



Southeastern Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Puerto Rico
Caribbean Islands
Central America
South America

**Southeastern Overeaters Anonymous Region 8
Spring Business Assembly, Hybrid**

September 20, 21, 22, 2024

**Physical Location: Deerfield Beach/Boca Raton,
DoubleTree by Hilton**

Zoom Information (Meeting Ids/Links)

Please be logged in or seated 5 minutes prior to start

Addended Packet

Please see this version for updated reports and proposed budget

Green Dot meeting September 13th 7:00pm

Meeting ID: 870 [0554 3065](https://us02web.zoom.us/j/87005543065)

Passcode: 062448

<https://us02web.zoom.us/j/87005543065?pwd=klRuzp7F5DbUvpp8Hp5fZ4Nb8Le1DS.1>

Friday Board meeting Informal 1 PM (closed) Funded Chairs join 2 PM (open to visitors)

Meeting ID: 898 4122 3974

Passcode: 286057

<https://us02web.zoom.us/j/89841223974?pwd=aDbRXFsBI7ooQVADrB68hUayUjflLB.1>

Fall Assembly Friday night 6:30 PM, Saturday all day 8:30 AM

Meeting ID: 818 7088 2868

Passcode: 167053

<https://us02web.zoom.us/j/81870882868?pwd=pTR9dyQCY4AO1bbzbRRNEgMNbzmzV3.1>

Board and Committee Chair meeting Sunday 08:30 AM

Meeting ID: 874 3469 8827

Passcode: 142037

<https://us02web.zoom.us/j/87434698827?pwd=PaMQjCUHOMScUDZqjBRf9pldScSVPq.1>

IGOR Meeting Sunday 9:30 AM

Meeting ID: 818 7088 2868

Passcode: 167053

<https://us02web.zoom.us/j/81870882868?pwd=pTR9dyQCY4AO1bbzbRRNEgMNbzmzV3.1>

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Notes for the Region Reps

Thank you for choosing to represent your intergroup at the October Assembly, September 20-22, 2024. This packet is being distributed electronically. All Reps are responsible to read the material in the packet and have it available during the assembly. Please read and familiarize yourself with the information in the packet prior to the assembly. You will be able to give better service as a Rep for your Intergroup by having the information in this packet with you at the assembly. Please contact secretary@oaregion8.org if you have any questions.

What do I need to do before attending the assembly?

1. Have your intergroup chair fill out a certificate of eligibility form for the reps coming from your intergroup. They can do this here: <https://oaregion8.org/certificate-of-eligibility/>
2. Registration – <https://oaregion8.org/r8-assemblies/soar8-assembly-fall-2024/>
3. Fill out a committee assignment sheet and send to secretary@oaregion8.org <https://oaregion8.org/files/PDFs/Region8-Committee-Selection-Form.pdf>
4. **READ THIS PACKET!!**

CERTIFICATE OF ELIGIBILITY In order for your Intergroup Region 8 Representatives to be able to vote at the assembly, **your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for 2024.** You can fill out the Certificate of Eligibility online at our website, www.oaregion8.org . Select the documents tab, fill in the information and hit submit! There is a Spanish and English version of the form online. You no longer need to mail or scan and email the form. If you need help filling out the form, contact the Secretary. ***All Intergroups are requested to submit a new Certificate in January of each year AND during the year any time there is a change in IG Chair, Reps or Alternates for a Region 8 Assembly.*** Voting at the assembly is the best way to show how much you support a healthy Region 8!

COMMITTEE ASSIGNMENTS Part of your responsibility as a Region 8 representative is to participate in a committee. If you were not at the last assembly, you can turn in the committee sign-up sheet to the Secretary on Friday at the business assembly. The sign-up sheet can be found on the documents page of the region 8 website and contains a brief explanation of each committee. If you were a Rep in the last assembly, we will try to place you in the same committee as last time. If you desire to change committees, please first contact your Committee Chair, and then contact the Secretary at secretary@oaregion8.org .

ASSEMBLY REGISTRATION FORMS Registration forms for this assembly can be found at www.oaregion8.org .

CALLING ALL INTERGROUPS We need you. Please send at least one representative to our Region Assembly. There is much work to do, and we need you to get this work done. Your voice is needed. Not only will your Intergroup be represented for important decisions but you will be helping the hosting Intergroup.

Funding may be available for this business assembly and is available for future assemblies. If your Intergroup is unable to financially send at least one Representative to the business assembly, perhaps Region 8 can help you for a future assembly. You can submit the Representative Funding Application from the documents section of region 8 website. Contact the IGOR Chair (igorchair@oaregion8.org) for more information. We appreciate your service and need you.

<https://oaregion8.org/files/Representative-Funding-Application.pdf>

HOSTING A FUTURE ASSEMBLY AND RECOVERY CONVENTION We will be accepting bids for a future Assembly and Recovery Convention at this Business Assembly. This is a great way to raise funds and promote OA in your area. Contact the Region 8 Vice-Chair (vicechair@oaregion8.org) with any questions or to request support. Vice Chair's contact info is in the SOAR 8 Service Directory.

HAVE MORE QUESTIONS? Please feel free to contact any Board Member or Committee Chair with anything that concerns you. Email addresses and phone numbers for all Board Members and Committee Chairs can be found in the Region 8 Service Directory below.

**Region 8 Fall Assembly Agenda
September 20-22, 2024**

**Friday, September 13, 2023
Pre-Assembly**


Time (Eastern)	Item #	Description / Topic
7:00 PM		New Rep (Green Dot) Orientation (45 min) Everyone Welcome! VIA ZOOM

**Friday, September 20, 2024 (ALL TIMES EASTERN)
Pre-Assembly**

Time (Eastern)	Item #	Description / Topic
1:00 PM		Informal Board Meeting: R8 Board Only
2:00 PM		BOARD MEETING CONVENES Funded Chairs Join – Open to All
		Old Business: <ol style="list-style-type: none"> 1. Approval of Minutes: 2024 Board Meeting #1 (Secretary) 2. Assembly/Convention #1 2025 Update (VC) 3. Topics for Convention #1 2025, for Presentation and Discussion (VC) 4. Bids for Assembly/Convention #2 2025? 5. Audits/Finances/R8 DSF Update (Treasurer) 6. OA Strategic Plan (if needed)
		Optional Break (10 minutes)
		New Business: <ol style="list-style-type: none"> 1. Funded Committee Chairs: (10 mins each) Check in & update on Committee issues, activities, questions, or concerns. Ways & Means Bylaws/Electronic Documents Intergroup Outreach (IGOR) Twelve Step Within (TSW) Public Information/Professional Outreach (PIPO) Technology International 2. Vouchers / Reimbursement 3. Registration for Assembly #1 2025 4. Other New Business
4:00 PM		Close: Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." Meeting Adjourn

**Region 8 Fall Assembly Agenda
September 20-22, 2024**

**Friday, September 20, 2024 (ALL TIMES EASTERN)
Business Assembly**

Time (Eastern)	Item #	Description / Topic
6:30 PM	1.	ASSEMBLY CONVENES
	2.	OA Readings Serenity Prayer – Serenity Prayer Spanish- Serenity Prayer Portuguese We will now have the OA Readings. 12 Steps- 12 Traditions- 12 Concepts – Voices of Recovery -
	3.	Appointment of Timer
	4.	Appointment of Center Mike Monitor (CMM)
	5.	Recognition of New Intergroups, New Reps (Green Dots)
	6.	Introduction of Region 8 Board Members Funded Committee Chairs Intergroup Chairs
	7.	Introduction of former Region 8 Board Members and Trustees
	8.	7 th Tradition (If you're on Zoom, please go to oaregion8.org or use the QR code to donate. Thank You!) 
	9.	Discussion of hiring a hotel broker for future assemblies/conventions (time permitting)
	10.	Break
7:15	11.	Welcome
7:30 PM	12.	Presentation and Discussion Panel (Conventioneers join Assembly) <ul style="list-style-type: none"> • Three OA Speakers share experience, strength, and hope
	13.	Announcements: <ul style="list-style-type: none"> • Assembly Reconvenes: Saturday, 8:30 AM ET
	14.	Recess

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**Region 8 Fall Assembly Agenda
September 20-22, 2024**

**Saturday, September 21, 2024 (ALL TIMES EASTERN)
Business Assembly**

Time (Eastern)	Item #	Description / Topic
8:30 AM	15.	ASSEMBLY RECONVENES
	16.	OA Readings / Prayers Serenity Prayer English Serenity Prayer Spanish Serenity Prayer Portuguese 12 Steps of OA 12 Traditions of OA 12 Concepts of OA For Today
	17.	Roll Call and Credentials Report
	18.	Adoption of Agenda
	19.	Adoption of Standing Rules
	20.	Approve Minutes from First Assembly
	21.	Approve Consent Agenda Motion A Motion 1

**Region 8 Fall Assembly Agenda
September 20-22, 2024**

	22.	7th Tradition (If you're on Zoom, please go to oaregion8.org or use the QR code to donate. Thank You!) 
	23.	Elect Vice-Chair (5 min presentation & 5 min Q&A)
	24.	Elect Secretary (5 min presentation & 5 min Q&A)
10:20 AM	25.	Break
10:30 AM	26.	Committee Meetings <ul style="list-style-type: none"> • Recommendation of new committee chairs. Please turn in to Region Chair • Hand in report (electronically) to Secretary
12:00 PM	27.	Lunch Break
2:00 PM	28.	ASSEMBLY RECONVENES
	29.	Credentials Report
	30.	Board Reports (5 minutes for questions) Be sure to read the reports before assembly. <ul style="list-style-type: none"> a. Chair b. Vice Chair c. Treasurer d. Secretary
	31.	Trustee Report (5 minutes for questions) Be sure to read the report before assembly.
	32.	Introduction of Parliamentarian & short parliamentary lesson

**Region 8 Fall Assembly Agenda
September 20-22, 2024**

	33.	Motions <ul style="list-style-type: none"> ○ Motion 2 ○
	34.	Break
	35.	New Business
	36.	a. Budget Report for next year (vote to approve budget)
		b. Elect Region Delegates to WSBC – 5 allowed
		c. Approve Trustee Nominees (5 min + 5 min Q&A)
		d. Committee Chair selection announcements
		e. Bids for Second Assembly and Convention 2025
		f. OA’s Strategic Operations Plan (if needed): Trustee
		g. Emergency Motions (if needed)
	37.	Committee Reports (5 min each + 5 min Q&A) <ul style="list-style-type: none"> a. Ways and Means b. Bylaws and Electronic Documents c. Intergroup Outreach (IGOR) d. Twelve Steps Within (TSW) e. Public Information / Professional Outreach (PIPO) f. Technology g. International Committee
	38.	For the good of the order (time permitting) Intergroup Announcements, etc.
	39.	GREEN DOT CEREMONY
	40.	Assembly Evaluation
	41.	Announcements <ul style="list-style-type: none"> a. Region 8 Board & Committee Chairs Meeting Sunday, 8:30 AM ET, 1 hour (This is a closed meeting.) b. Intergroup Sharing Meeting Sunday, 9: 45 AM ET, (2 hours)
	42.	Close: Responsibility Pledge: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.” ASSEMBLY ADJOURNS

**Region 8 Fall Assembly Agenda
September 20-22, 2024**

**Sunday, September 22, 2024 (ALL TIMES EASTERN)
Post Assembly**

Time (Eastern)	Item #	Description / Topic
8:30 AM		Informal Meeting: R8 Board and Committee Chairs Only (1 hour)
9:45 AM		Intergroup Sharing Meeting (2 hours) a. Open Meeting – Reps / Visitors / All IG Welcome! b. Please fill out IGOR Intergroup (IG) Information & Update Form once per year. Form is located on the Region 8 website, under IGOR Committee

A. Standing Rules for Face to Face (Hybrid) Assemblies

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. The Secretary will include these standing rules in the assembly packet for Face to Face (Hybrid) assemblies.

1. Participation in Assembly

- a. Voting members (except those attending virtually) must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chair, or Board Member.
- b. The Secretary shall make a credentials check at the beginning of each session, and prior to any important vote, as deemed necessary by the Chair.
- c. Any physically present, including virtually present, member of the Assembly may participate in Assembly procedures, *e.g.*, vote, make a motion, speak to a motion, etc. Non-voting members may have a voice at the discretion of the Chair. Virtual representatives will be subject to limited voting using electronic polling software. Limited voting means that appropriately credentialed representatives who are attending virtually (over the web/internet/chat room) will be able to cast a vote for motions or amended motions, and elect new Board members provided they are willing to waive their anonymity when written (secret) ballots are used. Limited voting also means that virtual representatives may not be able to participate in pro/con debates on motions or make amendments unless sufficient Technology Committee members are available to speak for them.
- d. There may be a consent agenda consisting of routine non-controversial matters. The chair will determine the matters that will be placed on the consent agenda. Any voting members may go to the center microphone to request that an item from the consent agenda be considered as a separate motion. Once the consent agenda is established, it shall require a 2/3 vote for adoption.

2. Voting Procedures

- a. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chair.
- b. A voting member may request a more accurate vote count by simply calling out "Division." The Chair may then use a voting method which assures an exact count. The Chair may also call for division by stating, "The Chair is in doubt."
- c. Ballot vote (paper) will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chair. Virtual representatives will submit their vote to the Secretary using an online platform (chat room, email, or voting software). The Secretary will complete a written ballot to the collection for each virtual representative who votes. After announcement of results, motion is in order to destroy ballots.

3. Recognition for Physically Present Representatives

- a. Voting members who wish to speak shall, from the center microphone, give their name and Intergroup, and wait for recognition from the Chair. If necessary to get the

Chair's attention, the voting member may say "Madam/Mr. Chair," but may not speak further unless recognized by the Chair.

- b. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chair (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

4. Motions and Debate

a. Process for New Business Motions

- 1) Secretary will distribute minutes of the Business Assembly to the Board and Committee Chairs electronically no later than fifteen (15) days after close of the Business Assembly. New motions will be contained in the Committee Reports of the minutes.
- 2) New motions arising out of committees during an Assembly shall be communicated to the Secretary within fifteen (15) days after the close of the Assembly at which they emerge. After Board notification the Secretary shall forward these motions to the Bylaws/Electronic Documents Chair within twenty-one (21) days of the close of the Assembly at which they emerge.
- 3) New motions arising outside the Business Assembly shall be submitted to the Secretary at least seventy-five (75) days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion. (Motion approved July, 2015)
- 4) Motions must be formatted to contain the intent, the proposed motion, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Bylaws and/or Policy & Procedure Manual for consistency or congruity.
- 5) The Bylaws/Electronic Documents Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the next Business Assembly if the passing of the motion, as initially proposed, would:
 - a) create incongruity within either the Policy & Procedure Manual or the Bylaws,
 - b) create incongruity between the Policy & Procedure Manual and the Bylaws,
 - c) be in contradiction to or with either the Policy & Procedure Manual or the Bylaws.
 - d) result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
- 6) The Bylaws/Electronic Documents Chair will submit the reviewed motions arising outside of the Business Assembly to the Secretary electronically, no later than forty-five (45) days prior to the Region 8 Business Assembly for inclusion in the mailing packet for the following Assembly.
- 7) No motions other than emergency motions will be taken from the floor at the Assembly. Emergency motions shall be submitted to the Bylaws/Electronic Documents Chair before the lunch break on Saturday of the Assembly.

- b. Debate. 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.
- 1) Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
 - 2) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
 - 3) The **first speaker is always pro** and is usually the maker of the motion (unless they wish to have another voting member speak).
 - 4) If **more than the maximum number** of speakers wishes to speak to a motion, they are encouraged to select among themselves those speakers who can best represent their views.
 - 5) There shall **be at least one pro and one con speaker** before any discussion on the motion is taken from the center microphone. Voting members who wish to speak shall follow the recognition procedure outlined above.
 - 6) A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments and requires a 2/3 vote.
 - 7) To save time on a simple amendment to a motion, the Chair may ask the maker of the motion if they 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.

5. Miscellaneous Rules

- A. No smoking is allowed in any Assembly room.
- B. No animals are allowed in any Assembly room, except guide dogs and service animals.
- C. All cell-phones, beepers and 2-way pagers are to be set on vibrate or turned off.
- D. Voting members are not to leave or enter the Assembly room while votes are being taken.
- E. No eating of food is allowed during the business session.

Region 8 Assembly March 15th – 16th 2024 Unapproved Minutes

Region 8 Assembly March 15th 2024

- 7:00 PM Assembly convenes
- OA Readings
 - Serenity Prayer – Debby H
 - Serenity Prayer Spanish – Sandi C
 - Serenity Prayer Portuguese- Nivea
 - Voices of Recovery -Julia S
 - 12 Steps- Tami M
 - 12 Traditions- Stuart S
 - 12 Concepts- Mica W
 - Voices of Recovery Spanish- Marcela J
 - Voices of Recovery Portuguese- Dora P
- 7:16 PM Timer for today, Terri
- 7:17 PM Zoom Refresher – Shirley Q
- 7: 24 PM choose you language for interpreter in Zoom
- 7:24 PM Recognition of new intergroups, New Reps and visitors
- Introduction of Region 8 Board Members, Funded Committee Chairs and Intergroup Chairs
- Introduction of former Region 8 Board Members and Trustees
- 07:32 Roll Call Roll Call (Virtual) and Credentials 40 voting
- 7:44 Adoption of agenda
 - Item #21 correct to be minutes of fall 2023
 - Agenda is adopted
- 7th Tradition
- 7:46 PM Presentation and Discussion – Concepts
 - Aleta – Concepts 1-4
 - Andi – Concepts 5-8
 - Gary – Concepts 9-12
 - Question about minority opinion. Parliamentarian noted there is an ability for a motion to be reconsidered and for the minority voting to speak to their opinion
- 8:38 PM announcements – we reconvene tomorrow morning 9 AM. We ask everyone to arrive 15 minutes early for renaming.
- 08:39 PM QR code for 7th tradition posted
- 8:41 PM Closing
 - Responsibility pledge
 - OA Promise

Region 8 Assembly March 16th 2024

- 9:01 AM Assembly reconvenes – Call to order
- Zoom reminders for renaming and translation
- OA Readings

- Serenity Prayer - Kathy
- Serenity Prayer Spanish - Terry
- Serenity Prayer Portuguese - Marisa
- 12 Steps - Rosalyn
- 12 Traditions - Carol
- 12 Concepts - Barb
- Voices of Recovery – Barbara T
- 09:19 AM Introduce Center mike Gary and Andrea is timer
 - Short explanation of how to address center mic
- Roll Call – 44 voting
- 09:30 AM Introduction of Parliamentarian & short parliamentary lesson -We go by Robert’s rules unless they are superseded by our standing rules. Any questions go through the center mike. Examples, parliamentarian inquiry, point of order. Described a mistake on Friday night regarding a motion to reconsider. Answer was based on American Institute versus Robert’s Rules. Robert’s Rules states a motion to reconsider can only be brought by a person who voted who vote was sustained on the original motion. There may be confusion as compared to rules in AA. We follow our standing rules and Robert’s Rules
- Correction to credentialing Central Alabama was not counted. Voting is 45
- 09:36 AM Standing rules – adopted
- 09:37 AM Consent Agenda - Motion 1 was removed from consent agenda
 - Only Motion 2 in on consent agenda – Motion passed
- 09:45 AM Minutes Fall 2023 approved
- Break
- 10:04 AM Reconvene
- Updated credentialing 46 voting
- 10:05 AM Board Reports
 - Chair – Susan B
 - Vice Chair - Lonna
 - Treasurer – Tina M
 - Secretary – JC
- 10:32 AM Trustee Report - Dora
- 10:46 AM PIPO Presentation
- 11:07 AM Description of joining committee meetings
- 11:08 AM Break
- 02:00 PM Reconvene
- Roll call and credentialing – 44 voting
- 02:09 PM Final Report from Fall Assembly 2023 – Barbara C
- 02:15 PM change to credentialing - 45 voting
- 02:15 PM Zoom refresher
- 02:20 PM Motions
- Motion 1. Flexible Assembly Dates
 - Amendment
- Update credentials – 46 voting

- Second Amendment to motion 1 – passed
 - Amended Motion 1– passed
- Break
- 03:12 PM Reconvene
- Question on any objections to combine Motions 3,4,5,6 – No objection
 - Motion 3 – International Committee as a funded committee
 - Motion 4 – Delete International Committee as a subcommittee
 - Motion 5 – Funding International Committee
 - Motion 6 – Defunding Committee Order
 - Motions 3,4,5,6 – Passed
 - Motion A – Election of International Committee Chair
 - Motion to waive discussion and approve by acclamation – no objections – passed
- Nominations for Fall assembly
 - Vice Chair – Lonna
 - Secretary – JC
- 03:38 PM Break
- 03:48 PM Reconvene
- 03:49 PM Bids for Fall 2024 Assembly and convention – Presented by Palm Beach and Gold Coast Intergroups – Passed by acclamation with no objections
- 04:05 PM Bids for Spring/First 2025 Assembly and convention – presented by Baton Rouge and Central Office of LA - upon no objection to motion, it passed by unanimous consent
- Emergency Motion 1 – Increase seed money to hosting intergroup - upon no objection to motion, it passed by unanimous consent
- Emergency Motion 2 – Bylaws change membership of Region 8 geographically to include Southern Missouri - upon no objection to motion, it passed by unanimous consent
- Emergency Motion 3 – PnP change membership of Region 8 geographically to include Southern Missouri - upon no objection to motion, it passed by unanimous consent
- Emergency Motion 4 – Budget override for international committee
 - Amendment – there were no objections to the amendment or the motion – passed
- 05:04 Committee Reports
 - Ways and Means – Georgette- Did approve funding for international committee, looking for new products, at Tybee sold 750\$ of old inventory, journals and pens will be brought to face-to-face meetings/events
 - IGOR – Roz- Created agenda for Sunday’s Intergroup meeting, asking people to show up to the intergroup meeting Sunday
 - Bylaws – Barbara - Three new members, lots of work to complete, changes to PNP on writing a motion standardizes the form for all motions including emergency motions, will create an education on how to write a motion, will update the index to the PnP, hosting manual has been revised – working on suggested edits
 - TSW – Julia S – offering help to people currently in OA, recovery help website page, offer speakers, mentor/sponsor lists, we need more sponsors to sign up, meeting first Sunday of month 8 PM eastern
 - PIPO – Robin T – two new members, presentation today on PIPO website, Workshop 4/20 1 PM eastern PIPO, using social media, discussed how to serve underserved communities,

discussed going to community locations to promote info, asking to get downloaded copies of new PIP literature, addressed bulimia, desire to educate other IGs how to do PIPO, follow up on the PIPO professional folders, we have money to give out to intergroups for PIPO projects

- Tech – Echo – taking nominations for tech chair 1, running the calendar, working with hosting intergroups for assemblies, creating educational tip sheets, managing hybrid electronic section, goals for how to make workshop videos without showing faces, how to avoid copywrite infringement, making a tech committee manual on how to do things, completed a internal workshop on our equipment and how to use – will make this available on region 8 website, meetings are first Sunday on month 4 PM eastern time
- International committee – no report
- Point of order for new proposal – noted this is out of order
- Green Dot ceremony Anna, Deborha, Kitsy, Marisa, Melissa, nivea, Tom, Pat, Tricia
- Post assembly survey presented via QR code
- Question to have budget better understood by non-English speakers – We plan to have budget translated by designated downloaders into Spanish and Portuguese and dispersed by International Committee
- Announcements
 - IGOR meeting Sunday 10 AM, please fill out IG info form, link for meeting in assembly packet
 - Informal board and committee chairs meeting Sunday 09:00 AM, link same as IGOR meeting in packet – no interpreters or visitors
 - Registration for WSBC open until 03/27/24
- 05:33 PM Closing – Responsibility Pledge and OA Promise

Summary of March 2024 Assembly Motion Results

- Motion 2- Passed on consent agenda
- Motion 1 Flexible Assembly Dates- Passed with Amendment
- Motion 3 – International Committee as a funded committee - Passed
- Motion 4 – Delete International Committee as a subcommittee - Passed
- Motion 5 – Funding International Committee- Passed
- Motion 6 – Defunding Committee Order – Passed
- Emergency Motion 1 – Increase Hosting Intergroup – Passed
- Emergency Motion 2 – Bylaws change membership of Region 8 geographically to include Southern Missouri - Passed
- Emergency Motion 3 – PnP change membership of Region 8 geographically to include Southern Missouri – Passed
- Emergency Motion 4 – Funding International Committee – Amended and Passed

Region 8 Board Application

Form must be submitted to Region 8 Secretary
at least 60 days prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

Chairman

Vice-Chairman

Secretary

Treasurer

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Years in OA _____ Current Service Body _____

Are you a past Rep? _____ If so, which Service Body? _____

Bylaws Article VII – Section 1, B) states:

To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.

1. The nominee must have arrested their compulsive eating and be living so far as they find possible within the concept of the Twelve Steps which constitute the three-fold recovery program of Overeaters Anonymous for one year.
2. The nominee must have attended at least two prior Assemblies.
3. Two Board members are elected each year for a two-year term. Chairman and Treasurer will be elected in odd years; Vice-chairman and Secretary in even years.
4. Board members shall serve no more than two consecutive terms in the same position, whenever possible.

BRIEF ACCOUNT OF OA STORY

Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

Business, Professional skills or other experience and skill you can bring to the Board:

Why do you want to be a Region Board Member?

Date _____ **Signature** _____

Region 8 Board Application

Form must be submitted to Region 8 Secretary
at least 60 days prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

Chairman

Vice-Chairman

Secretary

Treasurer

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Years in OA _____ Current Service Body _____

Are you a past Rep? _____ If so, which Service Body? _____

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BRIEF ACCOUNT OF OA STORY

Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

Business, Professional skills or other experience and skill you can bring to the Board:

Why do you want to be a Region Board Member?

Date _____ **Signature** _____

Chair Report

WSBC 2024

Terri wrote such an extensive report from WSBC, it would be redundant to talk about it again. I will share about the Region Chairs meetings and our meetings with the Board of Trustees below.

I just want to highlight the information about not using copyrighted materials in your intergroup flyers or websites. Any image you use must have permission from the owner and must be cited. An email went out to AllSoar8 on May 21 with further information.

Outreach to South America

I will be traveling to Columbia in February to do outreach and service. I'm excited about the opportunity to work with the local community. I tried to add a trip to Paraguay at the same time but it didn't work out. Paraguay has only one meeting but they are interested in expanding and maybe even forming an intergroup. I hope that the next chair will be able to visit there in 2026; perhaps with a trip to Brazil.

Region Chairs Committee

We meet every two months. We've been very involved in strategic planning with the Board of Trustees. We have meetings where we break up into groups and discuss different areas of the strategic plans and then come up with action items. I am serving on a sub-committee to develop a Sponsorship coin. Our meetings have been very productive. The relationship between the Region Chairs and the Board of Trustees is very collaborative and effective.

The Region put on a Forum at WSBC which was very informative and very well received. The topic was Building Bridges to Recovery: Growing the Fellowship of Overeaters Anonymous and Breaking Down Barriers

The Region Chairs met with the Board of Trustees August 23 & 24. The Board of Trustees received a document from their lawyer about the issue of copyright. They are in the process of "translating" it from legalese to plain English. It will be sent out once it is done.

For images to be used for flyers or on websites, a service body can create a not-for-profit account with services such as Canva to create flyers. All images are already cleared and safe to use.

The joint meeting included a session on strategic planning. Our focus is going to be on growing the fellowship. Growth = Attraction + Retention. Seems simple, right? We looked at a variety of ways to attract new members. Some examples:

- Use the OA business card to hand out to prospective members with your or your service body's information on the back (<https://bookstore.oa.org/pamphlets/new-prospect-card-pack-of-thirty-450.asp>)
- Use the Bulletin Board Attraction Sticky Notes to post at local libraries, coffee shops, public transit stations etc. (<https://bookstore.oa.org/pamphlets/bulletin-board-attraction-sticky-notes-pad-of-twenty-five-440.asp>)
- Use a QR code to make it simple for people to connect to your service body's list of meeting or information for newcomers

August 31, 2024

Retention is important. We can't just attract new members if we aren't retaining our current membership. Prior to the pandemic when there were primarily face to face meetings, we could stay after a meeting to chat with newcomers. With so many fewer face to face meetings and so many Zoom meetings, newcomers are often attending a meeting for the first time in an area where they do not live. Some virtual meetings leave the meeting open for fellowship after the meeting closes and newcomers are encouraged to stay and ask questions.

Another idea to encourage fellowship is for a meeting or a service body to create a monthly Zoom "social" where it is open for getting to know one another and asking questions.

World Service Convention

The World Service Convention will be held August 21-23, 2025 in Orlando, Florida. Please help share the message so members can plan ahead. This is an amazing **RECOVERY** event with keynote speakers and multiple workshops and topics. If you've never been to a World Service Convention, it's not to be missed. It's hard to say how many years it will be before it's in Region 8 again. Conventions are held every five years and rotate throughout the different regions.

It is truly my honor to serve as Chair of Region 8. The work I'm privileged to do is very rewarding. The Board is a group of dedicated members committed to their own recovery and serving the fellowship in Region 8. Seeing the participation of so many of our fellows from Central and South American and the work they are doing to carry the message in their home areas is remarkable.

I'm here to serve you. If you need any help in your intergroups, don't hesitate to ask.

In love and service,

Susan Berland
Region 8 Chair
415-987-3194
chair@oaregion8.org

2024 Second Assembly Vice Chair Report

Hello Region 8 fellows,

When I first became your Vice Chair, finding willing IGs to host Assemblies/Conventions became the most challenging of my tasks. I was fortunate that New Freedom IG was willing to take the risk

Although our last Assembly was Virtual, In the months since there has been a general uptick in Intergroups coming forward to do Face to Face Business Assemblies and Recovery Conventions. We start with the present event being hosted by the combined efforts of Palm Beach Intergroup and Gold Coast Intergroup who share a South Florida location. These IG's have both put in great effort to make this happen within a more limited time frame than usual. Kudos to you guys who are neighbors to my home IG Miami Dade and the Keys.

In 2025, we will be heading to Baton Rouge (BRIG) where, paired with the Central Office of Louisiana (COLA), will be hosting the First 2025 Business Assembly and Recovery Convention. "Let the Good Times Roll"!

The pairing up of two Intergroups seems to make the service of hosting less daunting as we have other IGs who have shown an interest in doing the Second Assembly and Convention of 2025. I hope at the actual time of our Assembly, we can bring you a firm commitment for next year. And remember, this is an ongoing process, there is always 2026! Thank you Region 8!

As liaison to the Region 8 PIPO Committee, I am pleased to report the committee is very active regularly taking on new projects. As a result of the Social Media Workshop that was held in April, and for those who missed it on zoom, we now have a link to the recording of the event on the PIPO web pages on the OAreion8.org website. Note: the recording is soon to be translated into Spanish and Portuguese. By the way if you haven't checked out the website, the committee's newly revised pages offer up an abundance of information and resources

Serving this past term as Vice Chair has been very gratifying. It's been an honor to serve on a great Board and to have had wonderful interactions with so many in the fellowship.

I look forward to continuing as one of your "Trusted Servants".

**Lonna C
Region8 Vice Chair**

REGION 8 TRUSTEE LIAISON

ASSEMBLY REPORT

August 19, 2024

Submitted By: Laurie O’Leary

My name is Laurie O., and I am a compulsive overeater. I am humbled and excited to serve as your new liaison to the OA Board of Trustees (BOT). My friend Dora’s term of service expired in May, and she has moved on to other opportunities to carry the message. I was appointed by the BOT and served with Dora as a Trustee from June of 2023 until World Service Business Conference (WSBC) 2024 at which I was elected for a three-year term. In the absence of a Trustee applicant from within Region 8, I volunteered and was appointed by the Board Chair to be your trusted servant.

This appointment is not at all unusual as our global fellowship reaches out to embrace fellows from over 75 countries speaking over 40 languages around the world. Our Trustees serve where and as needed. Fellows from Texas and Canada worked with Region 10 (Australia, New Zealand, and Japan) the last two years. You’ve probably noticed the slow but steady growth of groups and service bodies in South America, the Caribbean, and Central America. No geographic, cultural, or socio-political boundaries need stand in the way of our being a diverse and powerful force for 12-Step recovery from problems with food. Here is the World Service Office (WSO) summary of Region Eight’s Groups and Service Bodies:

	May 2024	July 2024	Change
Affiliated Groups	584	578	-6
Unaffiliated Groups	110	108	-2
Total Number of Groups	694	686	-8
Total Number of Virtual Meetings	196	206	+10
Total Number of Intergroups	52	51	-1
Total Number of NSB	1	1	0

These data reflect a common trend across the fellowship: while the COVID pandemic prompted the explosive growth of virtual and hybrid meetings, there is sadly a countering drop in face-to-face meetings. The question is, *What can I do to carry the message by helping to maintain the health of my home group and others going forward?* For many of us the answer is **service**. You may have heard that OA Region 4 disbanded August 01, 2024. The bottom line is, “The decision to disband was based on a persistent and critical drop in service to intergroups and the region board.” You can read more about the history of Region 4 and this change at <https://oa.org/news/oa-region-four-to-disband-by-september-2024/>.

As part of my service to Region 8, I am carrying on with Dora’s tradition of acting as Region 8 Board Liaison to the R8 Twelfth Step Within (TSW) and International Committees. The latter is helpful in both directions because issues of cross-country/culture and language translation continue to be prominent throughout Central and South America and the Caribbean, as they are globally. By also serving also as Trustee Co-Chair for the 2023 and 2024 WSBC TSW

Committees, I hope to help bring a fellowship-wide perspective to R8 TSW activities and to coordinate between the two committees.

To more effectively support under-served groups and service bodies, the R8 International Committee was approved at the Spring Business Assembly to stand as a fully funded committee rather than subcommittee. They are now working with the TSW Committee to create a behind-the-scenes common spreadsheet for matching sponsor and speaker requests with volunteers in three languages--Spanish, Portuguese, and English. They are also assisting WSO with identifying inactive groups and Intergroups.

In February 2025 I will accompany your Chair, Susan B., to Columbia for a recovery-oriented event to answer questions and provide support there. The aim is to continue the outreach momentum in building relationships and growing strong meetings and service bodies in Latin America. She and I are working together to bridge in both directions: to represent you at the World Service level and to reach out to you for whatever help you may need in serving your groups and intergroups.

My personal recovery journey began over 18 years ago when I walked into a small meeting in Va Beach, VA. I was so grateful to finally have found people who shared my compulsion and who were willing to share with me their solution. I've been abstinent through my son and daughter going off to college, the death of my mother and older brother, a six-year relocation to the Florida Keys, and return to Southeast VA to be near my adult children and grandchildren. What a ride! I don't know how I could have done it without this program and fellowship.

Throughout these years a critical element of my recovery has been service: in every position at my home group meeting and Intergroup, as a Region and WSBC Delegate, many committee chair/member positions, and now as Trustee. I hope you too are experiencing the joy of service and I look forward to meeting and serving with you in Region 8. Please feel free to call or e-mail me with any questions, concerns, or news you wish to share.

In love and service,

Laurie O., Trustee Liaison to Region 8
757-375-3304
trustee@oaregion8.org



August 16, 2024

Dear Fellows,

Thank each of you so much for your trust. It has been an exciting year of growth and activity as your treasurer.

I am learning so much and count it a privilege to serve you. Please reach out with any suggestions or questions you may have.

Sincerely,

Tina Mascorro

Treasurer

1-337-317-1682

Treasurer@OaRegion8.org

Region 8 Secretary Report

Are you “in the middle of the boat?”

When I got abstinent, I was told to get “in the middle of the boat” Meaning during the rocky waters of life, the more securely I am committed to my program, working the steps and connecting to my fellows - the better off I am. In the past few months, I have had the great pleasure of working with the Region 8 Board to help promote the message of recovery to all those in Southeast US, Central, and South America including those in OA now or those who may be in the future. This year, we completed an audit of intergroups. We discovered four intergroups that have closed without notifying OA. It is important to have accurate meeting and service body information. In May, I emailed the ALLSOAR8 email group directions to enable intergroups to may audit their local meetings both on local websites and on the OA.org “Find a Meeting” search function. As an OA member who has experienced the sadness of showing up to a posted meeting at the right time and place and found myself alone, I cannot overstate the importance of making sure that meetings listed online are in fact are still running.

With the help of the IGOR committee, we finished updating the contact information for the English-speaking intergroups. This year the IGOR committee has committed to reaching out to unaffiliated meetings to offer help in affiliating with the best-suited intergroup to help everyone be more connected.

I also had the great privilege to represent my Pinellas Traditions Intergroup at the World Service Business Conference. I attended several workshops, forums, business meetings, recovery meetings and committee meetings. This year I will have the pleasure to serve on the Young Peoples Committee as the subcommittee chair for Higher Education Letter. This is a great opportunity to get PIPO information to staff at colleges and universities. If anyone is interested in helping, please email me or the PIPO chair (pipochair@oaregion8.org). Our own Region 8 PIPO committee has graciously agreed to help with this.

OA is doing great work in translating literature using AI and then volunteers proofread into at least 17 different languages. I am a true believer that every compulsive eater is an equal in this fellowship and everyone should have access to out literature and the message of recovery.

A couple of conference highlights include updating OA Handbook for Members, World Service Business Conference (WSBC) will try not to be held within 3 days of major world holidays, in addition the WSBC will alternate being held yearly virtually and in person every other year.

With all this service, it’s easy to forget that in heart, OA is a simple program. I recently had a great experience in talking to a newcomer and seeing the light come on.

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

JC D
Secretary
Region 8

64th World Service Business Conference Report

I, Terri M., am very grateful to have been sent to represent Region 8 at the Business Conference. It was a truly International event and well attended by 21 countries and many languages. It was very productive and spiritual at the same time. One drawback was the outbreak of Covid within this beautiful event. None the less, business got done and all is well in the OA world.

Forum- Building Bridges to Recovery – This was an interactive forum talking about barriers to recovery. Several speakers who shared their own experience, strength, and hope regarding barriers they faced and persevered through. There were topics of young people, cultural and religious differences, those in poverty, race and other barriers. I am encouraged, we were asked to first focus on how it might feel for someone before we jumped into problem solving. The focus was on empathy instead of fixing.

Committee Participation – I was placed in the Young People’s Committee this year. It was quite exciting and productive. I found out about a college letter to young people in college who may be suffering from this disease. I immediately sent this out to our MDKIG in charge of PIPO.

Workshop on Service Structure- Describing the inverted pyramid and clarifying National Service Boards, Language Service Boards, Special Focus Service Boards, and intergroups.

Workshop on Tough Questions – What is an outside issue. OA as a whole does not have opinions on outside issues. Individuals may share their personal experience with religion, racism, politics as it effects their abstinence. Why do we have special interest and specific focus groups and service bodies. Individuals with special interests (90 day, HOW) and specific focus (people of color, LGBTQ+) may benefit from the safety and identification of groups geared towards those of shared experiences. It is suggested if you wish to attend one of these meetings you find out if those outside those special interest and specific focus groups are invited to attend and to see if it is appropriate to share or comment. It is also the tradition of OA no OA members will be turned away from an OA meeting.

Business meeting summary

- Thursday AM credentials -188 voting. Maximum number of delegates for quorum is 95.
- Standing rules and 11 amendments to the standing rules. Amendment 9 was amended such that if the amendment received by the reference subcommittee does not pass, then the original amendment dies. Standing rules and 11 amendments with #9 amended is passed.
- Reference Subcommittee – has two members from each region and they research motions in by laws and PnP. All motions may be considered by the reference subcommittee but need not consider all. They may combine or amend motions. There may be questions and info from the maker of the motions. Reference subcommittee then discusses the motion and makes a recommendation to the conference of a whole. Any motion that receives three valid amendments will be referred to the reference subcommittee who will create a newly amended motion and a recommendation.
- Motions are addressed in the order determined by the agenda questionnaire that went out to service bodies.
- Consent Agenda: Motion B, Bylaws amendments 6,7,11,12 - Approved
 - B- How we announce the fellowship is invited to the Trustee meetings at WSBC
 - 6- Updating registration language for groups and intergroups
 - 7- Allows for changes in how and where the WSBC meets.

- 11- Allows registration of delegates up to 50 days prior to conference
- 12- Allows WSBC meetings to be held in a variety of ways.
- Chair Report – Region 4 will be disbanding because there has been a long period of people not willing to complete Region level service. OA has a new contribution portal, adjusting budget, New Public Service Announcement Video, Day of Sharing occurred in October 2023.
- Treasurer Report – We changed from an in-house accountant to a contracted service which is saving us money. Two major money stream contributions \$957,000. Literature including digital \$571,000. We met budget last year but only because our investments made money. Our auditor is recommending 2 years of prudent reserve. We are a couple hundred thousand dollars short of this ideal. Treasurer recommends our profession world service office needs more staff. Contributions from a service body does not have the service body number, it will not be reflected as coming from that service body. In years past we rely too much on literature sales. Treasurer states we have been receiving more contributions and we need more to be stable. Encouraged Automatic Recurring Contributions (ARC) – There is a new portal on the website to receive contributions.
- Managing Director Report –Dan Sandweiss is our new managing director. Discussed literature licenses given to service bodies. License one - to translate and validate, license 2 - allows a group to distribute the translated literature. Find a meeting updated on OA.org, 2023 OA meetings including virtual is 6273 across 75 countries, with 333 service bodies. Managing Director addressing infringements of OA owned copyright committee material If you can otherwise. Since 2022, more than 95 social media pages, apps, affiliated and unauthorized library posts have been taken down. WSO News Bulletin Email newsletter. To sign up for the Bulletin, enter your email address in the Let's Keep in Touch space on OA.org homepage and click yes to confirm.

<https://oa.org/>

The screenshot shows the OA.org homepage. At the top left is the logo for 'OVEREATERS ANONYMOUS'. To the right are buttons for 'Find a meeting' and a 'MENU' icon. The main heading is 'Starting your journey?' with a subtext: 'You've taken steps to get here—even if it's only by being curious. Embrace your courage and learn more. We'll walk you through it.' Below this is a 'Let's go' button and an illustration of a woman, a child, and a dog walking. At the bottom, there are two sections: 'Let's keep in touch.' with an email sign-up form and 'Document Library' with a 'Go to the Library' button.

OA Facebook page grew 8.5% to 17,200 followers. Planning to release two new pieces of literature: Abstinence one and abstinence two will be collections of Lifeline stories collected and republished.

Region reports highlights

Region 1 Gap analysis during assembly, PIPO Facebook ads, sent a few copies of literature to Intergroups

Region 2 translations of region guiding documents are translated to a Spanish

Region 3 Trustee liaison is rotating out

Region 4 is closing.

Region 5 Freedom from Bondage Blog, intergroup renewal program

Region 6 PIPO Blitz program in their intergroups, intergroup renewal trainings, welcome back workshops

Region 7 created an apprentice treasurer position

Region 8 Latin American outreach. The biggest need is not just translation but printing of translations.

There are 2 designated downloaders translating materials (print and video) into Spanish and Portuguese.

Region 9 – present is more than 40 countries and more than 40 languages. There are still many unaffiliated meetings.

Region 10- the trustee liaison was assigned to region 10

Virtual region – Open house in January had >750 participants. Created several step study workshops to support newcomers getting sponsors.

Unaffiliated Service bodies – One unaffiliated service board: Junta de Servicio Idioma, Espanol Language Service Board

Announcements:

An OA intergroup used an image that was used without permission. OA world is 260 OA websites.

Any images used on fliers, websites, social media without permission, please remove these images immediately and be certain not to use any such images in the future.

“Where do I start pamphlets” have been translated by AI. There may be human translations in future. Public awareness. - Google Ads - wanting better feedback on how the ads are working. PIPO resource page created GIFs for service body use.

OA I will be using a new translation process with AI translation as opposed to machine translation. With the possibility of human translators to update the website the future. 17 languages will cover 90% of all the languages covered, but we'll try to accommodate as many languages as possible.

OA Rainbow. Is an organization to support the LGBTQ - members you can get more information at info@oarainbow.org

Committee Report Highlights

- Board approved literature committee - literature approved by board not the conference and is not meant for the fellowship as a whole, examples: Designated Downloader flyer, revisions to About OA flier. Discontinued the “Welcome Back packet” as it does not sell well. The welcome

Back pamphlet has been updated and sells well. New “Guidelines for newcomers’ meetings” is now available. August 21-23, 2025, Location, Renaissance Orlando at SeaWorld.

- Realignment committee is looking at how service bodies are organized. Some regions are very wide 9 and 8. The committee is making recommendations for this concern.
- Delegate Support Fund Committee – contributed funds to 13 applicants

Business motions

- Motion A-a Conference approval revision of the OA Handbook for members, Groups, and Service Bodies – Passed
- Motion C – WSBC delegates may serve as delegates as no more than 6 consecutive years then requiring a minimum of one year out of this service, they may have more than 6 years if they become a Region chair or trustee or request a waiver of this limitation shall be submitted to the board of trustees. – Passed
- Motion D – WSBC will not be scheduled on or within three days of major world holidays. – Passed
- Motion A – Removing the word “weight” from the definition of abstinence and focusing the attention of the recovery on returning to a healthy body. – Failed
- Motion E-2 Update to allow groups that meet more than once a week to be recognized as one group (one group number, etc.) Amended three times and sent to reference committee
- Motion 10 – Clarifying who may address the WSBC. Allowing delegates and defining nondelegates that may speak – Passed
- Item in lieu of Proposals 1 and 14 – WSBC will be held on a two-year rotation between in person in Albuquerque area or otherwise chosen and other the opposite year via videoconferencing platform with the trustees determining any hybrid elements at their discretion. - Passed
- Motion 2 – Adding to trustee qualifications to require at least two years of service as a region rep, committee, chair, board member, or region trustee liaison. (previously the wording allowed to region to define the service requirements) – Sent to reference
- Motion 8 – Simplifying language for when trustees may reapply – Passed
- Motion 15 – Allows the board to make the WSBC virtual without the need for it to an emergency – Passed
- Motion 9 – change that a trustee may not serve more than 8 consecutive years to may not serve more than 9 total years. Sent to reference
- Motion 16 – Board will give first consideration to assign a trustee liaison to the region that affirmed the new trustee – Passed
- Motion 13 – Removing ability for a single individual to submit a motion and expand the list of conference committees who may submit a motion- Passed
- Motion 3 – removing the requirement for 55% of groups to respond regarding making any changes to the steps- Failed
- Motions 4 and 5 – asking to changing the steps from “Him” to “God” – motions withdrawn
- Motion E-2 – Regarding groups able to have more than one meeting- sent to the board
- Motion 2 - – Adding to trustee qualifications to require at least two years of service as a region rep, committee, chair, board member, or region trustee liaison, or NSB.- Passed

- Motion to reconsider Motion D – WSBC will not be scheduled during major religious holidays – will reconsider
- Motion 9 – as amended by reference - change that a trustee may not serve more than 8 consecutive years to may not serve more than 10 total years – Motion Failed
- Motion D – move to refer to the board of Trustees- deferred – Amendment to remove the word “religious” and remove the list of religious holidays – Passed

Trustee Elections – for three-year terms

- Cindy C – voted in
- Bob F – voted in
- Emilia I – voted in
- Cindy L – voted in
- Susan M- voted
- Laurie O – voted in

There are 4 vacant seats. Information will go out to the fellowship for those interested in being appointed by the board for a one-year term.

Parliamentarian Presentation about meeting misconceptions.

Letter from Board of Trustees and Region Chairs regarding support of OARainbow.org supports LGBTQ+ in response to with hate speech from some individual OA members. We support all our OA members with acceptance. This was endorsed by the WSBC 2024.

Committee Chairs Reports- shortened due to time

Total voters 188

Total Countries represented 20

Total Languages 14

Green Dot ceremony – celebrating the delegates who came here for first time. At least 49 Green Dots

OA Board and Region 8 trustees will be making a request for all service bodies to audit meetings and intergroups to ensure they are listed as up to date and verify they are active. When doing this please be certain to follow through on all meetings listed on your intergroup or NBS websites as well as doing a search of meetings as listed in your geographical or other delineated search areas. For example search meetings in all the city’s in your intergroup or search for meetings in the language of your NSB and then contact each meeting to ensure it is active and it’s listed information is correct. Listed information would include contact information, address, Zoom info, topic, etc. Any updates need to be made to OA.org and intergroup/NSB websites.

Thank you for letting me do service.

Sincerely, Maria "Terry" Montealegre

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion A: Amend Region 8 Bylaws

Motion: Amend multiple pages and sections of the Region 8 Bylaws to change all instances of FALL business assembly to read as SECOND business assembly. (Note: there are no uses of the term “spring” in the Bylaws.) Deletions are struck through and new words are highlighted in red.

Current Wording	PROPOSED WORDING
<p><u>Article V. The Region 8 Board</u> Section 4 – Election of Reg 8 Board members A. Elections shall be held at the fall meeting of the Business Assembly and at least 90 days prior to the World Service Business Conference.</p> <p><u>ARTICLE VI – REGION 8 TRUSTEE LIAISON</u> Section 1 To be ratified by Region 8 as a nominee to World Service Business Conferences of Overeaters Anonymous, Trustee Applications are to be submitted on a World Service form to the Region 8 Secretary, postmarked six weeks prior to the Fall Region 8 Business Assembly. The Fall Assembly nominees will be nominated by a majority vote of Region 8 Representatives.</p> <p><u>ARTICLE VIII – COMMITTEES</u> Section 1 The Region 8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region 8, Inc. A. Region 8 Committee Chair shall be nominated by said Committee and appointed by the Region 8 Board yearly at each Fall Region 8 Business Assembly, on the following schedule: 1. Even Years: Ways & Means, Intergroup Outreach (IGOR), By-Laws/Electronic Documents, Technology Co-Chair #1, and International Committee 2. Odd Years: Technology Co-Chair #2, Twelfth-Step-Within, and Public Information/Professional Outreach Committee(PIPO)</p>	<p><u>Article V. The Region 8 Board</u> Section 4 – Election of Reg 8 Board members B. Elections shall be held at the fall second meeting of the Business Assembly and at least 90 days prior to the World Service Business Conference.</p> <p><u>ARTICLE VI – REGION 8 TRUSTEE LIAISON</u> Section 1 To be ratified by Region 8 as a nominee to World Service Business Conferences of Overeaters Anonymous, Trustee Applications are to be submitted on a World Service form to the Region 8 Secretary, postmarked six weeks prior to the Fall Second Region 8 Business Assembly. The Fall Second Assembly nominees will be nominated by a majority vote of Region 8 Representatives.</p> <p><u>ARTICLE VIII – COMMITTEES</u> Section 1 The Region 8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region 8, Inc. B. Region 8 Committee Chair shall be nominated by said Committee and appointed by the Region 8 Board yearly at each Fall Second-Region 8 Business Assembly, on the following schedule: 1. Even Years: Ways & Means, Intergroup Outreach (IGOR), By-Laws/Electronic Documents, Technology Co-Chair #1, and International Committee 2. Odd Years: Technology Co-Chair #2, Twelfth-Step-Within, and Public Information/Professional Outreach Committee(PIPO)</p>

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

<p><u>ARTICLE IX – FINANCIAL STRUCTURE</u></p> <p>Section 1</p> <p>H. Following the Fall Region 8 Business Assembly, Region 8 will contribute annuallythe budgeted amount to the World Services Office by December 31 of that year.</p>	<p><u>ARTICLE IX – FINANCIAL STRUCTURE</u></p> <p>Section 1</p> <p>I. Following the Fall Second Region 8 Business Assembly, Region 8 will contribute annuallythe budgeted amount to the World Services Office by December 31 of that year.</p>
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SUBMITTED BY:

- Position/Committee: Bylaws/Electronic Documents Committee
- Name: Barbara Carter
- Email address: bylaws chair@oaregion8.org

INTENT:

Amend multiple pages and sections of the Region 8 Bylaws to change all instances of FALL business assembly to read as SECOND business assembly. (Note: there are no uses of the term “spring” in the Bylaws.)

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

It was rightfully pointed out that “spring” and “fall” reflect different months in our Region, based on whether we are north or south of the equator. To prevent confusion, we voted at the previous assembly (OCT 2023) to change these adjectives for the business assemblies to “first” and “second”. First will refer to the business assembly held in March/April timeframe; second will be the October/November timeframe.

 If this is an **EMERGENCY MOTION**, please explain why: Not an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 1: Amend Region 8 Policy & Procedure Manual

Motion: Amend multiple pages and sections of the P&P Manual to change all instances of SPRING or FALL business assembly to read as FIRST or SECOND business assembly. (Exceptions are in Appendix H, History. These will not be changed.) These will be global changes and we replace all spring and fall.

Pages for SPRING:	Pages for FALL
<ul style="list-style-type: none"> • Page 2: (two assemblies: spring and fall) • Page 22: (Nominations for Board members) • Page 22: (Reports to Secretary 8 weeks out) • Page 23: (Trustee Liaison report) • Page 24: (Nom. Reg 8 delegate to WSBC) 	<ul style="list-style-type: none"> • On cover: Reflecting changes from the Fall 2023 Business Assembly • Page 2: (two assemblies: spring and fall) • Page 7 (Financial policies) • Page 13 (Assembly procedures) • Page 21 (Secretary duties) • Page 22 (Treasurer duties; elections of Board members) • Page 23: (Reports to Secretary 8 weeks out; Trustee Liaison report) • Page 24: (Elect Region 8 delegate to WSBC) • Page 27: (Committee Chair budgets due to Treas 60 days prior to fall) • Page 34: (PIPO funding requested in fall)

SUBMITTED BY:

- Position/Committee: Bylaws/Electronic Documents Committee
- Name: Barbara Carter
- Email address: bylaws_chair@oaregion8.org

INTENT:

Amend multiple pages and sections pf the P& P Manual to change all instances of SPRING or FALL business assembly to read as FIRST or SECOND business assembly. (Exceptions are in Appendix H, History. These will not be changed.) These will be global changes and we replace all spring and fall.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

PRIMARY PURPOSE:

It was rightfully pointed out that “spring” and “fall” reflect different months in our Region, based on whether we are north or south of the equator. To prevent confusion, we voted at the last assembly (OCT 2023) to change these adjectives for the business assemblies to “first” and “second”. First will refer to the business assembly held in March/April timeframe; second will be the OCT/November timeframe.

If this is an **EMERGENCY MOTION**, please explain why: Not an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 2: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend the Region 8 Policy and Procedure Manual Section IX. Financial Policies, Paragraph A. General, sub-paragraph 9.b. clarifying the conditions under which funded committee chairs may be allowed to be reimbursed for three nights lodging.

Deleted words are lined out and new words are underlined in red.

CURRENT WORDING	PROPOSED WORDING
<p>IX. Financial Policies a. General</p> <p>9. b. <u>Lodging</u>. Reimbursement for lodging expense incurred at Assembly shall be one-half the double-occupancy rate plus tips, or actual expenses; whichever is less. Lodging is reimbursed for three nights per Assembly for Board members and a maximum of three nights for funded committee chairs if they are asked to attend the Board Meeting on Friday morning.</p>	<p>IX. Financial Policies a. General</p> <p>9. b. <u>Lodging</u>. Reimbursement for lodging expense incurred at Assembly shall be one-half the double-occupancy rate plus tips, or actual expenses; whichever is less. Lodging is reimbursed for three nights per Assembly for Board members and <u>two</u> a maximum of three nights for funded committee chairs. if they are asked to attend the Board Meeting on Friday morning. <u>Funded committee chairs may request an exception to this policy which must be approved by the Board in advance of the Assembly. The approved exception will allow funded committee chairs to be reimbursed for a maximum of three nights if the Board has scheduled a meeting for Friday morning of the assembly (before noon) or if the committee responsibilities require them to be in attendance ahead of time.</u></p>

SUBMITTED BY:

- Position/Committee: Bylaws/Electronic Documents Committee
- Name: Barbara Carter
- Email address: bylaws chair@oaregion8.org

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

INTENT:

This change clarifies the conditions under which funded committee chairs may be reimbursed for a maximum of three nights. Occasionally, funded committee chairs have been required/requested to be in attendance at the business assembly on Friday morning to discuss policies. For those that live farther than two hours away from the assembly location, this may constitute a hardship. Board approval is required in advance of the assembly.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

Technology Committee has requested that they be authorized to be reimbursed for one additional night at assemblies (arriving on Thursday) so that they may be well rested and start the set-up of our own plus rented A/V equipment well ahead of time. This gives them ample time to test the system. This change allows flexibility in planning for the business assembly for all funded committee chairs.

If this is an **EMERGENCY MOTION**, please explain why: Not an emergency motion.

Budget for November 2024 – October 2025			2023-2024
SOURCES OF FUNDS:			
Beginning Bank Balance	\$80,993.39	As of: 8/3/2024	\$63,855.80
RECEIPTS			
Contributions	\$30,300.00		\$30,285.90
Region 8 Assemblies	\$5,164.64		\$2,582.32
Region 8 7th Tradition	\$600.00		\$300.00
Ways & Means Projects	\$1,672.75		\$1,245.75
Seed Money Returned	\$5,000.00		\$1,000.00
TOTAL RECEIPTS:	\$42,737.39		\$35,413.97
TOTAL SOURCES OF FUNDS	\$123,730.78		
USES OF FUNDS:			
Board:			
Chair	\$300.00		
Vice Chair	\$300.00		\$91.00
Secretary	\$300.00		\$180.00
Treasurer (\$350taxes+\$70corp.fees+\$100 POBox+\$35Quicken)	\$1,102.02		\$1,126.00
Board & Parliamentarian Events:			
Board Region 8 Assemblies (excluding Chair)	\$6,000.00	VC+Sec+Treas (1F2F-2025)	\$2,280.00
Parliamentarian	\$1,362.00	1F2F-2025	\$1,361.98
Chair WSBC + Convention (25=Virtual/otherwise:3000)	\$1,000.00	1F2F-2025	\$2,461.00
Chair RCCM	\$4,000.00	1F2F-2025	\$2,790.00
Chair Region 8 Assemblies	\$1,200.00	1F2F-2025	\$1,009.00
Chair Region 8 IG Outreach	\$4,000.00	1F2F-2025	\$3,676.00
WSBC Region 8 Delegate (2025=Virtual otherwise=6000)	\$1,000.00	R8 is eligible to send 5 WSBC reps this yr	
WSBC Region 8 Support Fund (R8DSF) (2025=Virtual)	\$1,200.00	IGReps to WSBC - P&P p.10 (9/1)	\$8,595.00
WSBC Region 8 Nominated Trustee(s)			
Committee Chair Travel 1 F2F 2025/otherwise 10000	\$6,000.00	ByLaws+TechWebx2+IGOR +TSW+PIPO+W&M+IC	\$4,412.00
Committees:			
Bylaws-Electronic Documents	\$50.00		
Technology	\$2,100.00	Zoom + websiteFee + Hotspot	\$2,063.17
IGOR Rep Funding	\$4,000.00	IGReps to R8Ass. (60daysprior). 1F2F-2024	\$2,007.00
TSW	\$100.00		
PIPO	\$11,000.00	Billboard or other major project	
* Public Information Fund	\$2,100.00	IG outreach/advertising - P&P p.40	\$2,053.00
Ways & Means	\$2,000.00		\$1,349.13
International	\$500.00		
MISCELLANEOUS			
Trustee – Assembly expenses			
Carry The Message Fund (thru IGOR)	\$2,000.00	Send leaders to workshops/retreats - P&P p.12	\$1,207.00
Webmaster	\$2,400.00		\$2,400.00
WSO Contribution	\$19,885.11		\$5,000.00
Seed Money Advanced	\$5,000.00		
PayPal Fees + Bank Fees	\$480.00	\$35/mo	\$480.12
Bonding Fees - Board Members	\$0.00	\$1000 pd every 3 yrs-due 03/26	
Interpretation services Region 8 Events	\$9,000.00	1F2F-2024	\$4,630.00
Translation Region 8 Documents			\$4,666.00
Website Update			
TOTAL EXPENDITURES	\$88,379.13		\$53,837.40
Allocated to Prudent Reserve (OA suggestion 40-60%)	\$35,351.65	40% of total expenditures	\$21,534.96
TOTAL USES OF FUNDS (Total Exp+PrudResrv)	\$123,730.78		\$75,372.36



Southeast Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Puerto Rico
Caribbean Islands
Central America
South America

REGION 8 COMMITTEE PROGRESS REPORT

SAVE THIS FILE to your device. Open saved file from your device, complete it and save it again. Then attach the completed form in an email and submit it to: secretary@oaregion8.org

Committee: _____ Assembly: _____

Packet for Assembly _____
Date of Assembly

Progress Report _____
Date Period Covered

Specific objectives for the period: (Numbered List)

1.

2.

3.

4.

5.

Actions / Activities conducted toward objectives: *(List by Objective)*

1.

2.

3.

4.

5.

Projections for the next period:

1.

2.

3.

4.

5.

Expenditures for the period: \$ _____

Committee Chair: _____

Date: _____ 43



Southeast Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Puerto Rico
Caribbean Islands
Central America
South America

REGION 8 COMMITTEE PROGRESS REPORT

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Committee: Bylaws and E-Docs Assembly: Second BA -- 2024 Palm Coast

Packet for Assembly SEP 20-21, 2024
Date of Assembly

Progress Report
Date Period Covered

Specific objectives for the period: *(Numbered List)*

1. Verify committee members and contact information
2. Decide on day and time for monthly zoom meetings (third Tuesday, 7 PM eastern)
3. Prepare all motions for second business assembly
4. Finished making edits to the Hosting Manual
- 5.

Actions / Activities conducted toward objectives: *(List by Objective)*

1. Added new members to committee and verified information
2. Working on powerpoint for "How to Write a Motion"
- 3.
- 4.
- 5.

Projections for the next period:

1. Translate powerpoint for "How to Write a Motion" into Portuguese and Spanish
2. Update Bylaws and P & P Manual with approved motions
3. Update INDEX of the P & P Manual
4. Elect a new chair for the committee
5. Elect a new chair for the committee

Expenditures for the period: \$ 0.00

Committee Chair: Barbara J Carter 44

Date: July 26, 2024

The Twelfth Step Within Committee, whose mission is "membership retention and relapse prevention" meets the first Sunday of the month on Zoom from 8 pm to 9 pm ET. We have approximately 10 active committee members and were pleased to welcome Laurie O, our Region 8 Trustee Liaison, to our committee in May of this year.

- The TSW put on a Zoom Workshop on June 9, 2024, entitled, Building A Firm Foundation: Steps 1-3. It included 3 speakers followed by sharing, and a mind-mapping interactive workshop at the end. It was well attended and got a lot of positive feedback. The TSW plans to put on more step workshops in the near future.
- Additionally some members of the TSW committee have been working with members of the international committee to make it easier for Spanish and Portuguese speakers to obtain sponsors in their native language. We are also planning to coordinate including Spanish and Portuguese speakers on our speakers' list so we can more easily fulfill requests for speakers in those languages.
- Our committee is currently brainstorming a skit to present for the closing of the Business Assembly this September; and
- We continue to put out the "12th on the 12th", an inspiring writing on some aspect of recovery, to All Soar 8 on the 12th of each month. It's translated into Spanish and Portuguese. We are looking for volunteers to write for upcoming months so please contact Tina at tswchair@oaregion8.org if you would like to volunteer.
- All are welcome to our monthly meetings so please email the chair at tswchair@oaregion8.org if you would like to receive a zoom invitation.

Respectfully submitted,

Tina S.

TSW Chair



Alabama
 Arkansas
 Florida
 Georgia
 Louisiana
 Mississippi
 North Carolina
 South Carolina
 Tennessee
 Puerto Rico
 Caribbean Islands
 Central America
 South America

REGION 8 COMMITTEE PROGRESS REPORT

SAVE THIS FILE to your device. Open saved file from your device, complete it and save it again. Then attach the completed form in an email and submit it to: secretary@oaregion8.org

Committee: Technology Committee Assembly: Fall 2024

Packet for Assembly Sept 20
Date of Assembly

Progress Report January 2024 - July 2024
Date Period Covered

Specific objectives for the period: (Numbered List)

1. Set up zoom meetings as requested for committee meetings and workshops as requested, ensuring that meeting times do not conflict
2. Answer technical questions as needed
3. Provide tip sheets and information related to technological topics and maintain them as technology evolves
4. Work with hosting IG for Business Assemblies on A/V requirements and set up
5. Nominate a new Tech Chair 1 - Echo cannot run for a second term at this time.

Actions / Activities conducted toward objectives: *(List by Objective)*

1. Set up multiple meetings and workshops via the zoom account, and had team members willing and able to help with security and running the meetings, screening for intruders, helping to unmute/mute, managing participants, etc.
2. Assisted with questions from members of our region, committees, our trustee, and we were even able to provide help to other regions.
3. Worked on a guide for copyright materials (currently waiting on approval from WSO legal team) and we'll be holding a workshop on this topic in August. We also just set up a google drive account for sharing documents among the team, making it easier to collaborate on our articles and presentations.
4. Worked directly with Gold Coast IG and Palm Beach County IG to prepare for A/V needs for the hybrid assembly. Assisted with reviewing proposed contracts and answering questions about the equipment. Made a plan for our team on practicing setting up and striking the equipment so that everyone knows what to do. Working hard to make sure that the team is not overwhelmed.
5. Held discussions about what the job entails and what is required. Hoping to see nominations and a new chair stepping forward at the Fall assembly.

Projections for the next period:

1. Practice setting up and taking down the equipment used for assemblies. Get everyone a chance to run the meetings and get hands on experience.
2. Finalize the hybrid assembly manual, add any updates from our experience at the next assembly.
3. Set up meetings via R8 Zoom account, ensuring that there are no scheduling conflicts, and maintain the calendar of committee meetings and workshops.
4. Continue to work on articles, tip sheets, helpful guides, etc. Answer questions and provide technical support for any OA member where needed.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: Linsey "Echo" G. & Shirley Q.

Date: 7/23/24

IGOR Chair Report 8/1/24

Our committee just completed a two-speaker workshop on Sunday 7/28 from 3 -5 PM on Zoom on the topic of service above group level. Katrina S gave a powerpoint presentation on rejuvenating an intergroup and Meg M spoke about the effect of service on her abstinence and recovery, and how she works with her sponsees on the area of service above group level.

I am also attaching a helpful WORD doc from Tom, a recent former IGOR member. He had this 2018 information from Region 1 regarding service tips and tricks. I wasn't able to figure out how to attach Katrina's powerpoint either in that state or as a PDF.

We have had a large drop off in committee member ship due to multiple member-family illnesses, a cross country move, loss of abstinence and personal health issue. We need more members who are able to participate in a one hour monthly meeting and some follow-up with unaffiliated meetings/groups in our region.

The unaffiliated meetings will be the next order of business and we can hopefully have this completed by the end of October.

Sincerely,

Annie M

IGOR Chair 2024

July 5, 2018 – Region One Conference Call - FOCUS MENTORING IN OA SERVICE & AVOIDING SERVICE BURNOUT

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 in 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 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 continue 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."

International Committee Report
July 2024

The committee meets the last Sunday of each month at 10:15 EST. We have only been in existence as a committee for a few months but have been doing service for about a year. We have built up a small but committed group of servants and our meetings are very enjoyable.

Thanks to the secretary of the region and the members of the technology committee we already have the web page together with the other committees and we are collaborating with the twelfth step within committee in the search services for sponsors and Spanish and Portuguese speaking speakers. We have managed to agree on a vision for our service in line with the project of creation of the committee voted in the assembly and from there we are clear about our mission. We have ahead of us the challenge of serving in this direction. The main concern of the members, obviously, is to overcome the language barriers. This difficulty in the region also exists within our committee. Those who do not speak Spanish or Portuguese may have the false idea that they are similar and that we easily understand each other, but this is not correct. This limits us even in doing service among ourselves and limits the arrival of new members to the service. Meetings in three languages are not easy to carry out but we do the best we can with good will and patience on the part of all. We plan to start a contact campaign with the different intergroups and service bodies to invite them to participate with us.

Vision: that the international committee be a tool for regional integration that facilitates and makes the unity of the intergroups of the different countries of the region a reality.
Mission: that the international committee will allow the connection of the servants of the different countries and provide growth and learning activities in service and recovery; help to overcome language barriers; facilitate access to the contents and resources of the web page and the work of the subcommittees of the region; encourage the participation of the greatest possible number of intergroups in the assemblies and conventions of the region;

Appendix A: Region 8 Service Directory

Position	Name	Location	Phone	Email
Chair	Susan B	Huntersville, NC	415-987-3194	chair@oaregion8.org
Vice Chair	Lonna C	Deerfield Beach	305-338-0423	vicechair@oaregion8.org
Treasurer	Tina M	DeQuincy, LA	337-317-1682	treasurer@oaregion8.org
Secretary	JC D	Palm Harbor FL	813-240-8572	secretary@oaregion8.org
Trustee	Laurie O	Portsmouth, VA	757-375-3304	trustee@oaregion8.org
Parliamentarian	Ellen F	Germantown, TN	901-647-3587	parliamentarian@oaregion8.org
12th Step Within (TSW)	Tina S	Brandenton, FL	941-993-9714	tswchair@oaregion8.org
Bylaws/Electronic Documents	Barbara C	Avenue Newberry, FL	352-474-1366	bylawschair@oaregion8.org
Technology/Website 1	Linsey "Echo" G	Lexington, SC	561-704-2917	techwebchair@oaregion8.org
Technology/Website 2	Shirley Q	Clearwater FL	727-916-2099	Techwebchair2@oaregion8.org
Intergroup Outreach (IGOR)	Annie M	Altamonte Springs, FL	407-967-1965	igorchair@oaregion8.org
Ways & Means	Georgette P	Gainesville, FL	352-870-4454	waysandmeanschair@oaregion8.org
Public Info/Prof Outreach (PI/PO)	Robin T	Longs, SC	540-664-6507	pipochair@oaregion8.org
International	Pablo G.	Buenos Aires, Argentina	+541155789911	ICR8Chair@oaregion8.org
TSW Sponsor List	Lillian M	Stockbridge GA	770-313-1853	sponsors@oaregion8.org
	Sandi C	Kingsland, GA	912-464-4231	
TSW Speaker List	Julia S	Slidell, LA	985-788-3411	speakers@oaregion8.org
Region 8 Webmaster				webmaster@oaregion8.org

Appendix B: Decorum In Debate

Robert's Rules of Order Newly Revised, 11th Edition pages 391-394

“The following practices and customs observed by speakers and other members in an assembly assist the carrying on of debate in a smooth and orderly manner.” (RONR p. 391)

1. Confining remarks to the merits of the pending question.

Remarks must be germane to the question being addressed – must have a bearing on whether the motion should be adopted.

2. Refraining from attacking a member's motives.

Can speak against the consequences of the action being proposed, but avoid personalities or attack motives of the member who has spoken or who has proposed the issue.

3. Addressing all remarks through the chair.

Speaker should not address comments to another member. If a member wishes to question comments made by the previous speaker, he/she must seek recognition from the chair and address the assembly. The speaker can then ask the chair to request an answer from the previous speaker.

4. Avoiding the use of members' names. (used in large assemblies)

It is better to say “the member who spoke last” or “the delegate from_____”. Officers should be referred to by their office. The speaker may use first person in relating their views.

5. Refraining from speaking adversely on a prior action not pending.

Speaking on an action previously taken is allowed only when the issue is being reconsidered, rescinded, or amended.

6. Refraining from speaking against one's own motion.

A person can vote against their own motion but cannot speak against it. If the maker decides that the action should not be taken, he/she can ask permission to withdraw the motion.

7. Reading from reports, quotations, etconly with permission.**

A member may ask permission to read a report or quotation, etc. while speaking in debate.

8. Being seated during an interruption by the chair. (used in large assemblies)

If the chair is asked to make a ruling, the speaker should be seated....and may resume speaking after the chair is finished.

9. Refraining from disturbing the assembly.

During debate or during voting, members should not talk to others or move about the assembly. (side conversations!!)

Jan Strand, PRP

March 1, 2014

Appendix C:

Links to Online Forms are all on OA Region 8 website under documents

<https://oaregion8.org/>

Voucher and Advance Request Form

Committee Progress Report

Region 8 Delegate to WSBC Application

Request for Budget Override

Certificate of Eligibility – English