

SOAR 8

Southeast Overeaters Anonymous Region 8



NEW REPRESENTATIVE ORIENTATION MANUAL Recovery Convention and Business Assembly

MARCH 2009

TABLE OF CONTENTS

WELCOME	2
SOAR 8	3
Bylaws ARTICLE II – PURPOSE	3
BYLAWS OVEREATERS ANONYMOUS, INC. SUBPART A – CORPORATE ORGANIZATION	4
New Rep Orientation	
Business Assembly 101	5
REGION	7
WHAT IS A REGION???	7
HOW IMPORTANT IS THE REGION???	7
WHAT IS THE MAKE-UP OF THE REGION BUSINESS ASSEMBLY???	7
WHAT ARE THE REQUIREMENTS OF A REGION REPRESENTATIVE???	7
MEMBERSHIP OF SOAR 8, INC	8
REGION REPRESENTATIVE	9
BUSINESS ASSEMBLY STANDING RULES:	10
PARLIAMENTARY PROCEDURE:	14
COMMITTEES	18
PUBLICATIONS AVAILABLE	18

<i>BIDS FOR ASSEMBLY</i>	<u>18</u>
<i>THROUGH OUR OWN CONTRIBUTIONS</i>	<u>19</u>

WELCOME

Hi Region Reps:

Welcome! You are now in our shoes. We were all Green Dots at one time. The first time we walked into the Region 8 Business Assembly it was overwhelming. This orientation Handbook is to help you understand and become comfortable with the Business Assembly. We want you to know you are very important and you are not alone.

The Green Dots keep things moving in a new and fresh direction. If you are a GREEN DOT, that means it's your first time as a Region 8 Rep. In this case, be especially patient with yourself --it all becomes more clear with time and your 12 th Step service work. Just remember to sit next to a "mentor" at the Business Assembly and ASK QUESTIONS when needed! We are here to help you with any concern, large or small.

The business of the assembly includes committee work, election of officers, selection of trustee nominees, amendment of bylaws, and creation and maintenance of all Region Publications.

Welcome and thank you for your service.

The Region 8 Board

SOAR 8 Bylaws ARTICLE II – PURPOSE

Section 1

The specific primary purpose of this organization is to aid those with the problem of compulsive overeating overcome that problem through the Twelve steps of Overeaters Anonymous. To serve and represent the OA Intergroups from which the Assembly is formed in accordance with the Twelve Traditions and Twelve Concepts of OA service.

- A. SOAR-8 is in compliance with and qualifies as an exempt organization under Section 501 (c)(3) of the Internal Revenue Code of 1954.
- B. SOAR-8 shall maintain communication centers for the transaction of its business. The communication center(s) shall be located at such place or places within the geographic area of Region-8 as the Executive Board and or the Business Assembly shall from time to time designate.

BYLAWS OVEREATERS ANONYMOUS, INC. SUBPART A – CORPORATE ORGANIZATION

ARTICLE I – PURPOSE

The specific and primary purpose of the corporation is to aid those with the problem of compulsive overeating to overcome that problem through a Twelve-step program of recovery. The general purpose and power is to promote the public health, and to work with and furnish charitable and cultural assistance to those with problems of obesity. The corporation is the guardian of the world services and the Twelve Steps and Twelve Traditions of Overeaters Anonymous and shall preserve the exclusive right to use the name Overeaters Anonymous. The corporation shall maintain a World Service Office to serve Overeaters Anonymous.

New Rep Orientation

1. SERENITY PRAYER

2. WELCOME

Introductions

Stress our purpose--to carry the message.

3. LOGISTICS OF ASSEMBLY

- a) Registration procedure
- b) Blue book sign-in, badge with green dot, banquet ticket, etc.
- c) Funded get-acquainted luncheon
- d) Distribute Minutes from last Assembly and Agenda for current Assembly
- e) Hospitality Room
- f) Taping for purpose of minutes
- g) Roll Call – important to be on time; can't vote unless present for roll call
- h) Information Packets (review before Business sessions)
- i) *P&P* (how to get one; study it!)

4. PARLIAMENTARY PROCEDURE

- a) Distribute and explain procedure for motions and standing rules
- b) Pro/Con procedure, microphones, time limits, number of speakers to motions
- c) Terms: point of information, question of privilege, etc.

5. COMMITTEES

Describe work of each committee and ask Reps to attend committee of their choice.

6. MISCELLANEOUS

- a) Buddy system
- b) Report to Intergroup (see *AA Service Manual*)
- c) Discuss importance of Group Registration Forms staying updated (show examples)
- d) Follow your regular routine at Assembly: i.e., prayer, meditation, sleep, exercise
- e) Re-entry to the real world after Assembly
- f) Express Region's gratitude for Rep's willingness to serve

7. CLOSING – Prayer approved by WSBC.

Business Assembly 101

Translation, please! A glossary of terms used during Region 8 Business Assemblies.

"Where's the Green Dot meeting?" "How can I get a P&P?" "I think I'll go to a 12 – Step Within Committee meeting." Whew! At my first Region 8 Assembly, my head was spinning with a whole new language that I didn't understand. I was very green, indeed! How would I ever get it all straight?

When we "keep coming back" for our recovery in OA, we also become more familiar with OA terms. But in case some of you need a little extra help in the beginning, here's a crash course in deciphering the lingo. The diagram below may help some, but don't expect to absorb it all at once.

What I learned from this triangle is that **EC** means Executive Committee and is made up of the six **GSTs** (General Service Trustees) and the 10 **Region Trustees**. In addition to **IGs** (Intergroups) and **NSBs** (National Service Boards), OA also has **LSBs** (Language



Service Boards). Instead of IGs some countries have NSBs. LSBs were formed for members who speak the same language but are from different countries.

Of course, OA starts out with individuals who go to meetings. We hope that every meeting will join an **IG** (Intergroup) and send an **IG Rep** (Intergroup Representative) to a monthly meeting. IGs and lone groups send Region Reps to the Region Business Assembly. The world is divided into 10 OA regions. We

are in Region 8—or **SOAR 8**—because we are the Southeast Overeaters Anonymous Region 8. Our acronym still fits even after we added Central and South America and the rest of the Caribbean Islands in 2001. (Puerto Rico and the Virgin Islands have long been a part of Region 8.)

Region 8 has a Board made up of the **Chairman, Vice-Chairman, Secretary and Treasurer**. We also have seven "**funded Committee Chairmen**" (meaning their expenses are paid to attend Region 8 Business Assemblies). Here are the committees and their primary duties:

1. **Ways & Means**—finances
2. **Publications**—Newsletter and handbooks
3. **IGOR**—Intergroup Outreach; promotes unity within Region 8
4. **12th Step Within**—Promotes member retention and recovery
5. **Young People** –Caring the message to young people.
6. **PI/PO**-Public Information/Professional Outreach

7. **Bylaws/Policy & Procedure Revision**— Content of the Bylaws and P&P manual are decided by Region Rep votes at Assemblies. They guide us in running Region 8 business.

Each region holds Business Assemblies and among other things, ratifies up to three candidates to run for Region Trustee (for a term of up to three years). The **WSBC** (World Service Business Conference) elects one Trustee for each region, as well as six **GSTs** (General Service Trustees). These folks make up the **BOT** (Board of Trustees), trusted servants who facilitate "carrying the message."

(Business Assembly 101 continued)

The WSBC is held each May in Albuquerque, New Mexico, where our **WSO** (World Service Office) is located. According to Tradition 8, OA employs special workers to expedite the business of OA. The WSBC is the decision-making body made up of the BOT and **Delegates** sent from Intergroups. For more information you can refer to your Region 8 **P&P** and/or **New Rep Handbook**. If you don't have these SOAR 8 publications, you can pick them up at a Region 8 Business Assembly or view them at our website: www.OARegion8.org

If you're a **Green Dot**, that means it's your first time as a Region Rep. In this case, be especially patient with yourself—it all becomes more clear with time and your 12th Step service work. Just remember to sit next to a "mentor" at the Business Assembly and **ASK QUESTIONS** when needed!

REGION

WHAT IS A REGION???

In order to obtain Trustees from all parts of the country, the United States was divided into eight Regions (Canadian Provinces are within the Region nearest them.) Each Region nominates one or more Region Trustee candidates, one of whom is elected at the annual World Service Conference to serve OA as a whole. At the 1982 Conference OA groups, Intergroups, and other service offices outside the United States and Canada were incorporated into Regions 9 & 10.

HOW IMPORTANT IS THE REGION???

As part of OA's service structure, the Region office is important in coordinating Twelfth Step work on a broad scale. Region Business Assemblies choose Trustee nominees to be presented to the World Service Conference. One of these nominees will be elected and will bring input from the Region-wide membership (gathered at the Region Business Assemblies) to the World Service Board of Trustees. The Region Trustee also communicates the Board of Trustees information to the Region.

WHAT IS THE MAKE-UP OF THE REGION BUSINESS ASSEMBLY???

Each Intergroup sends at least one Region Representative to the Region Business Assembly. The Region Trustee is in attendance to learn about matters of interest to the Region and to present World Service concerns that need Region input. The Trustee may ask for specific feedback to bring to a future Board of Trustees meeting.

Since attendance at every Intergroup meeting is a physical impossibility for Trustees, it is the Region, Business Assembly which provides a forum for the exchange of ideas between the members of the Region and OA as a whole. It also gives Intergroups an opportunity to share experience, strength, and hope.

WHAT ARE THE REQUIREMENTS OF A REGION REPRESENTATIVE???

Each Intergroup decides these requirements, on its own. However, a minimum of six months of continuous abstinence and actively working a Twelve Step program is suggested. Service should be a most important consideration in choosing a Region Representative.

MEMBERSHIP OF SOAR 8, INC

The membership of this association shall consist of Region Representatives or Alternates from each Intergroup within the geographical boundaries of SOAR 8, Inc., to include Chairman of all SOAR 8 standing committees.

- A. Per the Bylaws of Overeaters Anonymous, Inc., Subpart B, SOAR 8, Inc., shall be the Southeast Region composed of Alabama, Arkansas, Bermuda, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Puerto Rico, and the Virgin Islands.
- B. Those Intergroups are deemed members provided that such Intergroups shall have been registered with Region 8.
- C. Each Intergroup Region Representative and Alternate shall serve for the period designated by their Intergroup, always subject to recall by the Intergroup they represent.
- D. Each member Intergroup shall be entitled to one (1) vote in the Business Assembly of SOAR 8, Inc. for each ten (10) groups or part thereof represented by said Intergroup.
 - 1. It is suggested Region Representatives be selected for judgement, experience, stability, willingness, and for faithful adherence to the program of Overeaters Anonymous.
 - 2. It is suggested a Region Representative have a minimum of six (6) months current abstinence.
- E. Only SOAR 8, Inc., Region Representatives or Alternates duly elected by their respective Intergroups registered with SOAR 8, Inc., elected SOAR 8, Inc. Board Members, and Chairman of all SOAR 8, Inc., standing committees may vote at any meeting of SOAR 8, Inc. Region Representatives may be instructed as to the desires of the Intergroup they represent. As participants, Region Representatives shall not be bound by the wishes of their Intergroups but should not vote against these wishes unless situations arise that make it necessary for the best interest of Overeaters Anonymous as a whole. Visitors are encouraged to participate in the discussion only.

REGION REPRESENTATIVE

1. Attend Region Business Assemblies - Region Representatives or their Alternates should be present at all Region 8 Business Assembly meetings.
2. Verify that the Region has the correct name and address for every Region Representative from their Intergroup. Inform the Region Secretary of any changes of Region Representatives, Alternates, or Intergroup mailing address. Update World Service Office with a Group Registration Form.
3. Keep the Region informed of happenings in your area. Do not assume that someone else is doing it. Duplicate information is better than no information at all.
4. Keep your area informed of happenings in the Region and Overeaters Anonymous as a whole. Region Business Assemblies are used as an interface between World Service Office and Intergroups or unaffiliated groups. If the information stops there, the lines of communication are broken.
5. Take an active part in the activities of the Region Business Assemblies. Every person is needed to assume part of the workload, or else the Region will fail to be an effective tool.
6. The Region encourages Region Representatives to volunteer to speak at recovery workshops during the Business Assembly sessions when more than one Region Representative is present from their Intergroup to further share the variety of experience, strength, and hope offered by recovery throughout the Region.
7. Region Representatives are responsible to voice the group conscience of the Intergroup represented. They are also responsible to the Region and Overeaters Anonymous as a whole. Remember that what works in one area may not be best for the Region as a whole.
8. Region Representatives are responsible to know and understand the Twelve Traditions. Region Representatives are responsible to see that the Traditions are not being violated in our area. Violations should be brought to the attention of the Region Trustee and the Region if they continue.

Reference Note: All registered Region Representatives are entitled to a vote; all others will be seated with a voice, but will not have a vote.

BUSINESS ASSEMBLY STANDING RULES:

These rules take precedence over *Robert's Rules of Order*. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules, to force standard parliamentary procedure.

Participation in Assembly

1. Voting member must wear appropriate identification badge/ribbon denoting Rep, funded committee chairman, or Board Member.
2. The Secretary shall call the roll at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman. A roll call is performed by counting Board members, Committee Chairmen, and each state's registered Rep(s).
3. A person must have been counted in the preceding roll call to participate in any Assembly procedure, e.g., voting, making a motion, speaking pro or con, etc.
4. Visitors and guests are permitted in the Assembly, but should not participate in any procedure except speaking informally when recognized by the Chairman.

Voting Procedures

1. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chairman.
2. A voting member may request a more accurate vote count by simply calling out "Division." The Chairman may then use a voting method which assures an exact count.
3. The Chairman may also call for division by stating, "The Chairman is in doubt."
4. Ballot vote will be used for elections unless there is only one nominee, and the Assembly passes a motion to accept by acclamation. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots.

Recognition

1. Voting members who wish to speak shall, from the center microphone, give their name and Intergroup, and wait for recognition from the Chairman. If necessary to get the Chairman's attention, the voting member may say "Madam/Mr. Chairman," but may not speak unless recognized by the Chairman.
2. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chairman (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

Motions and Debate

1. Process for New Business Motions

- a. Secretary will distribute minutes of the Business Assembly to the Board and Committee Chairs electronically no later than 15 days after close of the Business Assembly. New motions will be contained in the Committee Reports of the minutes.
- b. New motions arising out of committees, during an assembly shall be communicated to the secretary within 15 days after the close of the assembly at which they emerge. After board notification the secretary shall forward these motions to the Bylaws/P&P Committee within 21 days of the close of the assembly at which they emerge. After Board notification the Secretary shall forward these motions to the Bylaws/P&P committee within 21 days of the close of the Assembly.
- c. Motions arising outside the Business Assembly will be evaluated by the Board and Bylaws and P&P Committee for possible inclusion in the next Assembly mailing, time permitting.
- d. Bylaws and P&P Committee will review all motions. If there is a problem with the motion, the committee will communicate with the maker of the motion to arrive at a suitable version to be voted on at the next Business Assembly.
- e. Form of the motion must contain the intent, the proposed motion and any possible effects (costs, time, other committees affected, date of implementation). Maker of the motion should list possible changes to be made to the P&P.
- f. The Bylaws Committee Chair will submit the final motions to the Secretary and Chairman, electronically, no later than 30 days after the close of the Business Assembly for inclusion in the mailing packet for the

following Business Assembly.

- g. When any proposed motion causes conflict with the P&P, The Bylaws and P&P Committee will propose alignment motions and submit them electronically to the Secretary and Chairman no later than 30 days after the close of the Business Assembly.
 - h. No motions other than emergency motions will be taken from the floor at assembly. Emergency motions shall be submitted to the Bylaws and P&P Committee by the lunch break on Saturday of the assembly
2. There will be a maximum of three pro and three con speakers to each motion. There will be a maximum of two pro and two con speakers to each amendment. Each speaker may speak for a maximum of three minutes
 3. Pro and Con speakers shall use the appropriate pro/con microphone. While waiting to speak, pro/con speakers may queue at the microphones.
 4. A voting member may not speak on two consecutive motions or amendments unless the maximum number of speakers has not been reached.
 5. The first speaker is always pro, and is usually the maker of the motion (unless [s]he wishes to have another voting member speak).
 6. If more than the maximum number of speakers wishes to speak to a motion, they are encouraged to select among themselves those who can best represent their views.
 7. There shall be at least one pro and one con speaker before any discussion on the motion is taken from the center microphone.
 8. A motion to close debate (Previous Question) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
 9. To save time on a simple amendment to a motion, the Chairman may ask the maker of the motion if (s)he would be willing to accept a "friendly amendment." If the maker of the motion agrees and there is no objection from the Assembly, the motion is changed to include the amendment.

Miscellaneous

1. No smoking is allowed in any Assembly room.
2. No animals are allowed in any Assembly room, except guide dogs and service animals.
3. All beepers, cell-phones and 2-way pagers should be set to vibrate or turned off.

4. Voting members should not leave or enter the Assembly room while votes are being taken.
5. No eating of food during the business session

PARLIAMENTARY PROCEDURE:

WHAT EVERY MEMBER SHOULD KNOW TO PARTICIPATE IN THE MEETING!

The aims of parliamentary law are:

- To expedite business.
- Maintain Order.
- Insure justice and equality.
- Accomplish the objectives of the organization.

Roberts Rules of Order states that American parliamentary law is built on the principles that rights must be respected: rights of the majority, of the minority, of individuals, of absentees, and rights of all these together. Parliamentary law is the application of the Golden Rule. Basic principles include:

1. Only one question can be considered at a time. It must be put in the form of a motion, given to the Region 8 Secretary and moved by one member, seconded by another, and must be stated by the presiding officer, after which it is open to debate and amendment.
2. No one can make a motion or speak in debate until they have risen, addressed the Region 8 Chairman by their proper title, has been recognized by the Chairman, and thus has obtained the floor.
3. No one can speak unreasonably long, or more than twice on the same question on the same day, without permission of the members of the Business Assembly.
4. No member can speak a second time on the same question if any other member desires to speak who has not spoken on that question.
5. No one speaking from the floor can address their remarks to another member or use another member's name when it can be avoided, but their remarks must be addressed to the Chairman.
6. Once a question is before the Business Assembly, it must be adopted or rejected by a vote, or be disposed of in some other way, before any other subject can be introduced except certain ones entitled to this privilege.
7. All Region Representatives are equal. Every Representative has the same rights - to introduce business, to participate in debate, and to vote.
8. A quorum (minimum number of members) must be present to transact business.

9. A question once settled may not be presented again in the same form in the same session. This is to avoid waste of time. The only way to bring it back in the same meeting is to move to reconsider. (Some motions may not be reconsidered.)
10. A majority vote decides a question except in cases where basic rights of members are involved; then a larger than majority vote is required.
11. A 2/3 majority is necessary for any motion that deprives individual members of their rights – such as changing rules of debate, cutting off debate, closing nominations, closing polls, or rescinding actions without notice, etc.
12. Silence gives consent - those who do not vote when the vote is taken, by their silence agree to go along with the decision of the majority.

A MOTION is the means by which all business is introduced to a Region 8 Business Assembly. There are six (6) steps necessary to putting a motion on the floor and disposing of it. Before these steps, a member should rise and say Mr. Chairman or Madam Chairman and be recognized by the Chairman (See Page 4)!

1. Make the motion. “I move that...” (or to...)
2. Second the motion (second, need not rise or address the Chairman).
3. Chairman states the motion.
4. Chairman calls for debate.
5. Chairman puts the question to a vote.
6. Chairman announces the results.

TO INTRODUCE BUSINESS: Make a motion say, “I move to...” (member seconds the motion).

TO CHANGE A MOTION: Move to amend -

1. By *adding*, “I move to amend by adding the word(s)...”
2. By *inserting*, “I move to amend the motion by inserting the word(s)...”
3. By *striking out*, “I move to amend the motion by striking out the word(s)...” (locate the words if necessary).
4. By *striking out and inserting*, “I move to amend the motion by striking out the word(s)... and inserting the word(s)...”
5. By *substituting*, “I move to substitute for the pending resolution the following: Resolved, That....” or, “I move to substitute for the second paragraph the following paragraph...”

TO ACCEPT AN AMENDMENT: The maker of a motion may accept an amendment with consent of the Business Assembly if the Chairman has stated the motion, usually with general consent.

TO REJECT OR KILL A MOTION: POSTPONE IT INDEFINITELY say, “I move to postpone the question indefinitely.” If adopted, it kills a question without bringing it to a vote. It tests the strength of the opposition and still leaves one in a position to try and defeat the motion in a final vote, if this motion is adopted.

TO DEFER ACTION:

REFER IT TO A COMMITTEE: If the Business Assembly needs more information, say, I move to refer this matter to the finance committee or I move this matter to a committee of three, appointed by the Chairman to investigate and report at the next meeting.

POSTPONE IT DEFINITELY: When you feel you need more time, or more information which will arrive soon or you want to wait for more members to arrive, say “I move to postpone this question until after lunch.” or “...until 2:00 PM.” or “...until the next meeting.”

A question cannot be postponed past the time of the next regular meeting. But, it may be postponed again.

LAY IT ON THE TABLE: When you lay the question aside temporarily until another matter is discussed, say “I move to lay the question on the table.” A time is not stated in the motion. The question may be taken from the table any time after intervening business has been completed. If not taken from the table by the end of the next meeting, it dies. Using this motion to kill a question is not correct usage. To take a question from the table, say “I move to take from the table the question that...”

TO LIMIT OR STOP DEBATE:

LIMIT DEBATE: If time is short and members are taking a great deal of time or stating the same things over again, say “I move to limit debate to two (2) minutes per person.” or “I move to limit debate on this question to twenty minutes in all.”

MOVE THE PREVIOUS: When, you wish to stop debate on a question or prevent further amendments and bring it to a vote immediately, say “I move the previous question.” This means... Let's stop talking and vote right away.

TO WITHDRAW A MOTION: Before it is stated by the Chairman, the motion belongs to the maker and all they have to say is “Mr. Chairman, I withdraw my motion.” After it is stated, it may be withdrawn with general consent of the Business Assembly.

POINT OF ORDER: To call attention to something being done incorrectly. The point must be raised at the time the breach occurs.

POINT OF INFORMATION: (ASK A QUESTION)to get information or to call the Business Assembly's attention to something when the question cannot be debated.

RECONSIDER: When you want to consider a question a second time, say "I move to reconsider the vote on..." It needs a second. It may be made only by one who voted on the prevailing side and at the same meeting at which the motion you want to reconsider was made. It takes a majority vote.

RESCIND: To undo some action already voted upon and adopted. Give previous notice that you intend to move to rescind and it only takes a majority vote, 2/3 without notice.

DIVISION OF THE HOUSE: Is simply a demand for a re-vote. If you think there is a mistake in the results of a vote, say "I call for division." It only takes one member and needs no second.

GENERAL CONSENT: When the Chairman feels all are in agreement on a subject, or at least no one will object, the Chairman may say "If there are no objections we will..." and no vote need be taken unless someone objects, then a vote will be taken.

APPEAL: If you disagree with the Chairman's decision you say "I appeal from the decision of the Chairman." It must be seconded. The Chairman speaks first, the members speak once, and then the Chairman speaks a second time. A tie vote sustains the Chairman and the Chairman may make the tie. An appeal may only be made on a ruling of the Chairman and not as a result of voting.

ADJOURN: To stop everything and close the Business Assembly meeting immediately. Don't forget you may be stuck with the unfinished business at another meeting.

COMMITTEES

WAYS & MEANS:	Fund-raising
	Accountability
PUBLICATIONS:	Newsletter Editing
	Editing
	Production & Distribution
INTERGROUP OUTREACH:	Lifeline
	Web-servant
	Unaffiliated Groups
	IG Map-Welcome New Groups
	Intergroup Sponsors IG Chairs
YOUNG PEOPLE:	Region Rep Funding
BYLAWS and P&P:	Carrying the Message to Young People
PUBLIC INFORMATION:	Maintain Governing Documents
TWELVE STEP WITHIN:	Carrying the Message Email
	Sponsorship
	12-Step Within Road Show
	Care Package - 30 Questions

PUBLICATIONS AVAILABLE

1. SOAR 8 Policy & Procedure Manual
2. SOAR 8 Policy & Procedure Manual Yearly Updates
3. Intergroup Handbook
4. Twelfth Step Within Handbook
5. New Region 8 Region Representatives Handbook
6. Hosting Manual

BIDS FOR ASSEMBLY

If you think you're Intergroup or National Service Board might be interested in hosting a Region 8 Recovery Convention and Business Assembly, there is a **HOSTING MANUAL** to assist in the planning. You can download this Manual from the Region 8 web page at www.oaregion8.org. One can pick up a copy from the Vice-Chairman at the Assembly or have one mailed to you. This Manual has guidelines for bidding on a convention/assembly and guidelines for hosting the convention/assembly. There are guidelines for creating the flyer as well as the committees needed. For further assistance contact the SOAR 8 Vice-Chairman at this email address vicechairman@oaregion8.org. At each assembly, bids are presented and a Hosting Intergroup is selected for the following year. Remember together we can do what we could never do alone.

THROUGH OUR OWN CONTRIBUTIONS

OA IS SELF-SUPPORTING AT ALL LEVELS

Intergroup, National Service Board and Region Contributions to World Service:

Many Intergroups and Regions have committed themselves to the support of World Service by sending regular contributions, either fixed amounts or percentages of their receipts.

How You Can Contribute to World Service:

Regular contribution - The group sends a donation every month, every two months, or quarterly.

Birthday contribution - Individuals celebrate their OA birthday by giving one dollar for every year in the OA program. Your group may be credited. Individual contributions - May be sent directly to the World Service Office. Your group may be credited, if you request. Up to \$5000.00 (U.S.) In memoriam gifts - To express gratitude for a deceased member, individual members and groups send a contribution in that OA's name.

Bequests in wills - Acceptable only from OA members. Up to \$100,000. Special contributions - Money raised at conventions, marathons, and other special events, sent by the sponsoring body.

Please make checks payable to "Overeaters Anonymous" and mail to:

Overeaters Anonymous, Inc.
World Service Office
P.O. Box 44020
Rio Rancho, NM 87174-4020

The Seventh Tradition: In financial matters, Tradition Seven tells us that Overeaters Anonymous is self-supporting at all levels. What this clearly means is that neither the group, the Intergroup, National Service Board, the Region, or World Service accepts outside contributions. In accordance with Tradition Six, Overeaters Anonymous, at all levels, makes no contributions to outside causes, groups, organizations, and related facilities, regardless of whether they are charitable or other nonprofit groups.

Who Manages WSO's Finances: The OA Board of Trustees is directly responsible for the management of WSO's receipts and expenditures. The Executive Committee of the Board, the General Service Trustees, meets monthly with the Executive Director to oversee the operations of the World Service Office and to review monthly financial statements. Each November, the Board reviews and approves budgets for the coming year. A full accounting of OA's finances is provided in the annual Conference Report.

For more information, please read the pamphlet, "Through Our Own Contributions, OA is Self-Supporting at All Levels," which is available from WSO.

(From Through Our Own Contributions, OA is Self-Supporting at All Levels)
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