregion1.org) for more  
information. **Don't miss this amazing  
service!!!**



## 2020 OA World Service Convention

**August 20-22, 2020**

Renaissance Orlando at Sea World ®  
6677 Sea Harbor Drive  
Orlando, FL 32821 USA  
Phone: 407-351-5555

Hotel Reservations will open January 2020.

## Action Plan for Building Strong Meetings

How does my meeting welcome and retain newcomers?

- ✓ Acknowledge newcomers with a Welcome coin and a special reading
- ✓ Anyone returning to OA or visiting from another area is acknowledged and welcomed
- ✓ When newcomers are present they go to a Welcome to OA session
- ✓ Conclude the meeting with Rosanne's Promise
- ✓ Use the 12 Days of Sponsorship and provide a 12 Day sponsor

How does my meeting encourage giving service and rotation of service?

- ✓ Break big tasks into smaller, manageable pieces to more easily get work done
- ✓ Service coordinators – some people are natural recruiters
- ✓ Set term limits to encourage rotation
- ✓ IG published an "All About Intergroup" info. sheet for distribution to meetings to help fill IG rep positions
- ✓ Empower others to give service (offer to serve as mentor)
- ✓ 1:1 ask (general appeal for service work doesn't work)
- ✓ "What talents can you share?" skills list
- ✓ Sponsors tell their sponsees to volunteer for service

How does my meeting encourage and support abstinence?

- ✓ Have fun! Fellowship after the meeting (Region 2)
- ✓ Weekly newcomer meetings
- ✓ Newcomer friendly phone list

- ✓ Everyone call one person on the 12th day of the month
- ✓ Share personal abstinence (Region 1/Vancouver IG)
- ✓ Hold an “ABC’s of Abstinence” workshop
- ✓ Meeting asks for a volunteer to stay after the meeting for anyone who wants help working out a plan of abstinence for the day
- ✓ Recognize abstinence (coins, etc.)

#### How does my meeting encourage and grow sponsors?

- ✓ Hold a Sponsorship Workshop during normal meeting time; make sponsorship kits available (Region 2/Silicon Valley IG)
- ✓ “Sponsorship Training On Demand” held after regular meeting; whenever it’s requested
- ✓ Use the First 12 Days sheet to encourage new sponsors and retain newcomers (Region 10)
- ✓ Do a 15-week step study with sponsorship training on the last week
- ✓ Contact list should include what step completed and whether you are available to sponsor (Region 9/Thessaloniki IG)

#### How does my meeting encourage working the Steps and honoring the Traditions?

- ✓ Special focus meetings
- ✓ SKYPE special speakers into meetings
- ✓ Hold a step meeting prior to the regular meeting
- ✓ Back-to-Basics themed meeting with focus on the steps and traditions
- ✓ Quick step study meeting (4 weeks)

Excerpts from WSBC 2018 “Building Healthy Service Bodies” Workshop



October 6, 2017

## The balanced sponsor/sponsee relationship

Dear Fellow OA Members,

The promise of relief from our disease of compulsive eating may give newcomers the expectation that members who sponsor are speaking for OA as a whole. This puts the newcomer in a position to be vulnerable to recommendations that may not be in their best interest. When we first join the Fellowship, we may not be aware of how the practices of working the Twelve Steps vary with our members. No one member speaks for OA as a whole.

Sometimes we hear “if you want what I have, you will do what I do” from individuals who appear to have the answer we are seeking.

Unfortunately, in some cases, the individuals who offer themselves as sponsors may go beyond the boundaries suggested for sponsorship and ask things that are inappropriate in the sponsor/sponsee relationship.

Sponsors are not professionals when they are doing Twelve Step work. They ought to only share or suggest changes that worked for them in their journey. Sponsors should not issue orders or make demands, for example, when it comes to the use of medications. Sponsors should not give advice regarding medications or other substances. All members of OA may choose their own plan of eating, their Higher Power, and how they work their program.

In OA, we are here to care for our members. If a sponsor becomes controlling or demands that you must behave in a certain way to recover, we suggest that you speak with a fellow member from another group or contact your local intergroup/service board, region chair, or any trustee to discuss the matter. You may change sponsors or go to different meetings to find other ways that members use to heal from the disease of compulsive eating.

We individually judge our own abstinence, healthy weight, and food plan. Your sponsor and your OA group are there as helpful guides. Others in OA (sponsors or not) are not medical experts or counselors. Members and sponsors encourage—not judge—others on the path of recovery. We are asked to turn our will over to the care of a loving Higher Power. Other human beings help—not hinder—that process.

Yours in service,

Cyndy L.,  
Chair of the Board of Trustees

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# Carrying the Message



## Carrying the Message

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.

### DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the *New Prospect Card* and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of “just for today.”
- I mention that OA is a nonprofit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program’s Tools.
- I give examples of my unhealthy eating behaviors from before OA (such as eternal dieting, starving, bingeing, constantly weighing myself).
- I say that our program is modeled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting if at all possible.

### DON'Ts

- I don't tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don't judge other people, and I don't label them as compulsive overeaters.
- I don't talk about another's shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don't speak about OA to someone new unless he or she shows an interest.
- I don't try to “sell” the Twelve Step program or exaggerate about it.
- I don't promise anything.
- I don't put down diets or methods of weight loss; I don't compare OA to other programs.

- I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.
- I don't give unsolicited advice or suggestions.
- I don't rush people into making a decision.
- I don't argue.
- I don't shut the door. Even if someone is not interested now, he or she may be interested in the future.
- I don't try to give away what I don't have.

### **WHY CARRY THE MESSAGE?**

"Service is its own reward." (OA *Twelve and Twelve*, p. 175)

"When I give service, I receive more than I could ever give." (*Voices of Recovery*, p. 328)

"I don't have to wait until I am perfect to do service." (*Voices of Recovery*, p. 252)

"Service gives me practice at freeing myself from the bondage of self." (*Voices of Recovery*, p. 284)

"Only by working with those who are not yet free [from the disease] do I fully realize that freedom." (*For Today*, p. 252)

"We now have a message of hope to carry to other compulsive overeaters." (OA *Twelve and Twelve*, p. 99)

"When all other measures failed, work with another alcoholic would save the day." (*Alcoholics Anonymous*, 4<sup>th</sup> ed., p. 15)

"Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others." (OA *Twelve and Twelve*, p. 101)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (*Alcoholics Anonymous*, 4<sup>th</sup> ed., p. 89)

"Those of us who live this program don't simply carry the message; *we are the message*." (OA *Twelve and Twelve*, p. 106)

### **STEP TWELVE**

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.

### **TRADITION FIVE**

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

### **OA RESPONSIBILITY PLEDGE**

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

© *Alcoholics Anonymous* 4<sup>th</sup> Edition, pages 15, 89, reprinted with permission of Alcoholics Anonymous World Services, Inc.

## The Twelve Steps

We admitted we were powerless over food — that our lives had become unmanageable.

Came to believe that a Power greater than ourselves could restore us to sanity.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Made a searching and fearless moral inventory of ourselves.

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Were entirely ready to have God remove all these defects of character.

Humbly asked Him to remove our shortcomings.

Made a list of all persons we had harmed and became willing to make amends to them all.

Made direct amends to such people wherever possible, except when to do so would injure them or others.

2. Continued to take personal inventory and when we were wrong, promptly admitted it.

1. 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.

2. 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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

## The Twelve Traditions

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 nonprofessional, 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.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

OA Board-approved

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## Carry the Message – Keep Your Meeting List Up-to-Date!

**Meetings:** please update your meeting information whenever there is a change. Your meeting info on the OA website is how newcomers find your meeting. Go to the following link and follow the prompts: [www.oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/](http://www.oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/) to keep your listing accurate.

### Meeting Changes

Add a Meeting

**Edit a Meeting**

Cancel a Meeting

## Edit a Meeting

### Search Options:

Select the type of meeting you would like to edit.

Face-to-Face Meeting

Online Meeting

Telephone Meeting

**Intergroups:** Your local meeting list should match what is on the OA website. It is a good idea to compare these lists regularly to ensure everything is up-to-date. For a list of all meetings affiliated with your intergroup, go to [www.oa.org/find-a-meeting/?type=3](http://www.oa.org/find-a-meeting/?type=3) and enter your Service Body/Intergroup Number. You can save a link to your intergroup’s meeting list.

### Find a Meeting

Find a Meeting

Face-to-Face Meeting

Telephone Meeting

Online Meeting

Non-Real-Time Meeting

**Find a Service Body**

## Find a Service Body

### Search Options:

Select Your Location

Select a Country

**OR** For a list of affiliated meetings, enter your 5-digit intergroup/service board number (E.g. 09001).

Search

Reset the Form

# LET PEOPLE KNOW ABOUT YOUR MEETING!

You can publicize your meetings in many ways. Here are a few. For more information, contact your local intergroup or region office, or get the *Public Information Service Manual* from the WSO.

☛ **Group Registration** Register your group and keep that information current with the WSO AND your intergroup. Many people call the WSO seeking information about meetings in their area. The WSO depends on you to make sure we have current information.

☛ **Bulletin Boards** Post notices of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals and other public places, where permitted. You may use the *Bulletin Board Attraction Cards* available from the WSO.

☛ **Classified advertisements** Many newspapers and neighborhood “shoppers” offer free listings to nonprofit organizations. Send these to the appropriate department head, or a department name may be sufficient. Publishers often require that ad copy be sent in weekly, usually by postcard. Length is often limited to a specified number of words or lines. Many groups and intergroups prepare a month’s worth of notices in advance and mail one each week on the same day. You can also find free advertising Web sites on the Internet.

☛ **Public Service Announcements (PSAs)** on radio or TV. A PSA is

usually a 15-, 30- or 60-second radio or television spot with a short message about OA and the phone number of the World Service Office and/or the local intergroup. While broadcast stations are no longer required to air PSAs, many stations do so as a community service and to fill space between programs. Some tips:

- ✓ **Use the prerecorded OA radio PSA**—Each radio PSA comes with 15-, 30- and 60-second spots. Also includes script and cover letter to stations.
- ✓ **Use the prerecorded OA TV PSA**—TV stations are unlikely to use PSAs unless they

are professionally produced. We suggest you purchase the PSA from the OA catalog, and submit the script along with the disk (included with purchase). Each TV PSA disk comes with 15-, 30- and 60-second spots.

- ✓ **Use live copy**—Some stations prefer live copy which they will produce or announce on the air (see sample below).

**Sample Classified Ad Copy**

**#1—30 words**  
Do you worry about the way you eat? Overeaters Anonymous may have the answer for you. No weigh-ins, dues or fees. Call for a meeting location in your neighborhood.

**#2—20 words**  
If food rules your life, call Overeaters Anonymous. No dues, fees or weigh-ins. Call for the nearest meeting location.

**#3—15 words**  
Are you a compulsive overeater? Overeaters Anonymous can help. For more information call \_\_\_\_\_.

**Sample Live Copy PSA**

**30 seconds**  
Do you suspect food rules your life? Overeaters Anonymous may be the answer for you. It is not a diet club, but a Fellowship of people recovering from compulsive overeating. OA offers mutual support. The only requirement for membership is a desire to stop eating compulsively. There are no dues, fees or weigh-ins. For a meeting in your neighborhood call \_\_\_\_\_.

☛ **Ongoing meeting notices** Some papers have a special section for community meetings. The type of notice you send to the newspaper or community newsletter depends on the individual policies of each paper. Some require that you submit a notice each week. Others will run one submission indefinitely.

**Tips for submitting meeting notices:**

- ✓ Double-check the name of the special events section and the name/title to whom you are supposed to send the notices.
- ✓ Type your notice and send it with a cover letter. Some papers will accept postcards for notices that must be sent in weekly. Type across the top: “NOTICE FOR WEEK OF . . .”
- ✓ If your notice will be running indefinitely, check the listing periodically for errors.

**Sample Newspaper Meeting Notice**

Thursdays (Add date if submitted weekly.)

OVEREATERS ANONYMOUS. Middle Vale High School, 241 Highland Ave., Newtown. Second floor faculty lounge. 7 p.m. newcomer meeting, 8 p.m. regular meeting. No dues, fees or weigh-ins. Everyone welcome! (If desired, include a phone number).



# Just a Few of the Many Resources on the OA Website

[oa.org/documents/](https://www.aa.org/documents/)

## Meeting Formats

- [Abridged Tools of Recovery](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Lifeline Meeting Format](#)
- [Newcomer Meeting Guidelines and Format](#)
- [Recovery from Relapse Meeting Format](#)
- [Suggested Meeting Format](#)
- [Suggested Reading and Writing Meeting Format](#)
- [Suggested Step-Study Meeting Format](#)
- [Suggested Telephone Meeting Format](#)
- [Suggested Young Persons' Meeting Format](#)

[oa.org/documents/](https://www.aa.org/documents/)

## Guidelines

- [Budget Guidelines for Service Bodies](#)
- [Carrying the Message](#)
- [Fundraising and Prudent Reserve Guidelines for Groups and Service Bodies](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings](#)
- [Guidelines for Anonymity in the Digital World](#)
- [Guidelines for Health Fair Participation](#)
- [Guidelines for Locally Produced Literature](#)
- [Guidelines for Membership Retention](#)
- [Guidelines for OA Events](#)
- [Guidelines for OA Newsletters](#)
- [Guidelines for Public Information Events](#)
- [Guidelines for Writing the History of Your Local Area](#)
- [Guidelines for Professional Outreach Committees](#)
- [OA-Approved Literature List](#)
- [OA CARES Inmate Correspondence Program Guidelines](#)
- [Small Meeting Guidelines](#)
- [Treasurer Guidelines](#)
- [Website Development Guidelines](#)



## On-Line Resources for Members Who Are Struggling or at Risk of Leaving OA

**This list developed by the 2019 Strong Recovery Project Team of OA Region One**

RESOURCE	LINK TO RESOURCE
12 Steps to a Slip - Idea that Work	<a href="http://oa.org/pdfs/Twelve%20Steps%20to%20a%20Slip.pdf">oa.org/pdfs/Twelve%20Steps%20to%20a%20Slip.pdf</a>
A Plan of Eating	<a href="http://bookstore.oa.org/pc_product_detail.asp?key=E78AA3E5774847B6ADFE059B15AE2258">bookstore.oa.org/pc_product_detail.asp?key=E78AA3E5774847B6ADFE059B15AE2258</a>
At Meetings and Between Meetings	<a href="http://oa.org/pdfs/At%20Meetings.pdf">oa.org/pdfs/At%20Meetings.pdf</a>
Been Slipping & Sliding? A Reading and Writing Tool	<a href="http://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf">oa.org/files/pdf/Been-Slipping-and-Sliding.pdf</a>
Call 5 Keep 'Em Alive	<a href="http://oa.org/pdfs/Call%205.pdf">oa.org/pdfs/Call%205.pdf</a>
From Slip or Relapse to Recovery	<a href="http://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf">oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf</a>
Fun and Fellowship	<a href="http://oa.org/files/pdf/Fun-and-Fellowship.pdf">oa.org/files/pdf/Fun-and-Fellowship.pdf</a>
Keep It Simple - Ideas that Work	<a href="http://oa.org/pdfs/Working%20the%20Steps.pdf">oa.org/pdfs/Working%20the%20Steps.pdf</a>
Pamphlet: Person to Person	<a href="http://oa.org/files/pdf/person_to_person.pdf">oa.org/files/pdf/person_to_person.pdf</a>
Pamphlet: Together We Can	<a href="http://oa.org/files/pdf/together_we_can.pdf">oa.org/files/pdf/together_we_can.pdf</a>
Podcast: A Commitment to Abstinence and Maintaining a Healthy Body Weight	<a href="http://oa.org/wp-content/podcasts/Mar16editedOALiteratureACommToAbst_Maintain.mp3">oa.org/wp-content/podcasts/Mar16editedOALiteratureACommToAbst_Maintain.mp3</a>

RESOURCE	LINK TO RESOURCE
Podcast: Plan of Eating and Dignity of Choice	<a href="http://oa.org/podcasts/january-5-oa-literature-plan-of-eatingdignity-of-choice/">oa.org/podcasts/january-5-oa-literature-plan-of-eatingdignity-of-choice/</a>
Podcast: Think Before You Take that First Compulsive Bite	<a href="http://oa.org/podcasts/november-2-oa-literature-think-first-before-you-take-that-first-compulsive-bite-remember/">oa.org/podcasts/november-2-oa-literature-think-first-before-you-take-that-first-compulsive-bite-remember/</a>
Podcast: Welcome Back and Members in Relapse	<a href="http://oa.org/podcasts/august-3-oa-literature-welcome-back-members-in-relapse/">oa.org/podcasts/august-3-oa-literature-welcome-back-members-in-relapse/</a>
Preventing Relapse - Ideas that Work	<a href="http://oa.org/pdfs/Working%20the%20Steps.pdf">oa.org/pdfs/Working%20the%20Steps.pdf</a>
Relapse Prevention	<a href="http://oa.org/members/relapse-prevention/">oa.org/members/relapse-prevention/</a>
Strong Abstinence Checklist and Writing Exercise	<a href="http://oa.org/members/relapse-prevention/%20tools-of-recovery/strong-abstinence-%20checklist/">oa.org/members/relapse-prevention/%20tools-of-recovery/strong-abstinence-%20checklist/</a>
The Simplicity Project	<a href="http://oa.org/pdfs/tsw_simplicity.pdf">oa.org/pdfs/tsw_simplicity.pdf</a>
Tools of Recovery	<a href="http://bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8">bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8</a>
Traveling Hopefuls - Ideas that Work	<a href="http://oa.org/pdfs/traveling%20hopefuls.pdf">oa.org/pdfs/traveling%20hopefuls.pdf</a>
Twelve Stepping a Problem	<a href="http://oa.org/files/pdf/twelve_stepping_a_problem.pdf">oa.org/files/pdf/twelve_stepping_a_problem.pdf</a>
Video: Breaking Out of Relapse	<a href="http://oa.org/members/relapse-prevention/relapse/">oa.org/members/relapse-prevention/relapse/</a>
Working the 12 Steps - Ideas that Work	<a href="http://oa.org/pdfs/Working%20the%20Steps.pdf">oa.org/pdfs/Working%20the%20Steps.pdf</a>



## Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

### CHECKLIST

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

### WRITING EXERCISE

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

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# Strong Meeting Checklist

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The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Are cross talk and advice-giving avoided?
6. Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions?
7. Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting?
8. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
9. Does the group follow a meeting format based on OA's Suggested Meeting Formats?
10. Is only OA-approved literature on display and for sale?
11. Are group conscience meetings held regularly?
12. Are all service positions filled and is rotation of service practiced?
13. Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting?
14. Is the meeting a safe place for all members?

OA Board-approved  
Overeaters Anonymous®, Inc.

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## Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

- 1) I admit I am powerless over \_\_\_\_\_. How does this make my life unmanageable?
  
- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO If no, explain why not. What would recovery look like in relation to this problem?
  
- 3) Have I made a decision to turn \_\_\_\_\_ over to the care of God/Higher Power? YES or NO If no, explain why not.
  
- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?
  
- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.

- 6) Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO If no, explain why not.
  
- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO (Refer to fears, resentments, harms in number four above.)
  
- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?
  
- 9) How and when will I make amends?
  
- 10) Continue to take a personal inventory. What specific actions can I take today?
  
- 11) What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?
  
- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

[https://oa.org/files/pdf/twelve\\_stepping\\_a\\_problem.pdf](https://oa.org/files/pdf/twelve_stepping_a_problem.pdf)

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## Unity With Diversity Checklist

The following checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' Third Tradition and the [OA Unity With Diversity Policy Statement](#). This checklist is not meant to be exhaustive, nor can it be. As we continue to grow, so does our understanding of diversity. These questions are only a starting point for reflection and discussion. We hope that newcomers who are used to “closed doors” can find not only a welcome in OA, but also a home if they wish. As OA's responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

- 1) In what ways do we welcome all who share our compulsion, regardless of race, ethnicity, language, culture, religion, gender identity, sexual orientation or any other attribute?
- 2) What measures do we take to provide meeting access to OA members who have challenges such as mental or physical disabilities or illnesses, or those who have allergies? What about those who have small children or those who rely on public transportation?
- 3) How do we welcome members such as anorexics, bulimics or those who have had weight-loss procedures? Do we welcome OA members in relapse as authentically as we welcome newcomers or any other members?
- 4) Does our group meeting format use the Diversity Statement included in OA's current [Suggested Meeting Format](#)?
- 5) Do we avoid suggesting that *all* OA members have the same issues with food, such as addiction to specific foods, a need to weigh and measure, and so on?
- 6) How do we communicate to newcomers—and reinforce to all members—that Higher Power means a God of our individual understanding and is not specific to any particular religion, faith or concept?
- 7) Do we respect each member's way of practicing the OA Twelve Steps and Twelve Traditions in a manner best suited to his or her own needs?
- 8) Do we emphasize all three aspects of recovery (spiritual, emotional and physical) equally, or do we focus only on one or two?

- 9) Does our OA literature table stock items that highlight our common solution through diversity, such as:
- *A Common Solution: Diversity and Recovery*;
  - *Black OA Members Share Their Experience, Strength and Hope*;
  - *Dignity of Choice*;
  - *Focus on Anorexia and Bulimia Packet*;
  - *Many Symptoms, One Solution*;
  - *OA Members Come in All Sizes*;
  - *To the Teen*;
  - *To the Man Who Wants to Stop Compulsive Overeating, Welcome*;
  - *Welcome Back, We Care! Packet*; and
  - Young Person's Packet
- 10) How do we reflect diversity when we conduct business meetings, elect trusted servants or choose speakers and workshop leaders?
- 11) In what ways do we carry the OA message to groups who are currently under-represented in the rooms? Speakers? Workshops? Special focus meetings? Other methods of attraction?
- 12) Having completed this checklist, what other areas can we examine in order to better “extend the hand and heart of OA” to all who share our compulsion?

For guidelines on how to hold a Group Conscience Meeting, go to [www.oa.org/pdfs/groupconscience.pdf](http://www.oa.org/pdfs/groupconscience.pdf). More information is also available in the [OA Handbook for Members, Groups and Service Bodies](#) in the [OA Bookstore \(bookstore.oa.org\)](http://bookstore.oa.org).



**Unity with Diversity Checklist**

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World Service Office

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# Section 16 – Region One Resources

## Region One Resources



[oaregion1.org](http://oaregion1.org) has many resources for recovery!

**Audio Recordings from Convention and Other Events** - Check out our growing virtual speaker audio collection at [oaregion1.org/audio-recordings.html](http://oaregion1.org/audio-recordings.html).

**Board Blog** – The Region Board is blogging! Check it out at [oaregion1.org/board-blog](http://oaregion1.org/board-blog).

**Board Outreach Visits & Intergroup Renewal** – The Region Board wants to visit your intergroup! Two Board members will lead your workshop, marathon, or retreat on a topic chosen by your intergroup. Travel costs are paid by Region One. Fill out an application at [oaregion1.org/documents--reports.html](http://oaregion1.org/documents--reports.html)

**Conference Call Speaker Meetings** – We are hosting quarterly special topic speaker meetings, available via conference call for all members of Region One and beyond. Check out our audio page for recordings, and watch for announcements of these meetings.

**“Connections for Recovery”** – We want to help you CONNECT to others in recovery and service. Don’t work your program in isolation, or feel you have to “go it alone” at your intergroup or meeting. Contact your Region One Liaison or email [board@oaregion1.org](mailto:board@oaregion1.org) to ask for help.



**Convention!** - Our Region Convention is an amazing recovery opportunity! This annual fall event is a solid weekend of program, with a keynote speaker, OA meetings, fun activities, and a full day of topic workshops on Saturday.

**Events** – List your OA event or get information about other events in Region One at [oaregion1.org/events.html](http://oaregion1.org/events.html)

**Intergroup Liaisons** – Each intergroup and Project Team has a Region One Board Liaison, who shares information and resources to help your intergroup thrive. Liaisons are listed at [oaregion1.org/contact-us.html](http://oaregion1.org/contact-us.html).

**Journals** – Daily format for morning and evening review. Available at [oaregion1.org/store/p9/Region\\_1\\_Journals.html](http://oaregion1.org/store/p9/Region_1_Journals.html)

**Newsletters** – Read OA newsletters from around Region One at [oaregion1.org/recovery-resources.html](http://oaregion1.org/recovery-resources.html)

**PIPO Funding** – Region has money to help your intergroup with Public Information and Professional Outreach projects: [oaregion1.org/documents--reports.html](http://oaregion1.org/documents--reports.html). Email [treasurer@oaregion1.org](mailto:treasurer@oaregion1.org).

**Region One Trustee** – Our Trustee is available to answer questions or lead workshops about OA Service, Traditions & Concepts. She can help your intergroup connect with resources and information from World Service. Email [regiononetrustee@gmail.com](mailto:regiononetrustee@gmail.com).

**Speaker List** – Would you like to be on the Region One speaker list? Need a speaker for your OA event? Email [mal@oaregion1.org](mailto:mal@oaregion1.org) for more info and a copy of the current speaker list.

**Recovery Resources** – We’re building a page on our website with recovery resources, arranged by topic! Check it out at [oaregion1.org/recovery-resources.html](http://oaregion1.org/recovery-resources.html)



**Representative Support for Assembly** – Our goal is to have ALL of our Intergroups represented at Assembly. There is financial support available from Region One. All Intergroup Chairs will receive an email about Representative Support. Email [treasurer@oaregion1.org](mailto:treasurer@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 [oaregion1.org/sponsorship.html](http://oaregion1.org/sponsorship.html)

**WSBC Delegate Support Funding** – We want your intergroup to send Delegates to World Service Business Conference! Applications for Region One support to WSBC 2020 are available on our website and are due by October 1, 2019. Email [treasurer@oaregion1.org](mailto:treasurer@oaregion1.org).

**Yahoo Group** – This loop is for sharing news that will benefit all members of Region One. Get “in the loop” by sending a blank email to: [oaregion1-subscribe@yahoogroups.com](mailto:oaregion1-subscribe@yahoogroups.com)!

## 2020 Application for Region One Board Outreach Visit:

### ***“Each One, Reach One: Share the HOPE!”***

The Region Board has enjoyed visiting many of our intergroups in the past several years, offering Intergroup Renewal (IGR) presentations and recovery workshops. It has been wonderful to share recovery and service with our members, and we’re ready to set dates for next year!

Has your intergroup participated in IGR? If not, we’d love to lead you through this amazing process of discovering the needs of your local membership and developing projects that meet those needs. Let’s get a date on the calendar!

AND, we’d like to visit all of our intergroups to talk about our new 2019-2020 strategic focus: **“Each One, Reach One: Share the Hope!”**

#### Here’s what we can offer:

- Help create a timeline, structure and content for the event
- Two Board members visit for the weekend (Friday arrival, Sunday departure)
- We can include these topics in our presentation:
  - **Intergroup Renewal (IGR) or an IGR “refresher”**
  - **How each member, meeting and intergroup can “Share the Hope”**
  - **And /or any recovery topic chosen by your intergroup**
- Region covers travel costs to and from the event
- Proceeds from all intergroup raffles, registration, etc. are retained by the Intergroup.

#### We ask the Intergroup to:

- Communicate with Region One to help us tailor the event to your members’ needs
- Provide meeting space
- Create and distribute a flyer to get the word out about the event
- Invite members from nearby intergroups to attend
- Allow Region One to offer journals 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: (month/year) _____
City/State/Prov _____	First choice _____
Contact Name _____	Second choice _____
Email _____	Third choice _____
Phone _____	
Address _____	Has your IG ever hosted R1? _____
Address _____	If so, when? _____
Comments _____	

Please return form to [board@oaregion1.org](mailto:board@oaregion1.org) or Region One, P.O. Box 23235, Tigard, OR 97281, USA.

# Region One Audio:

[www.oaregion1.org/audio-recordings.html](http://www.oaregion1.org/audio-recordings.html)

## Conference Call Speakers:

- **April 30, 2018** - [First Speaker](#)
- [June 2018 call on Public Information/Professional Outreach](#) **(with notes)**
- [May 2018 call on Strong Meetings](#) **(with notes)**
- [July 2018 call Focus on Service](#) **(with notes)**
- [September 2018 Speaker call](#)
- **Oct 2018** - [Assembly Luncheon Speaker](#)
- **Dec 12, 2018** - [Twelfth Step Within Day Speaker](#)
- **March 2019** - [Speaker on "What, You Want Me to Sponsor?"](#)
- [June 2019](#) - [Speaker on "Body Image"](#)

## Keynote Speakers from Region One Conventions

- [2009 Convention](#) - Friday Keynote Speaker
- [2009 Convention](#) - Saturday Keynote Speaker
- [2009 Convention](#) - Sunday Keynote Speaker
- [2014 Convention](#) - Friday Keynote Speaker
- [2014 Convention](#) - Saturday Keynote Speaker
- [2014 Convention](#) - Sunday Keynote Speaker
- [2016 Convention](#) - Friday Keynote Speaker
- [2016 Convention](#) - Saturday Keynote Speaker
- [2016 Convention](#) - Sunday Closing Speaker
- [2017 Convention](#) - Friday Keynote Speaker
- [2017 Convention](#) - Saturday Keynote Speaker
- [2018 Convention](#) - Friday Keynote Speaker
- [2018 Convention](#) - Saturday Keynote Speaker
- [2018 Convention](#) - Sunday Closing Speaker

## Food Plan

- [Planning the Production](#): The Importance of a Food Plan - 2009 Region One Convention

## Gratitude

- [Attitude of Gratitude](#) - 2009 Region One Convention

## Living in Program/Maintenance

- [Staying in Character](#) - 2009 Region One Convention
- [Writing Workshop](#) - 2016 Region One Convention
- [Body Image](#) - 2016 Region One Convention
- [Relationships](#) - 2016 Region One Convention
- [100-lbers](#) - 2016 Region One Convention

## Prayer and Meditation

- [Accepting Direction](#) - 2009 Region One Convention

### Relapse

- [After Relapse](#) - 2009 Region One Convention
- [Breaking out of Relapse Video](#) - OA.org video
- [Life on Life's Terms](#) - 2009 Region One Convention
- [Relapse And Recovery](#) - 2016 Region One Convention

### Spirituality

- [In the Spotlight: Living in the Sunlight of the Spirit](#) - 2009 Region One Convention
- [Spirituality Workshop - 2018 R1 Convention](#) **\*\*NEW\*\***

### Sponsorship

- [Sponsors](#) - 2009 Region One Convention
- [Sponsorship Workshop](#) - 2016 Region One Convention
- [Sponsorship](#) - 2018 Region 1 Convention

### Surrender

- [Suit Up and Grow Up](#) - 2009 Region One Convention

### Principles

- [Unity](#) - 2016 Region One Convention

### Other Topics

- [Guilt and Shame](#) - 2018 Region One Convention

### Tools

- [Tools](#) - 2009 Region One Convention
- [Building Strong Meetings Workshop](#) - 2018 Region One Convention **\*\*NEW\*\***
- [Technology Q & A](#) - 2018 Region One Convention **\*\*NEW\*\***

### The Twelve Steps

- [Steps 1, 2 and 3](#) - 2009 Region One Convention
- [Step 3: The Proper Use of Will](#) - 2009 Region One Convention
- [Step 4](#) - 2009 Region One Convention
- [Step 4](#) - 2016 Region One Convention
- [Steps 5, 6 and 7](#) - 2009 Region One Convention
- [Steps 5, 6 and 7: Character Defects into Assets](#) - 2009 Region 1
- [Steps 6, 7 and 8](#) - 2016 Region One Convention
- [Steps 8 and 9](#) - 2009 Region One Convention
- [Steps 8 and 9](#) - 2016 Region One Convention
- [Steps 10 and 11](#) - 2009 Region One Convention
- [Steps 10 and 11](#) - 2016 Region One Convention
- [Step 12](#) - 2009 Region One Convention
- [Step 12](#) - 2016 Region One Convention

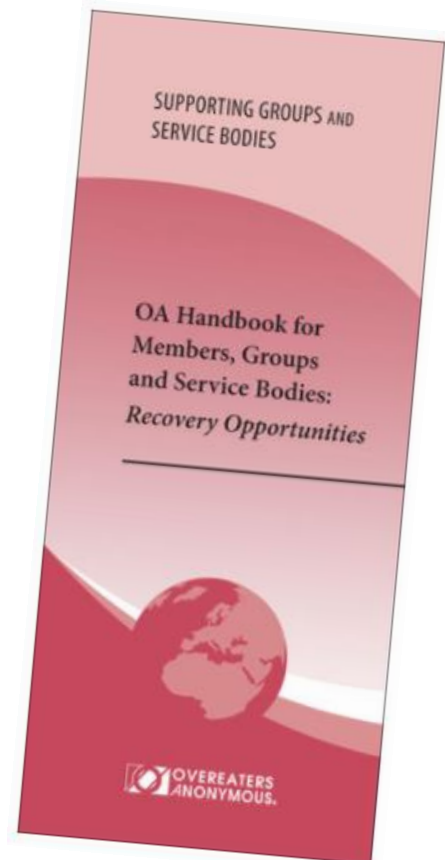
Experience, Strength & Hope from Past

# Intergroup Chairs

- *Informal shares to support you in your service* -

## RESOURCES & SUPPORT

- Ask the previous chair to serve as an ex-officio chair for a period of time to ease the transition.
- Get a copy of *How to Be an Effective Trusted Servant*: [www.oa.org/pdfs/trusted\\_servant.pdf](http://www.oa.org/pdfs/trusted_servant.pdf).
- At each intergroup meeting, spend a few minutes reading from the pamphlet "*OA Handbook for Members, Groups, and Service Bodies*." By reading a few pages at each meeting we finish the whole pamphlet about once a year, and each month we learn something new.
- Be familiar with your intergroup Bylaws and Policies. These are often referred to and should be available for all attendees.
- Don't be afraid to ask for help! Just like our recovery, we won't always know what to do.... ASK! Ask the previous intergroup chair, ask your region officers/trustee, ask your sponsor.... just ASK!
- OA websites have lots of awesome ideas. Check out [www.oa.org/documents/](http://www.oa.org/documents/), as well as other region and intergroup websites!
- Build your OA Community! Reach out to other intergroups in your region to see what they do. Contact another region's chair and ask to be connected to a couple of experienced intergroup chairs.
- Often the Serenity Prayer will get you past some tricky moments.
- Have basic bylaws, perhaps drafted from the WSO website:
  - [www.oa.org/pdfs/bylaws\\_overview.pdf](http://www.oa.org/pdfs/bylaws_overview.pdf)
  - [www.oa.org/pdfs/sample\\_ig\\_bylaws.docx](http://www.oa.org/pdfs/sample_ig_bylaws.docx)
- Keep your intergroup details up to date with WSO: [www.oa.org/pdfs/igregform.pdf](http://www.oa.org/pdfs/igregform.pdf)
- Familiarize yourself with the basics of Robert's Rules of Order. These come in handy when running business meetings—they'll help you stay on time and get through agenda items faster.
- Make sure your intergroup is CONNECTED to your region and to World Service! Send Reps to Region Assembly and Delegates to World Service Business Conference. Your intergroup's participation will strengthen OA as a whole, AND it will strengthen your intergroup.



## MEETING BASICS

- Have reports and minutes due and sent out in advance, so meeting time doesn't have to be taken up with these items. **Use meeting time to discuss projects or for committee breakout meetings!**
- 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
- Respect members' time by starting and closing the meeting on time.
- Use the Traditions and a simple system of Robert's Rules to keep the meeting focused and peaceful.
- Be patient, flexible, honest, and open-minded. Know that everyone there has the good of OA in their hearts. Listen well. Let go of your ideas and let others "do it their way." Guide rather than direct. Suggestions go a long way.
- Have a time when intergroup reps can bring up questions or share about their groups.
- Create a one-page summary after each meeting, with the "bare bones" info you want to be conveyed to the groups. Catchy colors / clipart etc. are useful.
- Live and breathe by the Traditions! Ask your region board to present a Service/Traditions/Concepts workshop.

## RECOVERY, RECOVERY, RECOVERY!

- Remember our Primary Purpose in all things you do. Ask yourself and the group frequently if what you're doing or thinking about doing will help the still-suffering compulsive eater. Don't 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. Work on your own recovery. Encourage your officers and committee chairs to work on their recovery. The intergroup won't be effective or attractive if recovery is not present among those in leadership positions.
- Concentrate on what intergroup can do to help meetings carry the OA message of recovery.
- A good way to learn how the intergroup can help foster recovery is by doing an inventory and a member survey. It's important to discover the unique needs of YOUR intergroup. (Check out the R1 Intergroup Renewal Handbook at [www.oaregion1.org/intergroup-renewal.html](http://www.oaregion1.org/intergroup-renewal.html)).
- Don't 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, to help guide your actions and responses.
- Do make abstinence important; do create abstinence requirements for service. Abstinence requirements should be stated in the bylaws.
- Don't fill the agenda with business! It's wonderful to have program-focused presentations, as well.
- Bring recovery to the intergroup meeting to help you lead by example: have a speaker share their story before or after the meeting, pair the intergroup meeting with an OA meeting or workshop, etc.
- Hold a recovery event on the same day as the intergroup meeting. This brings service and recovery together and sends a very basic message that service is part of our recovery. Members who want the workshop may attend the intergroup as a visitor—this is good way of introducing them to service. Try to cover the Traditions and Concepts as part of some of these workshops.

**It's all about  
Primary  
Purpose!**

- Spend five minutes of the intergroup meeting having your officers share on what they are doing to strengthen their personal recovery.
- Spend a few minutes in prayer and meditation before chairing the intergroup meeting.

## ENCOURAGE PARTICIPATION & SERVICE

- Approach your role with a sense of pride and enthusiasm! You play a key role, and members look to you for meeting consistency and support. Be the cheerleader—make people feel welcome and glad they came to the meeting!
- Ask members for help in setting up the room prior to the meeting.
- Ask sponsors to expect/recommend/ask their sponsees to give service at the intergroup level. At least try. Or go to a meeting, just to check it out.
- Ask members to give others a lift to the meeting – this encourages participation and fellowship.
- Recruit your OA buddies at the meeting level to come support your intergroup efforts. This will be especially important if you are trying to implement changes.
- 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!
- 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 and try service, even if they’re not up to holding an office.
- How to fill empty service positions: Ask people personally. Encourage them to use their ES&H and let them know others are available to help them as they learn. Let others know that giving service is AMAZING for your recovery!
- Be as inclusive as you can: [www.oa.org/pdfs/UnityWithDiversityChecklist.pdf](http://www.oa.org/pdfs/UnityWithDiversityChecklist.pdf).
- Give everyone who wishes a chance to share. Some are reluctant—try to find ways to help them feel safe speaking up. That’s not always easy.

## WORK AS A TEAM WITH YOUR BOARD

- Support one another in personal recovery.
- Work with your board to create a vision or theme for the year. Will you choose the Principles, Traditions or a one-word theme of “Unity”?
- Check in with people in service positions—ask them how it’s going and if they need help. If someone is 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.
- Remember—you’re not alone. Learn to delegate!
- Meet with your fellow board members to discuss how things are going and what new directions you want to explore.
- Have regular board meetings prior to the intergroup meetings to share updates and ideas.



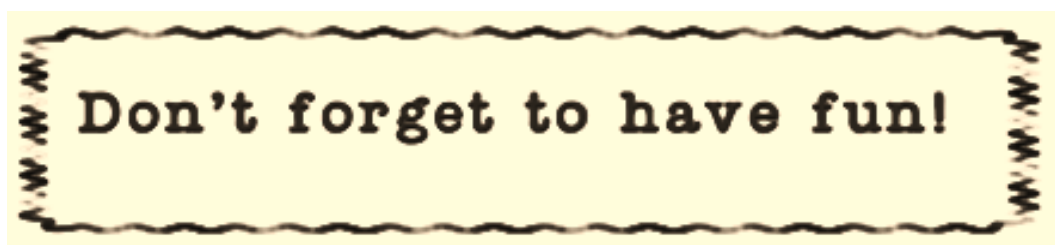


## MAKING DECISIONS

- Use Robert's Rules more or less depending upon group size. When it gets contentious, use them a bit more. Remember that a group conscience deliberation and decision includes HP.
- Look for solutions in the "grey area" rather than in the "black and white." 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."
- Look for the spiritual solution to issues.
- Check out the consensus guidelines: [www.oa.org/pdfs/consensus.pdf](http://www.oa.org/pdfs/consensus.pdf).
- Be enthusiastic about service, carrying the message, and resolving issues with the Traditions.
- Don't make a decision until you hear all sides.
- 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 okay to postpone an item of business until next month.
- Sometimes we run out of time to reach consensus at one intergroup meeting. Very few decisions need to be made urgently. A long-time member suggested that a close vote means there is no consensus. It does take more time, but it is well worth it in the long run.

## EASY DOES IT!

- Don't be scared! We're all in this together and none of us is in charge! Just because you're the intergroup 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.
- Handling the time commitment: God 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.
- Don't forget Rule 62 – never take yourself too seriously!
- Ask for help when you need it.
- Don't let your service work replace your recovery work.
- Don't despair when others do something differently or "not as well" as you do. Learn to let go and let others do tasks their way.
- Remember why you stepped up to do this awesome service and know that HP equipped you with what you need to lead.
- HAVE FUN!!!



Experience, Strength & Hope from Past

## Intergroup Secretaries

*- Informal shares to support you in your service -*

### RESOURCES & SUPPORT

- Read the minutes section of Robert's Rules.
- If there a manual or binder for your service position, use it to follow timelines of tasks for which the secretary is responsible.
- Have a proof-reader for content and grammar.

### DO THIS BEFORE THE MEETING

- If you must miss a meeting, find a sub to do the minutes.
- Keep all important papers in a binder, but don't keep every piece of paper your group produces!
- Ask the Chair for an agenda, and use it to prepare a template for the minutes.
- Keep the Secretary's binder up-to-date with updated Bylaws, Policy & Procedures, etc.
- Streamline your service—take the minutes from the last meeting and “save as” the new date, then change the names of people who attended, etc. It only takes a few minutes to do the minutes that way. Why reinvent the wheel?
- Keep things organized and easily accessible for members. Set up a Google Drive with folders for each meeting so that board members and intergroup reps can grab the minutes and PDF handouts from those meetings on their own.
- Keep updating an attendance spreadsheet so that when it's time for nominations for board members and World Service and Region Reps, it is clear from the spreadsheet who is eligible to run and who is not (example: needing six meetings attended in the last two years). This will greatly help the Nominating Committee with their task of seeking out volunteers to serve on the board.



### THE BASICS OF TAKING MINUTES

- Doing minutes in real-time on a computer word processor helps get the job done quickly.
- You can take minutes by hand or with a computer, but using a computer is generally quicker than writing and you can have everything completed by the end of each meeting.
- If you have to, record the meeting, but don't try to type it all in real-time.
- Take brief notes during the meetings, capturing all decisions and action items.
- Listen well at the meeting, and be patient.
- Ask for clarification at any point during the meeting to make sure you have recorded correctly.

- Highlight action items so they stand out: **Action item for Jenny: Order 12 copies of the Big Book.**
- Record the wording of motions accurately, as your minutes are the memory of your intergroup. Repeat the motion to make sure it is worded correctly before it is voted on. Record the name of the person making a motion.
- Summarize long discussions—every word does not need to be recorded, only key information.
- If there was a long discussion with a conclusion that did not end in a motion/vote, verbally summarize the conclusion for the group so everyone can be on the same page.

## ASK FOR WHAT YOU NEED

- Ask for clarity at the meeting for any motions presented so that these can be accurately recorded.
- If folks are speaking over one another, get the attention of the Chair and ask her to stop all discussion, or call for the Serenity Prayer.
- Ask for a twenty-second pause between topics.

## DO THIS AFTER THE MEETING

- Don't wait until the night before the intergroup meeting to prepare the minutes because (a) your clear memory of the meeting will help you prepare accurate minutes, (b) your Chair needs the minutes to help prepare the agenda for the next intergroup meeting, and (c) you'll save yourself from stress knowing that you've fulfilled your commitment on a timely basis.
- Send your draft minutes to the board and other key members for edits. Send an updated copy after making corrections, this time copying all group reps and intergroup committee members.
- Publish in PDF or html format; not everyone will have Word or whatever program you use.
- Keep a copy of the minutes, finance report, and other important documents each month. Keep an electronic copy of minutes.
- Usually "taking notes" is different from "writing minutes." Take notes during the meeting and write up minutes afterward. Notes are just memory joggers. **Minutes, in contrast, need to communicate what happened to people who weren't present.**
- Don't flood intergroup reps with emails; collect information in a folder and send out all information at once, unless it is urgent. Aim for two emails a month; one a week before the intergroup meeting to send the agenda and minutes, and announce the meeting; the second email includes the draft, unapproved minutes as soon as possible after intergroup.

## CORRECTIONS TO THE MINUTES

- Be sure the Chair has reviewed the minutes in advance.
- Don't take corrections personally—it's okay if your minutes need edits.
- Set aside ego when it is time for the vote to approve the minutes. Remember your job is one of service, so if there is a better way of capturing a topic in the minutes, concede. On the other hand, if someone wants to change history, remember that you have responsibility for the meeting record and you must stand your ground (politely and without ego) if you are certain of your minutes.
- Sometimes members will disagree with what was written. Remember that you are recording what occurred and not editing based on what people believe should or should not have happened.



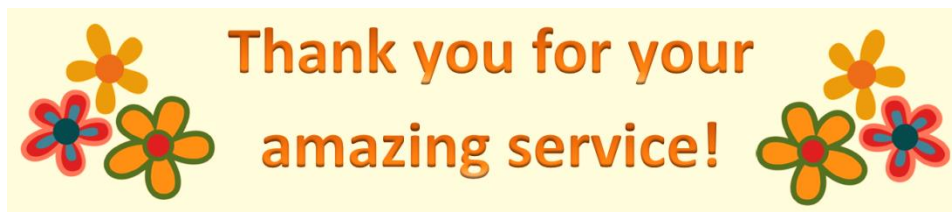
## HOW TO HELP YOUR INTERGROUP CHAIR...FROM THE PERSPECTIVE OF THE CHAIR

Secretaries make a real difference in helping a meeting run smoothly, so that we can focus on the agenda. You can help me by:

- Sending out reports, minutes, reminders, etc. a few days in advance of the meeting, so that everyone can read in advance and be prepared.
- Keeping minutes short—record motions exactly as stated / passed, and include the term of service for any election (I promise we'll have to go back and look for this!)
- Arriving at the meeting 15 minutes early to ensure materials are available to attendees.
- Sending out draft minutes within a few days of the meeting to a small group of people who have agreed to help proofread, then, after corrections, sending the new draft out to the whole group.
- Sit next to me during the meeting, so you can let me know if you need clarification—if you need it, you're probably not the only one.
- Help ensure that our documents are up to date -- when we hold elections, please update the list and include the terms of service; when we update the bylaws, please ensure the document is updated and the webmaster receives a PDF to upload.
- If we're not already doing so, help us establish an online place to store our records, such as DropBox or Google Drive.
- In short -- help us be organized! 😊

## TAKING CARE OF YOURSELF

- Be ok with not participating in the meeting
- Don't procrastinate in writing up the minutes after the meeting.
- Stick to your service term length. It's a commitment to be a secretary, and training a new secretary every month or two can cause stress and confusion within the group. Likewise, going beyond your term will not allow the position (and associated growth) to be available to other members. Mentor your group's next secretary! Work alongside them for their first two meetings so that they can ask questions and get familiar with how things are run and where papers can be found.
- Don't strive for the "perfect" minutes. Just do them.
- Don't try to do absolutely everything yourself. Ask for help when needed! We're only human! 😊
- Don't be afraid of making a mistake—it can be corrected easily!



## Experience, Strength & Hope from Past

# Intergroup Treasurers

- *Informal shares to support you in your service* -

## RESOURCES & SUPPORT

- Spend time with the previous treasurer to learn the system, and call them with questions.
- Avoid hauling around a box of old files—scan and store documents in the Cloud.
- The OA website offers excellent resource pages for treasurers:
  - [www.oa.org/groupsservice-bodies/groups/treasurer-materials](http://www.oa.org/groupsservice-bodies/groups/treasurer-materials)
  - [www.oa.org/pdfs/ig\\_treasurer\\_guidelines.pdf](http://www.oa.org/pdfs/ig_treasurer_guidelines.pdf)
  - [www.oa.org/pdfs/budget\\_guidelines1.pdf](http://www.oa.org/pdfs/budget_guidelines1.pdf)
  - [www.oa.org/groupsservice-bodies/guidelines/](http://www.oa.org/groupsservice-bodies/guidelines/)
  - [www.oa.org/files/pdf/Fundraising\\_Guidelines-Rev-2017.pdf](http://www.oa.org/files/pdf/Fundraising_Guidelines-Rev-2017.pdf)

## REPORTING

- Go to all intergroup meetings during your tenure, and report financials at each meeting.
- In addition to your spreadsheet, include a “narrative” report that gives an overall picture of the intergroup’s financial status. Communicate concerns, if appropriate, but also share gratitude for the financial support of groups which have donated.
- Publish a monthly or quarterly list of donations received from groups. This provides a receipt, increases transparency, helps catch any errors made in crediting deposits to the appropriate group, and raises awareness of contributions to service bodies. You can publish this list in your local newsletter, your intergroup email loop, or (at least) have it available at intergroup.
- Don’t take questions about money personally. Sometimes being the guardian of the funds makes that person a bit prickly. It helps to remember that the money is not solely the responsibility of the Treasurer.



## ORGANIZATION and TRANSPARENCY

- Don't panic—it doesn't take that much time to be a Treasurer, contrary to popular belief.
- Have a budget! It may be very simple, but it keeps track of your income and spending plans. At the end of the year, review spending and income and adjust next year's budget accordingly. Check out [www.oa.org/pdfs/budget\\_guidelines1.pdf](http://www.oa.org/pdfs/budget_guidelines1.pdf).
- Keep records up to date, daily, if possible. Make deposits as soon as possible. Pay bills and reimbursements even sooner. Keep all receipts and statements reconciled weekly at the very least. Keep double records as a safety net. Treat monies carefully, it's important.
- Make being treasurer a part of your OA program: set aside a time each week to record 7th Tradition contributions and pay bills -- don't wait to balance the account until the day before intergroup.
- Carry envelopes. People often want to give checks or cash to Treasurers, and it is easy to get confused. If someone wants to give you money for intergroup, give them an envelope and have them write the amount, meeting number, and any other relevant information on the outside of the envelope. Always double-check amounts when you're given cash.
- Use QuickBooks or similar software.
- Use a simple Excel spreadsheet to create the monthly report. Do a spreadsheet for the whole year. That way, it is easy to fill out each month.
- Organize and document as if there were a possibility you might not be available for the annual audit.
- Keep your landlord happy. Don't be late on rent.
- Always make copies of all checks and deposits.
- Make all money as transparent as possible. Record all transactions in the check register.
- Give the chair a copy of the ongoing check registers every month.
- Don't skip doing a bank reconciliation monthly. Mistakes are picked up when the check book balance and the bank balance don't match.
- Keep a spreadsheet of member group contributions for accuracy and efficiency.
- Every monetary transaction should be identified by group number, as well as group name. Make sure all checks written to Intergroup, Region and World Service have the correct meeting or service body number written on the check. Otherwise, the donation will not be credited properly, which will cause confusion and extra work for others in OA service. Double-check group numbers at [www.oa.org/find-a-meeting/](http://www.oa.org/find-a-meeting/).



## BUDGETING & AUDITS

- Have a budget!
- Communicate budgeted amounts to members about to incur expenses on behalf of intergroup.
- Ask for volunteers to audit the books once a year. Don't assume everything is correct; confirm it! This is an easy and relatively painless experience, and lets everyone know the status of the funds.

## SECURITY & BANKING

- Check with your bank to assure that the signatories on the account are current. Remove folks who are no longer authorized to sign checks from the account.
- Be sure to have the intergroup's incorporation papers or other paperwork on its existence and structure, like bylaws, when changing signatories on accounts. Call ahead to the bank to find out what they need to change signatures. They often need both the outgoing and new treasurer present to complete the change.
- Don't assume the bank is always correct; question the bank if you find a problem.
- If you accept 7th Tradition via PayPal, deposit the money into your intergroup checking account right away. Don't keep a PayPal balance. It's not necessary, and can lead to confusion. When you transfer funds, check the online bank account a few days after making a transaction; don't assume the transaction went through.
- Get a liability insurance policy for your intergroup.

## ENCOURAGING 7TH TRADITION

- Encourage the 7th Tradition—read articles on the importance of sustaining the fellowship and carrying the message of recovery, become familiar with the 7th Tradition in the OA 12&12, write an article about the 7th Tradition in the local newsletter. Contact groups who have not contributed in a while to see if there is anything you can do to help encourage contributions for all levels of the fellowship. Offer a 7th Tradition workshop.
- Don't use regular OA meeting time to discuss intergroup money issues.
- Encourage members to set up an Automatic Reoccurring Donation (ARC) to World Service. This is easy to set up at [www.oa.org/contribute/](http://www.oa.org/contribute/).
- Members can also use their own online banking to set up a regular contribution to OA World Service, Region, or Intergroup.
- Acknowledge and express gratitude for donations received.

## ROTATION OF SERVICE

- When a treasurer is going to rotate out, start "grooming" a qualified candidate or two several months before the election on how to be a Treasurer and on how easy it is to do the work. Let them know you will be available to help.
- Be positive about your service position – it is easy for people to feel that the Treasurer position is very difficult and that they would never be able to take on this service. You have an opportunity to encourage and mentor someone in this service when your term is complete.

Experience, Strength & Hope from Past

## OA Event Coordinators

*- Informal shares to support you in your service -*

### RESOURCES & SUPPORT

- Look at other intergroup websites to find ideas for events.
- Find speakers by listening to online audio, or ask your region for a list of speakers.
- Follow the OA Event Guidelines at [oa.org/files/pdf/OA-Events-Guidelines\\_2017.pdf](https://oa.org/files/pdf/OA-Events-Guidelines_2017.pdf)
- Find event resources at [oregon-oa.org/event\\_calendar/event-resources/](https://oregon-oa.org/event_calendar/event-resources/)
- Ask your intergroup or service body to provide "seed money" for events.
- Check out the event formats at [oa.org/groupsservice-bodies/resources/workshop-formats/](https://oa.org/groupsservice-bodies/resources/workshop-formats/)

### THE “EVENT BOX”

- Plan to attend events and offer to help with setup, etc. Bring a bin with extra supplies.
- Let the hosting group know they don't have to purchase XX and XX because you'll be bringing these items with you. Give them a list of supplies already in the event box.
- Consider asking your intergroup to purchase a sound system. It's hard to have a successful event if the speakers cannot be heard. Sound systems intended for the spoken word don't need to be expensive. Train a few people to run the sound system and ask them to help with this at events.
- Consider purchasing a device to record speakers. Ask for a volunteer to edit the recordings using a program like Audacity.

### ENCOURAGING GROUPS TO HOST EVENTS

- Keep electronic resources on your intergroup website -- checklists, past event flyers, workshop outlines, etc. Let hosting groups know they don't have to “start from scratch.”
- Help the group publicize their event, remind them to bring flyers to intergroup and other events leading up to their workshop.
- Help groups say “yes” to hosting by asking at least six months ahead of the desired date. That way they know they have plenty of time for planning.
- Ask meetings to host events, and then be a "resource person." Support the group in any way you can and be responsive when asked for input, but allow them to take ownership of their event.



## CHOOSING A LOCATION

- Choosing a venue must happen *early* in the event planning—all other details are moot until you have a place to hold the event!
- Make sure the location is easily handicapped accessible. Ask someone with mobility issues to help you create an accessibility checklist.
- Consider food needs—will it be necessary to travel a distance to obtain food? That will slow down return from lunchtime.
- Consider parking availability and public transportation access.



## BIG EVENTS!

- Divide tasks between numerous groups or intergroups; identify the major categories of help needed, and ask groups or intergroups to take on an area of need.
- Consider using an event planning company to negotiate hotel contracts to get you the best rate. They are paid by the contracted hotel.
- Don't rent things like easels from hotels -- a one-day rental for these items will often cost more than purchasing the item outright.
- Do some research online before negotiating hotel contracts. Google the phrase "how to negotiate an event contract with a hotel." Many items that are standard in hotel contracts are routinely negotiated out, but you have to know to ask. Ask for extra concessions, such as event planner points, which you can use toward another event.
- For reoccurring events, develop an RFP (Request for Proposal) form outlining your requirements, and get proposals from a number of hotels. Create a manual to help others who will host this event in the future.
- Ask for a late checkout for your event planning staff—they're the ones who will still be at the hotel at 2 pm on Sunday afternoon! ☺
- Get lots of helpers for your OA event -- this not only lets people feel useful, it will keep you from doing everything yourself. Ask for help EARLY in the event planning process. **If someone offers to help, say YES! :)**
- Expect that the team putting on the event may become stressed and feel overwhelmed -- everyone wants very much to do a great job, but most of us are not professional event planners. Check in with your team to see who needs help, say thank you often, and let them know that things don't have to be "perfect" for the event to be helpful to OA recovery. Consider holding a meditation meeting before the event to help everyone get centered.
- Utilize the tool of Action Plan, and use it to set clear actions and completion dates.
- Seek out someone who has chaired a similar event and ask them to share their experience, strength and hope.

- Nothing is more important than your abstinence. If it doesn't support your recovery and abstinence, turn it over and let others do the service.
- Hold regular planning meetings, with an agenda and notes for each meeting. That way people can review what was accomplished and what is yet to be done. Ask people to volunteer for each item on the to-do list, then gently ask them to report their progress. That way leadership is shared and more people can own the process.
- Consider telling people they don't have to attend committee meetings once they have their assignment and are working on it. This helps people not feel over-committed.
- Don't forget to attend the event yourself! Especially for conventions, it's easy to get so involved in managing the event and forget to attend any of the workshop sessions. Ask team members which workshops are most important to them, and arrange coverage so that everyone gets to participate in the recovery portions of the event.

## TIPS FOR A FUN EVENT

- Ask for volunteers to be "greeters," to give a warm welcome to participants as they arrive.
- Adults learn by doing, not by listening. How can you engage people? Small groups? Writing? Shy people or newcomers may share at their table, but not in a larger setting.
- Offer a variety of activities that will be helpful for different styles.
- Set an interactive tone with "pop-up" sharing—ask a question and ask people to just call out their one word or short phrase answers. This can get people engaged quickly and is easier for many people than coming up to the microphone.
- Involve people by asking them to do a reading.
- Consider a short, humorous skit at the start of your event.
- If you want people to mingle, give every person a number when they arrive, with their table assignment. This will help people get to know their OA fellows from other areas.
- Include newcomers in planning an event, but keep their contribution limited to one area, so they are not overwhelmed.
- Don't expect everything to be perfect!



“The principle of *service*, which underlies OA’s Twelfth step, can now guide our actions both inside and outside the program. Here, we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength.” *OA 12&12, Second Edition, page 86.*

## Intergroup Renewal: What is It?

The following information is an excerpt from the Region One Intergroup Renewal Handbook, available online at: [oaregion1.org/intergroup-renewal.html](http://oaregion1.org/intergroup-renewal.html).

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 newcomers attracted and retained**

**= OA growth**

**= carrying the message to more suffering compulsive eaters**

## 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!

## 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 Intergroup and OA.
2. Second priority (but required): ongoing Intergroup administrative tasks, e.g., meeting lists, hotlines/answering service, PI/PO, representatives to Region & WSBC, Unity Day, IDEA Day, 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 Intergroup 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 Stayed 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

### 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 Intergroup'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!"
- Always wear 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 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.

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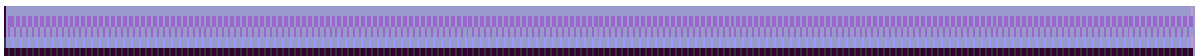
OA leadership is about waking up and organizing  
the gratitude in grateful people.

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The value of intergroup is  
measured by its usefulness to  
members and meetings.

Usefulness is our main product.



# Focus on Public Information / Professional Outreach

## REGION-WIDE CONFERENCE CALL



**Members were asked to share their experience, strength and hope on the following questions:**

1. What is one action you have taken to carry the message that has worked for you, and that you felt good about doing?
2. What opportunities do you see in your area for carrying the message?
3. Can you share your "thirty-second elevator pitch" about OA?

**Here is a summary of the information shared:**

1. Pat introduced Public Information and Professional Outreach resources. There are many on OA.org. She suggested using a search engine to find them more easily. She will post the list of PI resources on Region One Yahoo groups. There is a Professional Outreach Manual available from the OA bookstore.
2. One area has a local spirituality newspaper. They run community groups ads monthly for free. OA is included.
3. One member looks for opportunities everywhere she goes and she is ready with the "OA WORKS" business card to which she has added local info and OA.org.
4. One person's elevator speech (timed to coincide with how long it takes the elevator to reach the floor of the person who just asked you "what is OA?"): *"I had a lifelong problem with food but I have found a solution and recovery in OA."*
5. Another member in Canada connected with the local Eating Disorders Resource Group. OA was offered as an option for therapists to offer to their patients who struggle with food related issues.
6. Step Studies for members, but especially newcomers to focus on the Steps more directly so they can understand what people are talking about at meetings more readily. This has helped newcomers stick around.
7. Another member has sent letters directly to the five dietitians practicing in their town, introducing OA and offering OA as a resource.
8. Another member noticed that the AA magazine The Grapevine was carried by the local library. They have put in a request to include OA's Lifeline in the periodicals collection.
9. In another location, PI/PO meets with six mental health counselors to offer OA as a resource. Additionally, they presented to the local college's Social Work students about how OA works.
10. The follow-up approach using The First 12 Days in OA flyer is helping retain newcomers. It makes sense to do the work to get people to walk in the door if we help them stay around for their recovery.
11. Another member (and brand new PI/PO chair) is a new mom. She has joined a number of Facebook groups for new moms who share support and info to navigate this brand new role. When a mom shares such comments as "I can't stop eating", this member *private messages* her to offer the help of OA.



12. In another area, the mental health community has been very receptive to outreach from OA members.
13. Good old fashioned but helpful bulletin boards in grocery stores and new ideas like placemat ads are being checked out in another Intergroup.
14. Greater Seattle was recently involved in IG Renewal. They decided to take the IG on the road and visit their more remote meetings, bringing Professional Outreach and PI resources to help these meetings thrive. They have been well received.
15. There are two loops that have been set up by the PI / PO conference committee. They are meant to share info among all OA service bodies on what's working in this vital area.

**For Public Information (PI):** To join, just go to [groups.google.com](https://groups.google.com) and search for 'OA PI' to find the group. Then follow the instructions on screen. If you have any difficulties, you can click on the link to contact the group owner for help. Please note, you do not need to have a Google account in order to join the group.

**For Professional Outreach (PO):** It is a two-step process. Kindly email: [infoandinvites@gmail.com](mailto:infoandinvites@gmail.com) to ask to join. Then, once you are added to the group, you can then post your news and info. The PO Loop address is: [oa-profoutreach@googlegroups.com](mailto:oa-profoutreach@googlegroups.com)

**More ideas on PIPO???** Please email [regiononetrustee@gmail.com](mailto:regiononetrustee@gmail.com). I would love to hear from you, and I want to collect shares on this topic to use as a resource in Region One.

Please consider taking these questions back to your meeting or intergroup to hold a discussion and find PIPO projects to carry the message in your area.

# Professional Outreach/Public Information (PIPO)

## Application for Funding from Region One

See Region One Policies & Procedures, Section 5.5 (printed on the back of this sheet) for full guidelines.  
Email application to [board@oaregion1.org](mailto:board@oaregion1.org) or mail to Region One, P.O. Box 23235, Tigard, OR 97281

Intergroup(s):

Contact Person (name, phone, email):

1. Complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices:
  
  
  
  
  
  
  
  
  
  
2. Target audience and projected number of people to be reached:
  
  
  
  
  
  
  
  
  
  
3. Project timeline, including starting and proposed ending date:
  
  
  
  
  
  
  
  
  
  
4. Proposed method of measuring results:
  
  
  
  
  
  
  
  
  
  
5. Will any project materials be useful to other Region One intergroups?
  
  
  
  
  
  
  
  
  
  
6. Total cost of project: \$
- Less Intergroup / other funds available: \$
- Amount requested from Region One: \$

Intergroup Chair Signature: \_\_\_\_\_ Date \_\_\_\_\_

## 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.

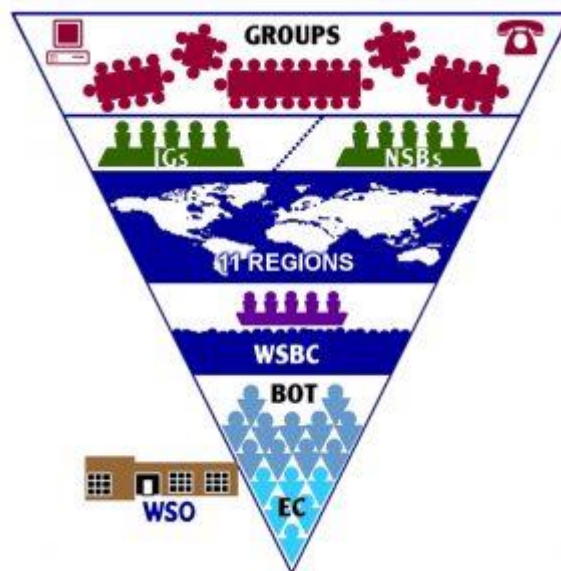
5.5.6 The project's Chair will keep the Public Information/Professional Outreach Chair advised of the progress and status of the project. The Public Information/ Professional Outreach Chair will include this information in their quarterly reports to the Board. Within 30 days of the close of the project, 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.

# The Remarkable OA Service Structure

## 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. Note: At the 2018 WSBC, Delegates voted to add a Virtual Region – Region 11 – to OA!



## 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 book, 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.

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!

# Focus on Mentoring in OA Service & Avoiding Service Burnout

## REGION-WIDE CONFERENCE CALL



**Members were asked to share their experience, strength and hope on the following questions:**

1. What got me involved in OA service, and what is the most fun I've ever had in service?
2. How can those in service positions maintain balance and enjoy the service they are giving?
3. How can I assist those giving service in my meeting, intergroup, region and OA as a whole?

**Here is a summary of their shares:**

1. When I came into OA four years ago, I saw an example in others who were doing service. They seemed to have strong programs, and that made service very appealing to me.
2. I was asked to do something, and it was hard to say no. That got me in the door and started with service.
3. What got me involved? My first service at intergroup was Event Coordinator, which I took because I wanted events. At first I said no because the job description was very intimidating, but the intergroup chair invited me to “write my own description” and email it to her. I did, and she accepted what I offered. That was my first intergroup position, and from there it seemed I learned more all the time and service took on a life of its own. I really enjoyed the job of event coordinator because I like things that are concrete -- I put in time helping a workshop happen, and then got to see it help people. That felt good to me! The most fun I’ve ever had in service? I could name a lot of things, but helping create a funny, space-themed skit for our 2013 Convention was a total blast!
4. Balance has been important in my service. Sometimes I will say no. Some of us have always heard that when you’re asked to do something, you should say yes, but sometimes I will say no. Service does play an important role in my recovery, but I need to honestly look at how my recovery is going, and part of that recovery is having balance. There is a lot of joy in service, but not if I am consistently feeling overwhelmed. What energizes me about service is getting to play any part in assisting others in becoming happy, joyous and free. And to see the light bulb turn on when people are beginning to recover and their lives are being transformed.
5. A phrase I’ve heard is “stick with the winners.” I really like to be around people who have what I want, and often I find that those people are involved in service. Service is a good way for me to connect one-on-one with people while doing service tasks. This is helpful.

Co-chairing Convention is the most fun I've had in service – getting to know people in service has been really important to me.

6. For years, I was a person who said yes to everything, and I had to learn to say no sometimes. But, I've learned a better way to avoid burnout, and that is by taking service positions for a specific length of time. Too many of us, especially at the meeting level, will go on being secretary, treasurer, or intergroup rep year after year. We step down when someone comes forward to take the job. I've found that by stepping down, people do step up. If I keep doing the job, it can take a long time for someone to step forward.
7. I'm in a small intergroup, where we basically rotate positions among five people. It's difficult to avoid service! It became necessary for me to say no, and for several years we didn't have a full board. One thing I've had to do for myself to maintain balance is to take on no more than one service position at any one time. If you're not doing service at all, YES is the answer, but if you are already doing service, it's important to maintain balance.
8. If someone hadn't *asked* me to do service, I wouldn't have started doing service.
9. I discovered recently that I had replaced my spiritual program with a service program. I felt like I was doing the "program" because I was doing "service." I am challenging myself to not try to find my worth in volunteering for everything so that people will "like" me. I'm learning boundaries, choosing how to spend my time, and checking my motives before taking on new service.
10. Maintaining balance is difficult for me. I have a million great ideas and limited capacity. It's easy for me to get excited about new projects, but better for me to be focused. When I come up with a new, great idea, it might be better for me to see if there is someone else who is interested in taking on that project. I can also struggle with not asking for help. I'm capable of a lot, but that doesn't mean I shouldn't be asking for help. I should be sharing service with others. Service can be broken down into pieces that can be shared with others. That helps me, and it helps another person get involved.
11. Procrastination can make it so I don't enjoy my service. I need to work my program around this, and ask for help. "Slow and steady" helps me maintain balance in service and helps me enjoy what I'm doing.
12. A lot depends on my attitude, in service as well as the rest of life. I'm grateful to OA and want to give back, but I can get busy and crabby sometimes. I can work my program around my involvement in OA service. What attitude am I bringing to my service?
13. I was recently feeling that I was "spread too thin." I had more than one service position, and knew I should give up something. I realized that pieces of one service really fed my soul. I needed to hold on to that service and let go of the other. It felt good to make that decision based on what is best for me.
14. I've held many different service positions over the years. I believe lots of OAers can do positions they aren't sure they can do, and I've spent a lot of time over the years mentoring people so that they can see they can do particular jobs.
15. It's important to know when to let go. Sometimes it's ok to leave a position open. Sometimes we are surprised that people *will* step up and help.
16. I have to remind myself that I alone am not running the show. Sometimes I get a wild notation that if I don't do something, nothing's gonna happen! But my Higher Power is always there, working with me. That means to me that if it's my HP's will that a meeting

continues after I've stopped a particular service, then it will continue. If it doesn't, that's my HP's will. It's been helpful for me to let go of the results in OA service.

17. Why I got into OA service? I wanted to know how OA worked, and to be around committed members.
18. Balance? I keep reevaluating my priorities. When I feel burdened or resentful, I think of some way to re-balance my tasks.
19. How to help others in service? I watch for overworked members and support them if they tell me they can't keep up. I ensure members know what is expected of their role, especially in terms of time, and get help for them wherever possible. I encourage members who are fearful of service to try it out in "baby steps."

Thank you, everyone, for your shares on this topic!

**More ideas on SERVICE???** Please email me at [chairr1@gmail.com](mailto:chairr1@gmail.com). I would love to hear from you, and I want to collect shares on this topic to use as a resource in Region One.

Please let me know if there is a topic you would like to hear about on future conference calls.

# Let's Talk about Strong Meetings!

We can be intentional about strengthening our OA meetings. Here are some “conversation starters” for your next group conscience meeting:

1. What is a "strong meeting" for you?
2. If someone told you their meeting was struggling, what specific suggestions would you offer to help them strengthen their meeting?
3. What actions might you be willing to take to help a struggling meeting or to strengthen a meeting you attend?



## Resources for Building Strong Meetings

**The Strong Meeting Checklist** - [oa.org/files/pdf/strongmtgchecklist1.pdf](https://oa.org/files/pdf/strongmtgchecklist1.pdf). Ask your meeting to set aside time to review this checklist and create an Action Plan for strengthening the meeting, based on your observations. Review the list again, but this time ask members to think about their personal contribution to the meeting. For example, “Does the meeting start and end on time?” becomes “What can I do to make sure our meeting starts and ends on time?” Revisit the checklist and your Action Plan, looking for progress, in three months.

**The OA Handbook for Members, Groups and Service Bodies** - [bookstore.oa.org/](https://bookstore.oa.org/). Get a copy of this invaluable pamphlet, which covers topics such as “What Does a Group Secretary Do?” and “How do Good Groups Get Better?” and “How to Keep Them Coming Back.” (Newcomers, that is!) It may seem at first that some of the ideas are intended for larger meetings, but read the pamphlet with an eye toward what is possible for your group. Think you don’t need a group Secretary? Try it for a while! You might be surprised to find how much having a Secretary strengthens your meeting.

**The OA website** – [oa.org/](https://oa.org/) is full of amazing resources! Check out the Group Support page at [oa.org/groupsservice-bodies/groups/group-support/](https://oa.org/groupsservice-bodies/groups/group-support/). Bring a new voice into your meeting with an OA podcast from [oa.org/podcasts/](https://oa.org/podcasts/). Make sure your meeting information is *always* up-to-date so that World Service can send you important information AND so newcomers can find your meeting. If something changes, edit your meeting details at [oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/](https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/).

## Other Ideas for Making Meetings Stronger

- Help your intergroup put on a workshop about building strong meetings.
- Go to a meeting you’ve heard is strong....watch for things you could bring back to your meeting.
- Go to one more meeting than you “need” to per week, just to share HOPE and carry the message.
- Be part of your meeting’s “core group.” Show up early and attend the business meetings.
- Read the Traditions in the OA 12&12, then answer the italicized questions at the end of each chapter.
- Set aside time each October – the 10<sup>th</sup> month – to do a 10<sup>th</sup> Step on the strength of your meeting.
- Focus the meeting on a strong topic by providing each member with a slip of paper on which the Promises, Principles, Serenity Prayer or other short quote is copied. Ask for shares on that topic.
- ...What ideas do you have for strengthening your meeting?



# Focus on Strong Meetings

## REGION-WIDE CONFERENCE CALL



**Members were asked to share their experience, strength and hope on the following questions:**

1. What is a "strong meeting" for you?
2. If someone told you that their meeting was not doing well, what specific suggestions would you offer to help them strengthen their meeting?
3. What actions might you be willing to take to help a struggling meeting or to strengthen a meeting you attend?

**Here is a summary of their shares:**

1. Meetings I consider strong are fully self-supporting. There is rotation of leadership, long-term abstinence and lots of sponsors. If your meeting is not doing well, I'd say get connected – if you're not connected to intergroup, get connected. If you're not connected to region, get connected. An action I could take to help a meeting is to go and share my experience of service, because I know how important it is to me in having a strong program. And the strong meetings I attend are the ones where lots of people are involved in service. There are lots of different ways to do service, but I think what's especially important is sponsorship and service above the meeting level.
2. A strong meeting for me always has to do with people willing to be honest with themselves, and to tell the truth about what's going on. It's been my experience that the more someone is speaking up to say what's going on, where they are, which requires a lot of humility and willingness – on a spiritual level it seems to go out in some waves and other people end up calling them. I was involved with a meeting that was always just two or three people for several years. We were always teetering on the edge. We talked about wanting to do public information, reaching out to doctors and others that might encourage people to come to the meeting, but I believe it's always a spiritual thing, a God thing. There's a reason why some meetings don't make it. But one of the issues is having people who are willing to commit. In our meeting, for years there were just three of us. We came no matter what. We hung in there. One thing that strengthened us was that we got on a text string. We were always communicating with each other – "who's going to be there today?" or "I'm running late." We texted each other with what was going on during the week. The more we kept this up, and the more we kept being willing to show up – the waves went out there. Our meeting now has six to eight people on a regular basis now. You keep doing what you can. You need people with good abstinence, too, and strong sponsorship.
3. My home meeting is rural, with a growing elderly population and people have moved away. The meeting is dwindling. One of the things I started just today was to have it be a call-in meeting through freeconferencecall.com as well as a face to face meeting. I'm hoping that will strengthen our meeting.

4. At our meeting, what is helping us is that everyone participates. At each meeting everyone reads, everyone shares. We have ongoing contact with each other, we work our programs together. I think if anyone needed help they would find people willing to get together so they could open up.

We have this strength in our group, the action of listening to each other really helps. Participation is the biggest thing. It's working for our group, we're getting better and better. We've also tried to rotate things that we do – right now on the fifth meeting of the month we have a speaker meeting, not necessarily someone from outside the meeting. It can be someone from our group. The idea of keeping something going here is really a big privilege for us.

5. We have about a 300-mile wide intergroup. I became Chair in February, and my goal was to get to every meeting. So far I've made it to ten, so there are a few left. I try to bring another OA member along with me on these visits, and now some people from the Mountain meetings are coming down to the Boise meetings that I recommended to them. Their meetings are only two or three people. But I think that that cross-pollination has been really positive. We're having a workshop next week, and I'm going to encourage our meetings if they're going on vacation, or making a day trip, go to one of our other meetings. It has been such fun to get to and encourage the smaller meetings. Now they feel they have a face and a name from intergroup. People are driving two to four hours now to get to a different meeting. So we're getting fresh faces, fresh stories.
6. For meetings not doing well, I'd suggest that you host a Skype speaker meeting. It will connect you with the rest of the region and you'll get an opportunity to see what it is that you have to offer. I know that the meeting that recently hosted the Region Skype meeting is benefiting from that experience.
7. If your meeting is a "hybrid" (face-to-face with call-in option) meeting, you can go to the OA website and edit your meeting details at [oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/](http://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/) Add the call-in number and access code into the meeting notes. This would make it visible to everyone. You could also ask Region One to put this information on our website, and you can post a notice on the Region One Yahoo Group. Use the "Tupperware Bowl" method to help hear people who have called in on a cell phone – put the phone in a bowl and it will amplify the sound. You can also have sharing around the circle, in order, passing the phone so that the person on the phone can hear all the shares. Put the caller on speaker phone so the meeting can hear them share.
8. We have a secretary who has lent some structure to our meetings, and for some reason, this has really helped. We now have a sign-up calendar for leading the meeting, so the leader has (hopefully) given a bit of thought and preparation to their share. The leader shares for five minutes, and the format asks that they share specifically on how they use the steps, traditions and tools to abstain from compulsive eating. Sponsors are identified. The format asks those willing to stay five minutes after the meeting to help someone work out a plan for abstinence for the day.
9. I read an article in Lifeline that suggested actually assigning a person to follow up with newcomers.

We realized that none of our meetings were doing that – we had no plan for follow-up. We gave them our phone numbers, but we know that ninety percent of the time they didn't call. At one of my meetings, we now have a person assigned to call that newcomer during the week. When we all had the responsibility, no one called. We were missing the opportunity to encourage them.

10. One thing that I find myself saying sometimes when I don't think a meeting is very strong, is "Geez, I don't hear anyone sharing about xxx. Then one day I realized that I was saying that, but that I wasn't making those kinds of shares, either. If I thought that people should start sharing more about recovery or how they worked through specific problems, instead of being critical of others, that I should be sharing that kind of thing, and that other people would probably follow. Maybe I should do the thing I'm being critical of others for not doing. And, about newcomers, sometimes I've called newcomers in their first week, they don't have a question. I just offer to share my experience if they do have any questions. People have been very receptive.
11. We go over the Strong Meeting Checklist in my meeting every six months.
12. My home meeting got stronger when we started doing a Big Book study the 2nd and 4th Tuesday during the meeting time. When we finished the study, we started over, listening to tapes of Joe and Charlie's Big Book study every 2nd and 4th Tuesday leaving half an hour of the meeting for group sharing. (This share was received via email).
13. Here is another suggestion I have especially for small meetings, in small towns. I suggest using a rotating format – do a step study one meeting per month; a Tradition study one meeting per month, a podcast speaker meeting once a month, and a literature meeting - check out the pamphlets or Lifeline magazine to read and share about. If there is a 5<sup>th</sup> meeting of the month have it be leaders choice or something else. I attended a very strong 3 person meeting for years with a podcast speaker at every meeting – all 3 of the people had more than 10 years in program but just couldn't seem to grow. Then due to some unforeseen circumstances we changed the location and all of a sudden this meeting has grown to having 7 – 10 people on a regular basis. Those of us who used to come, still come and sometimes we sit back and marvel at the growth. (This share was received via email).

Thank you, everyone, for your shares on this topic!

**More ideas on strong meetings???** Please email me at [chairr1@gmail.com](mailto:chairr1@gmail.com). I would love to hear from you, and I want to collect shares on this topic to use as a resource in Region One.

Please consider taking these questions back to your meeting. Posing these questions can raise awareness and be a type of 10<sup>th</sup> Step for our meetings.

# Strong Recovery and Member Retention Check List

Developed by the 2019 Strong Recovery Project Team of Region One OA

- \_\_\_ Ask a newcomer if it would be alright to call them.
- \_\_\_ Make 3 outreach calls to struggling members or a newcomer.
- \_\_\_ Ask a newcomer or struggling member to coffee.
- \_\_\_ Apply to be a Virtual Sponsor. [oaregion1.org/find-a-sponsor-or-sponsee.html](http://oaregion1.org/find-a-sponsor-or-sponsee.html)
- \_\_\_ Start a speaker meeting to help encourage newcomers.
- \_\_\_ Speak or share your story at a meeting.
- \_\_\_ Thank 3 people for their hard work at helping “carry the message of strong recovery”
- \_\_\_ Do the From Slip to Recovery Worksheets with someone. [oa.org/pdfs/tsw\\_simplicity.pdf](http://oa.org/pdfs/tsw_simplicity.pdf)
- \_\_\_ Encourage someone to do service.
- \_\_\_ Share your experience, strength and hope with a newcomer.
- \_\_\_ Help on a retreat or workshop committee.
- \_\_\_ Do the 12th Step Study Guide with a small group or sponsee.  
[bookstore.oa.org/pc\\_product\\_detail.asp?key=E4E792B154194DBCA59086EA265634F9](http://bookstore.oa.org/pc_product_detail.asp?key=E4E792B154194DBCA59086EA265634F9)
- \_\_\_ Do the 12 Day Temporary Sponsorship with a newcomer. [oaregion1.org/documents--reports.html](http://oaregion1.org/documents--reports.html)
- \_\_\_ Read Carrying the Message - Do's and Don'ts Guidelines. [oa.org/carrying-the-message/](http://oa.org/carrying-the-message/)
- \_\_\_ Do the Strong Abstinence Checklist and Writing Exercise with struggling member or newcomer. [oa.org/members/relapse-prevention/tools-of-recovery/strong\\_abstinence\\_checklist/](http://oa.org/members/relapse-prevention/tools-of-recovery/strong_abstinence_checklist/)
- \_\_\_ Go through the Slipping and Sliding 30 Days with a sponsee or someone struggling. [oa.org/files/pdf/Been-Slipping-and-Sliding.pdf](http://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf)
- \_\_\_ Call a newcomer, an old-timer or someone you haven't seen at meetings.
- \_\_\_ Share the Simplicity Project with someone. [oa.org/pdfs/tsw\\_simplicity.pdf](http://oa.org/pdfs/tsw_simplicity.pdf)

# Virtual Sponsorship

Do you need a sponsor? Are you an available sponsor willing to help someone remotely via phone, email, Skype, or FaceTime?

To help members unable to find a local sponsor, Region One offers **“Virtual Sponsorship!”**

Submit an application as a sponsor or sponsee. The VS Team will try to “match” you with available sponsors / sponsees, and share contact info so that you can talk and decide if you’d like to work together.

For more information or to fill out an application, visit:

[oaregion1.org/sponsorship.html](http://oaregion1.org/sponsorship.html)

Or email [VirtualSponsorship@oaregion1.org](mailto:VirtualSponsorship@oaregion1.org)

## Connect for Recovery!

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# Section 17 – Local Resources

# Ideas That Work:

## Resources from Local Retreats, Conventions and Workshops

For more “Ideas that Work,” visit the OA World Service  
12<sup>th</sup> Step Within website page:

[www.oa.org/groupsservice-bodies/resources/twelfth-step-within/](http://www.oa.org/groupsservice-bodies/resources/twelfth-step-within/)



# BODY IMAGE AMENDS WORKSHEET

(OA Region One Convention, 2013)

“Many of us found that our own name belongs somewhere near the top of our eighth-step list... We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been essential to our recovery.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69)

What parts of my body have I disliked or been ashamed of? What are two unkind things I have thought or said to myself about those parts or about my body as a whole? Have I engaged in self-hatred because I haven't looked the way I wanted to, or the way I felt I needed to?

How would I feel if I heard someone saying such things to a child?

What are three positive ways my body has taken care of me?

What two ways might my Higher Power suggest to me to become more loving and supportive of my body?

What are three things I could begin to do (or stop doing!) that would help my body be loved the way it deserves to be?

(Suggestion only, by Penelope S., September 21, 2013)

## Character Defects May Negatively Affect My Body Image

*Contrasting Positive Attributes for Reflection and Complementary Ways to See Ourselves*

**Anger:** contentment, calm / calmness, amiability, kindness, enjoyment, good will, ease, joy, quiet, patience, delight, peace / peacefulness, pleasure, happiness, gentleness, love.

**Arrogance:** polite, unpretentiousness, modesty, simplicity, nonresistance, quietness, humility, patient.

**Critical:** undemanding, honoring, approving, thanking, unconcerned, appreciating, complimentary, praising, easy-going, grateful, courteous, forgiving, fair-spoken, well-wishing.

**Cynical:** hopeful, positive, trusting, optimistic, cheerful, positive, idealistic, believing, undoubting.

**Fear:** believe, accepting, confidence, love, enheartened, understanding, faith, intuition, patience, courage / encouragement, optimism, brave, strength of purpose, breath of life, joy, content, trust, calm.

**Hard:** temperate, peaceful, compassionate, good humored, gentle, mild mannered / sweet tempered / good natured, softly, ease / easily.

**Impatient:** unhurried, calm, understanding, tolerant, kind, willing, caring, easy / tempered / easy-going.

**Irritable:** gracious, loving, friendly, patient, complimentary, good humored, big hearted, joyous, pleasant, friendly, tolerant, gentle, amiable, kindly, relaxed, cheerful, easy.

**Jealousy:** trust, respect, goodwill, compassion, kindness, admiration, contentment, comfort, confidence, unconcern, patience, friendliness, loving, forgiveness, understanding, sympathy

**Judgment:** connect / communicate, reality, truth, praise, approve.

**Moody:** amiable, cheerful, warm-hearted / good natured, steady, composed / calm balance, settled, even, up-beat, sunny side up.

**Not good enough:** honorable, enough, ok, satisfactory, valuable, present, appropriate, worthy / worthwhile, suitable, perfect, acceptable, good, sufficient, adequate.

**Perfectionism:** self-loving / self-worthy, courageous, realistic expectations, challenge your inner critic, self-care, invest in yourself, practice saying no (if that is what is needed), time off is not time wasted, trust, recharge.

**Pouty:** cheerful / cheery, kind, pleasant / nice, relaxed, gentle, beaming / happy / joyful / sunny, friendly, easygoing, good-humored, agreeable, gladsome, carefree.

**Self-centered:** appreciative / appreciating, polite, tactful, attentive, kind, grateful, open-minded, settled, modest, unselfish, humble, caring, giving, considerate.

**Self-loathing:** loving, liking, fondness, acceptance, understanding, regard, marvel, approval, valuing, respect, enjoy, recognition, admiration.

**Self-pity:** cheer, kindness, happiness, blessing, joy, miracles, penalty, wonder.

**Set myself up for failure (lose a pound a day):** gift of the program, contentedness, state of grace, understanding, changes, reflection, blessing, happiness, realization, metamorphoses, making progress, recovering, going forward, joy, loving, way of life, bountifulness, reawakening, abundance, rebirths, growth, process.

# Using OA and AA Slogans for Body Image Recovery

## Act As If

How can I act as if I'm in acceptance of my body today?

Can I act as if I love my body?

Can I act as if I'm grateful for my body?

“...we may visualize ourselves as the people we will be when we no longer have each particular defect. **How will we think and act? We may find it helpful to rehearse what we'll say and do when tempted to act in the old self-destructive ways...**if we persist in visualizing and practicing better ways of life, they will, with our Higher Power's help, eventually become second nature...**we repeatedly affirm to ourselves the truth about ourselves—that we are becoming honest, caring, nurturing, wise, effective human beings as we practice our new behaviors, day by day.**” (OA 12x12, 64)

## Just For Today

Just for today, I am willing to accept my body as it is.

Just for today, I am willing to have the body that God gave me today.

Just for today, I am willing to make amends to my body.

“For Today: Acceptance also comes in it's own time, and **I do not berate myself** for not having it on demand.” (For Today, 6)

“For Today: **I open myself to God's will** by putting out of my mind something I want but don't need and can't get.” (For Today, 224)

“For Today: There is more to be experienced in **surrendering my life to a Higher Power** than I can ever imagine.” (For Today, 325)

## Progress, Not Perfection

Where have I been in regards to my body image and where am I now?

Is “perfect” body image even possible for any OA to have?

What of my experience, strength, and hope could I share with a newcomer who is struggling with body image?

"If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. **No matter how far down the scale we have gone, we will see how our experience can benefit others.** That feeling of uselessness and self-pity will disappear. We will lose interest in ourselves and gain interest in our fellows. Self-seeking

will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—**sometimes quickly, sometimes slowly.** They will always materialize if we work for them." ("9<sup>th</sup> Step Promises," Alcoholics Anonymous, 83-84)

### Easy Does It

Can I ease up on my shaming self-talk? What do I like about my body today?

Would I ever use this language to speak to a child about their body?

What one single action can I do today to ease myself into positive body awareness?

"Many of us had moral and philosophical convictions galore, but we could not live up to them even if we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help! This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are his agents. He is the Father, and we are His children. **Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.**" (Alcoholic Anonymous, 62)

### Let Go, Let God

Do I still believe that my body and my view of it are mine to control?

Am I willing to give my body entirely to God as I understand God?

What would complete release of body obsession look like? Have I done this before?

"When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. **Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!**" (Alcoholics Anonymous, 100)

# Body Image: Writing—Part 1: History

Write down your body image history. Start as far back as you can remember. The following are some prompts to help you start writing.

- ✓ *the first time you looked at your body in the mirror*
- ✓ *the first time someone commented about your body (positive or negative)*
- ✓ *getting a pretty dress/buttoning the top button on your collar*
- ✓ *playing sports or other activities*
- ✓ *injuries/ailments (minor or major)*
- ✓ *bumping into things/tripping/falling*
- ✓ *developing breasts/getting facial hair*
- ✓ *wearing deodorant for the first time*
- ✓ *wearing boxers instead of briefs*
- ✓ *beginning menstruation/first erection*
- ✓ *being the shortest or the biggest or widest or tallest*
- ✓ *sexual experiences*
- ✓ *embarrassment about your body*
- ✓ *not fitting into clothing items*
- ✓ *tucking in your shirt*
- ✓ *physical fitness test/class*
- ✓ *chronic pain*
- ✓ *messages from family and friends about body image*
- ✓ *messages/comments from family and friends about your body*
- ✓ *Were you ever scared of or angry at your body for anything?*
- ✓ *Did you ever harm your physical body in any way?*
- ✓ *What nice things did you do to your body?*

## Body Image: Writing—Part 2: Present

On another sheet of paper, write down what your experience of being in your body is now.

- ✓ *How does living in the body you are in now serve you?*
- ✓ *How do you see yourself?*
- ✓ *What things do you like about your body? What things do you not like about your body?*
- ✓ *Are you present in your own body?*
- ✓ *What would you like to see change about your body image?*
- ✓ *What beliefs or ideas do you hold about body image? What beliefs do you hold about your own body?*
- ✓ *Do you have a hard time speaking up when it comes to your body?(e.g. asking for what you want or need at the hair dresser or physical therapy or massage therapy, how someone touches you?)*
- ✓ *What are some nice things that you do to your body? What are some not nice things that you do to your body?*
- ✓ *What fears do you have about your body?*
- ✓ *Are there things you don't like about your body that you can change? What is stopping you from changing?*

# CALL 5 and Keep 'em ALIVE!

A 12th Step WITHIN Service Project!



*If everyone makes five phone calls to people we haven't seen*

*at meetings in a while, think of all the people we will reach!*

*Let's all do our part on this 12th Step Within service project.*

*You could make all the difference in the world.*

*Look through your "We Care" books or meeting phone lists*

*and write five names and phone numbers of members you*

*haven't seen recently. Then call, email or text them just to*

*say hello, invite them to a meeting, and let them know they*

*are important and missed.*

## Take the Challenge--CALL 5 and Keep 'em ALIVE!



1. ....
2. ....
3. ....
4. ....
5. ....



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Take the Challenge--CALL 5 and Keep 'em ALIVE!



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Cultivating Compassion for Myself and Others

Start with the realization that most people don't set out to cause hurt, anger or other problems.  
Use these questions to cultivate compassion for self and others in order to let go of resentment.

**Compassion is the opposite of resentment.**

I thought

I believed

I was trying to

I was trying to help/contribute by

I didn't know that

I didn't expect that

I felt / I was afraid that

Sometimes I struggle with

I wish I would have

---

She / he thought

She / he believed

She / he was trying to

She / he was trying to help/contribute by

She / he didn't know that

She / he didn't expect

She / he felt / She was afraid that

She / he may struggle with

She / he may wish she / he would have

# Thank you for extending the Hand and Heart of OA to me.

Think about the people you have known in OA. Who was at your first meetings or your first retreat? Think about sponsors, retreat leaders, folks who set up meetings or given service in other ways, someone who called you, gave you encouragement, visited with you over coffee, heard your 5<sup>th</sup> Step, or even just smiled to welcome you to a meeting.

In the space below, write the names of people in OA who have helped you in your recovery in any way.

How can I give back what I have so  
generously been given?

# “Heard at a Meeting Quotes”

Shared with permission from Central Jersey OA Intergroup. Visit [oa-centraljersey.org/](http://oa-centraljersey.org/) for more!

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1. “The only Step I must take perfectly is Step 1; that I am powerless over food.”
2. “When the weight came off I was convinced that all would be well. I thought I was done.”
3. “Step 10 is the most important Step of all - my sponsor told me that it's how I would learn to live in the 12 Steps and in recovery.”
4. “When I came in, I wasn't committed to recovery; I was committed to a food plan --devoted and dedicated to finding a way to lose the weight. It was like breathing under water because I was miserable when I wasn't eating. I felt I needed to lock myself up in order to stop eating. Thankfully I decided to give "Real OA" a chance and stop doing my version of OA.”
5. “There are really no good binge stories as there are some good drinking stories. No nudge-nudge, heard-you-fell-off-the-barstool-last-night stories. There's only pain with the food.”
6. “My mind wants me eating. It will tell me anything, it will tell me a sack of lies. And the biggest lie that I ever told myself is that this would be the last time ever -- and therefore I needed to eat everything. You would think that after 30 years of this I would realize that it wasn't working.”
7. “God, come between me and this food before the food comes between me and You.”
8. “Surrender meant becoming willing to follow directions without conditions.”
9. “I had to stop fighting and learn to float.”
10. “The truth is going to set you free, but first it's going to piss you off.”
11. “The sponsor has always been the key in the lock when I've had trouble with the food.”
12. “Isn't it about time you forgave yourself?”
13. “You deserve the way you're going to feel when you finish the 12 Steps.”
14. “I need to be reminded all the time that I'm strangely insane when it comes to this disease.”
15. “Pray Before Every Meal.”
16. “My Action Plan is a present I give myself on every Holiday.”
17. “Food never loved me back.”
18. “It's really important to stop telling ourselves lies.”
19. “Whatever your abstinence is today, hold onto it. It will get better. ”
20. “What do I need to do today to keep my recovery?”
21. “I used to think my goal is to be happy. I was wrong. My goal in life is to be of service.”

22. "I discovered in the 5th Step that I was the author of my own misery."
23. "The day I became willing to make phone calls was the day I became abstinent."
24. "I will die with this disease, but I will not die from it, God willing. "
25. "God-given abstinence is the most important thing in my life without exception."
26. "Recovery is in the Steps we take, not the meetings we make."
27. "I am feuding with a lot of people who do not even know we are feuding."
28. "The Big Book has no pictures -- we are the pictures!"
29. "God, please replace my fear with faith."
30. "Fear of Relapse -- how do I contribute to it?"
31. "The Steps are an ego adjustment."
32. "People Pleasing -- fear of conflict; therefore, dishonest manipulation."
33. "It's about my thinking. It's about my thinking. It's about my thinking. It's about my thinking."
34. "For today, I can live in the present, in the now. Life happens in the now."
35. "Insanity was what I did with the food before OA."
36. "I am in the world to play the role that God assigns me."
37. "Any decision not followed up by action is fantasy and avails us nothing."
38. "When I'm connected to my HP, things get so much quieter and simpler."
39. "It is not people, places, and things - it is my reaction to them."
40. "The Program wears down my insanity and my disease."
41. "Recovered = Free"
42. "Giving up things does not cause me pain; resisting giving up things causes me pain."
43. "Every morning I wake up abstinent. What am I willing to do to stay abstinent?"
44. "Just sitting in a meeting room will not get you recovery any more than just sitting in a car will get you to California."
45. "We are all special; so if one of us can recover, we can all recovery."
46. "I don't have to like it, want it, or believe it; I just need to do it."
47. "When I hear the words, "I'm justified" in my head, a red flag goes up."
48. "I had a history of looking for any solution other than God."
49. "I try not to create more wreckage of the present."
50. "The miracle isn't that I've not eaten chocolate for 33 years; the miracle is that I have not wanted it for 33 years."
51. "Surrender means the war is over. I don't get in the ring with food anymore."

52. "If I am not accepting it, then I am trying to control it."
53. "Bless them; change me."
54. "About service: if not me, then who?"
55. "I never had a problem with food. I had a spiritual problem that I tried to solve with food."
56. "When we give service to others, we let go of self."
57. "Through sponsoring I get to recreate my spiritual experience."
58. "The chapter is called "Working With Others" not "Fighting With Others" or "Working On Others."
59. "Breathe in God -- let go self."
60. "What will God have me be?"
61. "Step 10: the 4&4 -  
4 things that crop up (selfishness, dishonesty, resentment, fear)  
4 actions (Ask God, Talk to someone, Make amends, Turn our thoughts)."
62. "Step 10 is a get out of jail free card, whether the jail is resentment, anger, selfishness, fear, or dishonesty."
63. "I used the food to avoid emotions and now I have to learn to live with these emotions. The Steps teach me to do this."
64. "The words that saved my life were, 'I need help.'"
65. "The illusion is that it was only the food."
66. "Trust God. Clean house. Help others. Repeat."
67. "Sanity is the ability to see the truth."
68. "I have a sponsee that describes herself as a recovering self-reliant."
69. "If I am always looking for the "why" then I am caught in the problem and looking someone or something to blame."
70. "If a problem isn't important enough to pray about then it isn't important enough to worry about."
71. "I knew that food was the problem yet still thinking it was also the solution. The solution is spiritual."
72. "I weigh the words that come out of my mouth as carefully as I weigh the food that goes into my mouth."
73. "Take a walk with God. He will meet you at the Steps."
74. "The gift of desperation is a beautiful thing."
75. "God does not call the qualified; He qualifies the called."

76. "Whenever someone in the fellowship shared something about themselves, I learned something about me."
77. "Be an active part of the fellowship; do what is suggested and do what the people do who have recovery. That is the summary of it all."
78. "When you get rid of the defects, the assets are there waiting."
79. "The only person I can change is myself, but luckily that is the only person I need to change in order to recover."
80. "Step 10 is a virus software running in the background."
81. "If I focus on what I don't have, I'll never have enough."
82. "Everything starts with feelings which come from our thinking; change my thinking to accept things as they are."
83. "The 12 Step Program is learning to live life as it is."
84. "Not everything that is faced can be changed but nothing can be changed unless it is faced."
85. "I'm in charge of actions. God is in charge of results."
86. "Show God I am willing to change. Demonstrate my willingness to change by living in the Solution."
87. "What do I need to do to show God I am cooperating?"
88. "If the grass is greener on the other side, water your grass."
89. "I act my way into right thinking and not think my way into right action."
90. "If nothing changes, nothing changes."
91. "We can change our feelings by changing the sentences that are going through our heads."
92. Her: "I don't like to use the phone. I am not a phone person."  
Him: "So what? Do it anyway. Change. Become a phone person."
93. "Do I have a clear and honest definition of my food plan or am I still debating?"
94. "You cannot think your way into recovery. It's a program of action. An accumulation of thousands of actions."
95. "Perfectionism guarantees I will never feel good enough."
96. "I began to face and deal rather than whine and eat. I started growing up."
97. "Surrender is not giving up but deciding to cooperate."
98. "Put down the food and change. If you are still fighting the food, you have not changed enough."
99. "I am not learning how to react, but learning how to act."
100. "The pen eases the pain."

## “Living in the Solution, One Day at a Time” Workshop Outline

1:00 - 1:15pm	Serenity Prayer
	Welcome & Housekeeping Announcements
	Reading of Steps
	Special Readings related to “Living in the Solution, ODAT” (see handout)
1:15 - 2:15pm	Speaker Panel – Sharing on how they “Live in the Solution, One Day at a Time” (4 speakers)
2:15-2:30pm	Speaker Q&A
2:30 - 2:35pm	Conscious Contact / Guided Meditation
2:35 – 2:55pm	Deepening Gratitude Exercise (see handout)
2:55-3:15pm	Living in the Principles of the Steps Exercise (see handout)
3:15-3:25pm	Sharing Solutions: Imagine an OA member calls you, asking for help. They are struggling with their program, and need suggestions of how to get back on track. What <b>ONE</b> suggestion would you make? Share it – in one sentence or less!
3:25pm-3:45pm	Sharing on “Living in the Solution, One Day at a Time” or experiences with any of the exercises today.
3:45-3:55pm	Standing in circle Sharing: Is there something I am <u>not currently willing</u> to do in my program? Is there one idea have I heard today that I <u>am willing</u> to add to my program?
4pm	OA Promise: <i>I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.</i>

**Thank you for coming to our workshop, and we hope that you heard some experience, strength and hope to help your recovery! We would greatly appreciate help putting away tables and chairs. Thanks!**



## Living in the Solution...One Day at a Time--Quotes from our Literature:

For Today, page 47, February 16:

*"Prayer should be the key of the day and the lock of the night. - Thomas Fuller*

"Instead of directing the show for my benefit and letting self-will run riot, I will stop today and put aside thoughts of what I want and listen to God's word for me. God's will for me is not greedy or envious, dependent or complaining. To be free of the clamor of the world, its vanities and egos, I put myself in God's hands and my path is secure. I need not waste time on worry and fear, but find a new joy in living.

"Prayer is the only means of truly opening my mind and spirit, once clamped shut by pain and self-pity. A once grim and stony path is now lightened by love.

"For Today: I begin and end this day in conscious contact with God as I understand God."

OA 12&12, pp 69, 70 (Step 10):

"If we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing.

Through the first nine Steps of our program, we have made a beginning on an entirely new way of life, one of sane eating and successful living. Step Ten calls for daily repetition of the actions we took in the first nine Steps. As we do so, these actions become patterns for us to follow in the future—patterns that will enable us to thrive, grow spiritually, and be happy without excess food or compulsive food behaviors."

AA Twelve Steps and Twelve Traditions, page 90:

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*."

AA Big Book, Chapter 2 (title):

"THERE IS A SOLUTION"

## **Living in the Solution...One Day at a Time—Gratitude Exercise:**

List ten people, things, experiences, concepts, institutions or attributes of yourself you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Choose one item from the above list on which you'd like to deepen your gratitude. WHY are you grateful? Write a paragraph about why it / they make life better for you and/or others.

**Suggestion: Deepen your gratitude even further by sharing it with another person.**

## Living in the Solution...One Day at a Time—Record of Recovery:

### Keeping a “Record of Recovery”

It is encouraging to notice and celebrate our recovery in OA. A personal “Record of Recovery” can help us see how far we’ve come and provide evidence if we ever find ourselves thinking we haven’t made any progress.

### The Spiritual Principles of the Steps

As we work the Steps, we are learning Principles to “practice in all our affairs.” Listed below are the Principles of the Steps. The next section gives a few examples of how those Principles might show up in our lives as we progress in our recovery.

Step 1 – Honesty	Step 6 – Willingness	Step 11 – Spiritual Awareness
Step 2 – Hope	Step 7 – Humility	Step 12 – Service
Step 3 – Faith	Step 8 – Self-Discipline	
Step 4 – Courage	Step 9 – Love	
Step 5 – Integrity	Step 10 – Perseverance	

### One member’s “Record of Recovery” (with Principles noted)

- *I have a history of advice-giving, but when my son told me about his frustration with his girlfriend, I just gave him my undivided attention and empathy. He didn’t ask for advice, so I didn’t give it. **This is HUMILITY and LOVE.** And, frankly, a **MIRACLE** for me!*
- *I really didn’t feel like making the dinner I had planned tonight. I wanted to go out! However, I stuck with the plan, which is better for my abstinence and my budget. **This is SELF-DISCIPLINE.***
- *I worked on my 4<sup>th</sup> Step this afternoon. **This is COURAGE and WILLINGNESS.***
- *I was impatient with my husband this afternoon. I stopped and sent up a quick prayer for God to change my thinking. Then I apologized for snapping and admitted that I was the one who had made us late. **This is HONESTY, HUMILITY, LOVE, and SPIRITUAL AWARENESS.***
- *Phone calls are hard for me, but today I called a newcomer. I answered her questions and shared some of my story and recovery with her. **I shared HOPE, and also demonstrated COURAGE and SERVICE!***

### Start Your Own “Record of Recovery”

Use the space below to start a record of your recovery. List the PRINCIPLE(s) which might apply to that new behavior or attitude. (Hint: If you’re sitting here with paper and pen, looking for an example of your recovery, that is already a demonstration of WILLINGNESS!)

- 1.
- 2.
- 3.

# Step 6 Worksheet

**Step 6 worksheet. These questions are from the OA Workbook, put in column form so that you can see patterns easily.** Answer the questions on each defect, then take a deep look at each item. Do you still want this defect or behavior in your life? If not, take them through **Step 7:** With your list in hand, ask your HP to remove each of these defects. Then visualize and affirm the person you are becoming....the person you are without these defects. Pause when agitated and ask your HP to help you stay in your feelings, however uncomfortable, without turning to one of these defects of character. In other words, ask HP to help you accept life on life's terms, without trying to "fix" it with food or anything else.

Character Defect (Ineffective Behavior/ Reaction to Life/Feelings)	What does it do FOR me?	What does it do TO me?	How has this old tool for coping with my life outlived its usefulness?	What harm is it doing me to cling to this way of thinking and acting?	Do I still want this in my life?
Example:  Gossip	Gives me something "interesting" to say. Helps me feel superior. Props me up in social situations. Covers up my social awkwardness.	Makes me feel guilty and afraid I'll get caught talking about someone. Makes me wonder if others are talking about me...	There are better ways of joining in with a group. I know it's ok to just be a person among persons... there is no need to be "superior."	It keeps me from feeling like an honest, kind person, and from having relationships based on trust. I don't like myself when I gossip.	

Step 10 Bookmark

<b>STEP 10:</b> Continue to watch for	<b>STEP 10:</b> Continue to watch for	<b>STEP 10:</b> Continue to watch for	<b>STEP 10:</b> Continue to watch for
<b>Selfishness</b>	<b>Selfishness</b>	<b>Selfishness</b>	<b>Selfishness</b>
<b>Dishonesty</b>	<b>Dishonesty</b>	<b>Dishonesty</b>	<b>Dishonesty</b>
<b>Resentment</b>	<b>Resentment</b>	<b>Resentment</b>	<b>Resentment</b>
<b>Fear</b>	<b>Fear</b>	<b>Fear</b>	<b>Fear</b>
<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> <b>Action #1</b> Ask God at once to remove them <input type="checkbox"/> <b>Action #2</b> Discuss with someone immediately <input type="checkbox"/> <b>Action #3</b> Make amends quickly if I've harmed anyone <input type="checkbox"/> <b>Action #4</b> Resolutely turn my thoughts to someone I can help
<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> Love & tolerance of others	<b>Our Code:</b> Love & tolerance of others
<b>Vision of God's will to be carried into all my activities... thoughts to go with me constantly:</b> How can I best serve you? Your will (not mine) be done.	<b>Vision of God's will to be carried into all my activities... thoughts to go with me constantly:</b> How can I best serve you? Your will (not mine) be done.	<b>Vision of God's will to be carried into all my activities... thoughts to go with me constantly:</b> How can I best serve you? Your will (not mine) be done.	<b>Vision of God's will to be carried into all my activities... thoughts to go with me constantly:</b> How can I best serve you? Your will (not mine) be done.

# The Hand of OA is Service

Some Service Suggestions:

1. Go to a meeting
2. Smile
3. Say "Hello" to someone
4. Volunteer to read Chapter 5
5. Welcome a newcomer
6. Help Setup Chairs
7. Help set out literature
8. Help Clean Up
9. Make Coffee
10. Help with the newcomer meeting
11. Lead a newcomer meeting
12. Lead the meeting
13. Volunteer to be a greeter
14. Call a newcomer
15. Call an old timer
16. Call someone who was absent
17. Work all of the 12 steps
18. Tell someone something you admire about them or their program
19. Share your story with someone new
20. Share something positive
21. Read all the OA/AA conference approved literature
22. Attend the group conscience or steering committee meeting
23. Share your recovery with someone
24. Write an article for your group
25. Write an article for a newsletter
26. Write an article for Lifeline
27. Take a meeting notice to a community bulletin board
28. Tell your doctor about OA
29. Tell your dentist about OA
30. Tell your clergy about OA
31. Tell your company nurse about OA
32. Be committed to abstinence
33. Leave a Lifeline at a beauty or barber shop
34. Leave a Lifeline in a waiting room
35. Leave your name with the OA phone list or answer the OA phone
36. Offer to be a contact for people your doctor may refer to OA
37. Check to see if OA is listed with the local crisis center
38. Check to see if the Chamber of Commerce has the OA meetings in your area listed correctly
39. Check to see if OA is listed in your community datebook
40. Go to an Intergroup meeting
41. Attend a workshop or marathon
42. Visit another group

43. Volunteer to order literature
44. Volunteer to be program chairman
45. Volunteer to be treasurer
46. Volunteer to be group secretary
47. Volunteer to be newcomer chairman
48. Volunteer to be your groups contact person
49. Volunteer to be your groups Intergroup representative
50. Read OA traditions and become familiar with them
51. Read your intergroup by-laws and study them
52. Write a "Love Note"
53. Express your gratitude for someone or something
54. Read the World Service Office by-laws and study them
55. Volunteer to be Public Relations chairman
56. Contact doctors in your area about OA
57. Volunteer to coordinate a group workshop/marathon
58. Suggest a community night for your group to show an OA film
59. Ask if your group would like to donate a OA book to the local library
60. Write a newspaper article about your group's donation of the book
61. Speak at an OA meeting
62. Volunteer to sponsor
63. Give to others what you have been so freely given
64. Encourage someone who is having a hard time.
65. Invite someone for coffee or lunch to share one-on-one
66. Volunteer to carry the key and be responsible for locking up.
67. Offer to send off lifeline orders forms for members in order for the group to get back issues.
68. Call someone you sponsor just to say I love you.
69. Give someone a hug
70. Seek out someone who looks lonely at a meeting to sit beside
71. Talk to the person who is all alone
72. Make nametags for your group
73. Welcome the new representatives at Intergroup
74. See the new reps get a set of by-laws and other information
75. Introduce the new reps to the other group reps
76. Coordinate a group adoption program where your group helps out new or struggling groups by sending letters or tapes.
77. Volunteer to take a carload of your home group members to a new group to share strength, hope and experience
78. Contact a new group to ask if they have questions
79. Help work on your newsletter or start one if possible
80. Make a phone list of members for newcomers
81. Encourage people with recovery to give service
82. Invite people with recovery to share at your meeting
83. Recommend speakers for new groups or struggling groups
84. Work on a retreat committee
85. Work on a workshop/marathon committee
86. Work on a convention committee
87. Volunteer to work on any intergroup committee

88. Make a care package for people you sponsor who are going out of town.
89. Offer to sponsor by mail for 'loaners'
90. Help start a new group.
91. Study OA's position and ideas in dealing with eating disorders
92. Contact any EDUs in your area and offer to visit their patients
93. Volunteer to speak at the EDU to share the OA program and your recovery.
94. Offer cooperation without affiliation
95. Give EDU's all available information from WSO about OA's help
96. Make small inexpensive holiday gifts for group members
97. Attend a retreat
98. Attend a convention
99. Check to see if WSO has the correct information on your group
100. Get the intergroup phone number listed in outlying phonebooks. (Ask about foreign listings)
101. Put an OA ad in the classifieds
102. Volunteer to arrange for a group Post Office Box so the group will have a permanent address.
103. Volunteer to check the P.O. Box on a regular basis.
104. Bring the WSO notebook to your meeting and share info
105. Write a note telling someone how much you appreciate their OA service
106. Listen to someone's fifth step.
107. Make signs for your group
108. Make flyers announcing upcoming events for distribution at intergroup.
109. Send the newsletter information about upcoming events.
110. Send Lifeline notices of two-day events two months in advance
111. Notify your region of upcoming events
112. Help your intergroup get incorporated if it is not
113. Help get tax-exempt status for your intergroup
114. Make a gift for a raffle
115. Send a card to your sponsor
116. Send a card to your sponsorees
117. Offer transportation to a meeting
118. Visit OA groups while traveling
119. Take someone to intergroup
120. Read the Public Information guide available from WSO
121. Contact the local radio station about OA spot announcements
122. Write articles to send to all the newspapers in your area about OA
123. Contact television stations about talk show interviews done in shadows
124. Agree to be interviewed when asked on TV or radio
125. Plan a city-wide newcomer day.
126. Put notices about OA in church bulletins
127. Keep a positive attitude
128. Suggest your group start a tape library of convention tapes
129. Share what you are learning from *For Today*
130. Recommend particularly helpful stories from Lifeline Sampler
131. Be enthusiastic about recovery
132. Be enthusiastic about service
133. Ask a newcomer for coffee after a meeting
134. If someone is reluctant about getting a sponsor volunteer to be a temporary one
135. Remember "People don't care much you know until they know how much you care"



136. Know all service is important and be willing to do it all
137. Check to see if your group is supporting your intergroup, WSO, and region. If not suggest it.
138. Give more for Seventh Tradition
139. Have a meeting on sponsoring
140. Exchange information and news about upcoming events with other nearby intergroup.
141. Handle the mail inquiries to your area about OA
142. Coordinate the meeting list for the intergroup
143. Maintain the speakers list for your intergroup
144. Speak when ask to other organizations about OA such as school health classes, etc.
145. Man the OA booth for a health fair or community day.
146. Volunteer to be institutions chairman for intergroup.
147. Be a military chairman
148. Be intergroup public information chairman
149. Be IG treasurer
150. Be IG board advisor
151. Be IG secretary
152. Be IG workshop chair
153. Be IG vice-chairman
154. Be IG newsletter chief
155. Be IG retreat chair
156. Be IG convention chair
157. Be IG chairman
158. Work in hospitality for an event
159. Work in registration for an event
160. Do entertainment at an event
161. Be MC for an event
162. Help plan program
163. Make nametags for an event
164. Make decorations for an event
165. Provide transportation for an event
166. Speak at an event
167. Be treasurer for an event
168. Attend a regional assembly
169. Do any of the above for a regional event
170. Serve as a regional representative
171. Serve as a region newsletter editor
172. Serve on a military committee
173. Server on professionals and institutions committee
174. Serve on by-law committee
175. Serve on a ways and means committee
176. Serve on a public information committee
177. Serve on the regional directory committee
178. Speak to the new reps and welcome them
179. See if they have any questions
180. Serve and chairman on any of the above committees
181. Be Regional secretary
182. Be Regional Treasurer

183. Be Regional Vice-Chairman
184. Be Regional Chairman
185. Serve as a WSO Delegate
186. Serve on the WSO New Business Committee
187. Serve on WSO Conference Literature Committee
188. Serve on WSO Agenda Committee
189. Serve on WSO By-Laws Committee
190. Serve on WSO Institutions Committee
191. Serve on WSO International Committee
192. Serve on WSO Lifeline Committee
193. Serve on WSO Military Committee
194. Serve on WSO Professional Community Committee
195. Serve on WSO Twelfth Step Within Committee
196. Serve on WSO Ways and Means Committee
197. Serve on WSO Young People's Committee
198. Serve as a WSO Conference Committee Vice-Chairman
199. Serve as WSO Conference Committee Chairman
200. Attend the workshops at WSO
201. Submit proposals for WSO
202. Submit By-Laws changes
203. Attend all the business meetings at WSO
204. Lead a WSO workshop
205. Bring back all the information of Region and WSO to the intergroup and local meetings
206. Write newsletters concerning the happenings at intergroup, WSO and region.
207. Bring back to committees and individuals the information gained at WSO and Region and pass on the ideas and methods being used in areas around the world.
208. Learn more about OA and bring that knowledge home to improve your local OA
209. Be positive and open-minded about other ways of doing "things"
210. Meet other delegates and start communicating ideas throughout the years
211. Be willing to share what is working in your area
212. Thank someone for their hard work at helping "carry the message"
213. Maintain good communication with other OAs
214. Smile at strangers
215. Be flexible
216. Explain OA's service structure to those interested
217. Have a tradition workshop
218. Remember to explain service and ways to give to those coming in new to OA
219. Do not assume that everyone knows everything, explain
220. Keep going to meetings
221. Keep attending your "home group"
222. Remember your recovery will help convince a newcomer "it works"
223. Share your strength, hope and experience on your physical, emotional and spiritual recovery.
224. Try to always remember how you felt as a newcomer
225. Treat everyone else as you want to be treated
226. Have a good attitude towards all, you may be the only 'big book' anyone ever reads.
227. Make your live be your "message"
228. Remember, "Our leaders are not but trusted servants. They do not govern."
229. Serve as a regional trustee or as a general service trustee

230. Do for others
231. Remember, jobs done for any other reason, but love isn't service.
232. Lose all of your excess weight and keep it off
233. Be a non-verbal witness
234. Listen to people
235. Smile and look at speakers
236. Show how much you care
237. Send a contribution to your intergroup
238. Send a contribution to your region
239. Send a contribution to WSO
240. Share what happens at WSO with your groups

Know that no building will be named after you, no schools dedicated in your name. You can work long and hard hours for no money or material gain. You will be misunderstood and criticized. You will question your sanity for doing all this for no thanks and all the hassles. Ask an old timer, "Why do you give service at all?" You might see a serene smile and hear "I do it all because I want recovery. It brings joy to my life and inner satisfaction. Dr. Bob's story gives me four good reasons." There is nothing more satisfying than being a tiny instrument in someone's recovery and being blessed by watching them grow.

This list was found in a group rep binder, it was type written and yellowed with age. It's origin is unknown.

# Twelve Step Exercise

*Identify a situation in your personal or work life that is currently a source of resentment, fear, sadness or anger. Write a brief statement describing the situation and indicating why it concerns you.*

Step One: In what ways are you powerless over the situation or condition, and how is it showing you the unmanageability of your life?

Step Two: How do you see your Higher Power as assisting you in being restored to wholeness?

Step Three: How does being willing to turn your life over to the care of God assist you in dealing with this?

Step Four: What character traits have surfaced (for example: fear of abandonment or authority figures, seeking control, seeking approval, obsessive/compulsive behavior, rescuing, taking inappropriate responsibility, not expressing feelings)?

Step Five: Admit your wrongs to God, to yourself and to another human being.

Step Six: Are you entirely ready to work in partnership with God to remove your ineffective behaviors? If not, explain why.

Step Seven: Can you humbly ask God for help in removing your shortcomings? If not, what stands in your way?

Step Eight: Make a list of persons who are being harmed.

Step Nine: What amends are necessary and how will you make them?

Step Ten: Review the above steps to make sure that nothing has been overlooked.

Step Eleven: Take a moment for prayer and meditation, asking for knowledge of God's will for you? What did you discover?

Step Twelve: How can your understanding and spiritual guidance assist you in dealing with this problem?