



Southeastern Overeaters Anonymous Region 8

Spring Business Assembly

March 15-17th 2024

Virtual

Zoom Information (Meeting Ids/Links)

All times are in Eastern Time

Green Dot meeting March 15th 4:00pm

<https://us02web.zoom.us/j/81562819377?pwd=bkVvcWd2UlowTVdJNGwxTGU3R3d2dz09>

Meeting ID: 815 6281 9377

Passcode: 084074

Board meeting Friday 2:00 PM

<https://us02web.zoom.us/j/86127232156?pwd=SmZYUnY3aksvZ1FGc1NldDdLV2ludz09>

Meeting ID: 861 2723 2156

Passcode: 239176

Fall Assembly Friday 7:00 PM and Saturday Assembly 09:00 AM

<https://us02web.zoom.us/j/83708925305?pwd=eVBnRmZZaFVHditpVWtyUmRCRmRWUT09>

Meeting ID: 837 0892 5305

Passcode: 891504

IGOR Sunday meeting 10:00 AM

<https://us02web.zoom.us/j/89208102201?pwd=NWFZRTIEb2M1RkVsK0t3aEp4Q3BEUT09>

Meeting ID: 892 0810 2201

Passcode: 259554

Please be on time for all meetings.

**Region representatives must be present for credentialing process
in order to vote in each session of assembly.**

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Notes for the Region Reps

Thank you for choosing to represent your intergroup at the Spring Assembly 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 – the fee is \$25. <https://oaregion8.org/r8-assemblies/soar8-assembly-spring-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. Her 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.

Business Assembly Agenda

Friday, March 15, 2024 (All Times Eastern)

Time (Eastern)	Item #	Description / Topic
1:00 PM	1	Informal Board Meeting: R8 Board Only
2:00 PM	2	BOARD MEETING CONVENES Funded Chairs Join – Open to All
	3	Old Business: <ol style="list-style-type: none"> 1. Serenity Prayer 2. Approval of Minutes: October 2023 Board Meeting (Secretary) 3. Fall 2023 Update (VC) 4. Topics for Fall Convention 2024, for Presentation and Discussion (VC) 5. Audits/Finances/R8DSF Update (Treasurer) 6. OA Strategic Plan (Trustee)
	4	New Business: <ol style="list-style-type: none"> 1. Emergency Motions / Other New Business 2. Funded Committee Chairs: <ol style="list-style-type: none"> a. Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each
3:00 PM	5	Break (10 minutes)
	7	<ol style="list-style-type: none"> 1. Funded Committee Chairs: (continued) <ol style="list-style-type: none"> a. Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each
	8	Other New Business: <ol style="list-style-type: none"> 1. Vouchers / Reimbursement 2. Registration for Fall 2024 Assembly
3:45 PM	9	Close/Responsibility Pledge /Meeting Adjourns
4:00 PM	10	NEW REP (GREEN DOT) ORIENTATION

Friday, March 15, 2024 (All Times Eastern)

Time (Eastern)	Item#	Description / Topic
7:00 PM	1.	ASSEMBLY CONVENES (Breaks ~10 min / hour)
	2.	OA Readings Serenity Prayer Serenity Prayer Spanish Serenity Prayer Portuguese 12 Steps 12 Traditions 12 Concepts Voices of Recovery
	3.	ZOOM Basics Refresh (~5 minutes)
	4.	Appointment of Timer
	5.	Recognition of New Intergroups, New Reps (Green Dots) & Visitors
	6.	Introduction of Region 8 Board Members, Funded Committee Chairs and Intergroup Chairs
	7.	Introduction of former Region 8 Board Members and Trustees
	8.	Roll Call (Virtual) and Credentials
	9.	Adoption of Agenda
	10.	7th Tradition

7:30 PM	11.	Presentation and Discussion Panel
	12.	Announcements:
	13.	Recess Responsibility Pledge, followed by The OA Promise Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Saturday, March 16, 2024 (All Times Eastern)

	Item#	Description / Topic
9:00 AM	14.	ASSEMBLY RECONVENES (Breaks ~ 10 min / hour)
	15.	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
	16.	Introduction of Center Mike & Timer
	17.	Credentials Report
	18.	Introduction of Parliamentarian & short parliamentary lesson
	19.	Adoption of Standing Rules
	20.	Approve Consent Agenda P&P Motions 1 and 2
	21.	Approve minutes from Fall 2022 Assembly
	22.	7th Tradition <ul style="list-style-type: none"> Please go to oaregion8.org to donate. Thank You!
	23.	Board Reports (5 minutes for report and 5 minutes for questions)

		<ul style="list-style-type: none"> a. Chair b. Vice Chair c. Secretary d. Treasurer
	24.	Trustee Report (5 minutes for report and 5 minutes for questions)
10:30 AM	25.	PIPO presentation
11:15 AM	26.	Break (15 mins)
11:30 AM	27.	Committee Meetings 1.5 Hours (or until finished)
1:00 PM	28.	Lunch Break
2:00 PM	29.	ASSEMBLY RECONVENES (Breaks ~ 10 min / hour)
	30.	Credentials
	31.	Final Report from Fall Assembly 2023
	32.	ZOOM Refresh (~10 min)
	33.	Motions - Bylaws & P&P <ul style="list-style-type: none"> a. P&P Motions 3-6 b. Bylaw Motions A
	34.	New Business
	35.	a. Nominations for Fall Board Member elections Nominations for Vice-Chair Nominations for Secretary
		b. Committee Chair selection announcements
		c. Bids for Fall 2024 Assembly and Convention
		d. Emergency Motions
	36.	Committee Reports
		a. Ways & Means
		b. Bylaws/Electronic Documents
		c. Intergroup Outreach (IGOR)
		d. Twelve Step Within (TSW)
		e. Public Information Professional Outreach (PIPO)

		f. Technology (Tech)
		g. International Committee
	37.	For the good of the order (time permitting): Intergroup Announcements (etc.) from the floor
	38.	GREEN DOT CEREMONY
	39.	Assembly Evaluation
	40.	Announcements- Tomorrow 9 AM Region 8 Board & Committee Chairs Meeting 10 AM Intergroup Sharing Meeting (Everyone Invited)
	41.	ASSEMBLY ADJOURNS Responsibility Pledge, followed by The OA Promise Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Sunday, March 17, 2024 Post-Assembly (All Times Eastern)

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

Region 8 Policy and Procedure Manual

XI. Standing Rules

B. Standing Rules for Virtual 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 a copy of these Standing Rules in the assembly packet for all virtual assemblies.

1. Participation in Assembly
 - A. All virtual attendees will be asked to turn on their video camera (subject to miscellaneous rules below) and mute audio until called upon to speak.
 - 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 appropriately credentialed member of the Assembly may participate in Assembly procedures, *e.g.*, vote, make a motion, speak to a motion, etc. Non-voting persons may have a voice at the discretion of the Chair. Non-voting persons resent at the Assembly will be asked to identify themselves by adding the prefix "NV" before their name on their video screen.
 - D. All voting will be done by electronic polling software. Voting will be performed on the honor system; only credentialed members should vote.
 - E. There may be a consent agenda consisting of routine non-controversial matters. The Chair will determine matters to be placed on the consent agenda. Any voting member may 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. Voting on all motions and elections will be done using electronic polling software. Members will be alerted immediately prior to the vote; the poll will remain for 2 minutes to allow for translation, if required, then closed. Anyone who misses the polling window will not be afforded the opportunity to vote on that particular issue.
 - B. As votes are tallied on the electronic software, there should be no need to request a more accurate count.
 - C. Numeric summary results of the poll are seen by the Region 8 Chair, Secretary and Technology Committee Chairs. They are not able to see how any individual voted so votes remain anonymous.
 - D. Persons using landlines with no video display will NOT be able to vote. There are some limitations to the software.
3. Recognition of Virtually Present Representatives
 - A. No individual member may unmute themselves or interrupt the sessions without being recognized by the Chair.
 - B. To be recognized by the chair members may use the chat room to ask a question of the Technology Moderator or the Center Mic. The Center Mic will address the Chair on the member's behalf. Once the member is called upon, they are asked to unmute, state their name and intergroup, state their concern and then re-mute themselves.
 - 1) If your question is of a technical nature, ask the Technology Moderator. The Moderator is a member of the Technology Committee who can assist you.

- 2) The Center Mic will address questions about:
 - a) Question of Personal Privilege (say the Serenity Prayer)
 - b) Parliamentary Inquiry: questions about parliamentary procedures or agenda items under consideration or you are confused about some of the parliamentary rules
 - c) A member who believes the rules of the assembly are being violated, thereby calling on the Chair to make a ruling and enforce the rules
 - d) Request for Information: Requests to the Chair or through the Chair to another officer or member to provide information relevant to the business at hand. A Request for Information must be in the form of a question.
- c. **CHATting.** Please limit your private chatting until we get to breaks. For business issues chat only with the Center Mic or Tech Moderator during sessions; everyone on the Board is busy. Use the chat room as you would the “PAGES” in a face-to-face assembly (address assembly business privately to an individual).
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).
 - b. 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.

- c. 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.
 - d. 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.
 - e. Pro speakers will be asked to identify themselves by raising their electronic hand. The Chair will make note of those wishing to speak pro. Then the Chair will ask those wishing to speak Con to raise their electronic hand, making note of those who wish to speak con. The Chair will then call on those who will be speaking based upon the following guideline:
 - 1) The first speaker is always pro and usually the maker of the motion unless they wish to have another member speak first.
 - 2) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
 - 3) 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.
 - f. 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.
 - g. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments and requires a 2/3 vote.
 - h. 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 the Assembly room. If you are smoking at your home computer, please turn off your video screen.
 - b. Animals, children and other distractions should be kept to a minimum in your video image. Please turn off your video feed if these appear to distract others, or the Technology Committee might do this remotely.
 - c. All audio is to remain OFF (muted) until the member is called on to speak. Therefore landlines, cell-phones, beepers, 2-way pagers and other noises should NOT be an issue.
 - d. Voting members are not to leave the Assembly room while votes are being taken. Should you not be at your computer or if you rejoin after the poll is closed you will have missed your opportunity to vote on that particular issue/motion.
 - e. No eating food is allowed during a business session. If you must eat during the Assembly turn off your video for the duration of the meal or snack and then rejoin the Assembly.



SOAR 8 Fall Assembly 2023 October 27th -28th 2023

Unapproved Minutes

1. ASSEMBLY CONVENES 06:30 PM

2. OA Readings

Serenity Prayer – Andrea K

Serenity Prayer Spanish- Sandi C

Serenity Prayer Portuguese- Dora P

12 Steps- Lynne C

12 Traditions- Neil M

12 Concepts – Kathy M

Voices of Recovery – Anne CD

3. Appointment of Timer - Andrea K

4. Appointment of Center Mike Monitor (CMM) – Mark Jacoby

5. Recognition of New Intergroups, New Reps (Green Dots)

6. Introduction of Region 8 Board Members

Funded Committee Chairs – Shirley Q Tech, Echo Tech, Barb C By-Laws, Neil TSW, Robin PIPO

Intergroup Chairs – introduced themselves

7. Introduction of former Region 8 Board Members and Trustees – Barbara C

8. 7th Tradition

Announced how to sign up for Region 8 emails lists

9. Break 7:00 PM

10. Welcome 7:15 PM – (Conventioneers join Assembly)

- Welcome and Song
- Presentation from PIPO offering professional outreach folders. Asking members to take a folder to bring to a professional.
- Ways and Means announcements

11. Presentation and Discussion Panel

- Three OA Speakers share experience, strength, and hope. Jerry O,

12. Announcements: Please join ALLSOR8 email list.

- Assembly Reconvenes: Saturday, 8:30 AM ET

13. Recess

Saturday, October 28, 2023 (ALL TIMES EASTERN)

Business Assembly

14. ASSEMBLY RECONVENES 0:30 AM

15. OA Readings / Prayers

Serenity Prayer English – Cindy S

Serenity Prayer Spanish – Terry

Serenity Prayer Portuguese – Dora P

12 Steps of OA – John O

12 Traditions of OA – Micheline P.

Point of Privilege – Please speak slow, loud, clear

12 Concepts of OA – Deborah

Point of Privilege – Tech committee, please move mike and be close to the mike

For Today – Andrea K

16. Roll Call and Credentials Report – 41 voting members 31 in room, 10 virtual

17. Adoption of Agenda - adopted

18. Adoption of Standing Rules - adopted

19. Approve Minutes from Spring Assembly – approved

20. 7th Tradition

21. Elect Chair -presentation and Q&A. Susan Berland – elected

- Correction to voting count – 42 voting members, 32 in the room, 10 virtual

-Point of privilege – motion to destroy ballots - passed

22. Elect Treasurer -presentation & Q&A - Tina Mascorro - Elected

23. Bylaws Forum - 14 motions. Motions 2 and 3 – explanation of making changes to order of discussion

-Request to start committee meetings early – one objection as some committee meetings are scheduled to be online

-Request for information: asking Chair to confirm the start of assembly was 08:30 AM

-Motion to change agenda to complete board reports now – passed

29. Board Reports

Chair – Susan B

Treasurer - Michelle D

Secretary - JC D

Vice Chair - Lona

Trustee - Dora

24. Break 10:04

25. Committee Meetings 10:30 AM

- Recommendation of new committee chairs. Please turn in to Region Chair
- Hand in report (electronically) to Secretary

26. Lunch Break 12:00 PM

27. ASSEMBLY RECONVENES

28. Credentials Report 42 voting. 33 in person 9 virtual

31. Introduction of Parliamentarian & short parliamentary lesson

32. Motions

a. Consent Agenda –

Point of order By laws require 2/3 vote

Motion 1 is removed from consent agenda

Point of order Bylaws and PnP are missed labeled. By laws are by alphabet and PnP are labeled numbers by PnP

Consent agenda is split between Bylaws and PnP

By Laws Motions B, C, D – Passed

PnP Motions 5, 6, 7, 8, 9 – Passed

b. Vote on Bylaws and P&P Motions

-Motion A. Defeated

-Motion 1. Passed

-Motion 2. Passed

-Motion 3. Passed

-Motion 4. Passed

-Motion 10. Debated

-Break 20 minutes and reconvened at 03:06 PM

-Motion 10. Discussion

-Motion to table Motion 10. Defeated

-Motion 10. Defeated

33. Break - deferred

34. New Business

35. a. Budget Report for next year – One change made for assembly/convention seed money to be increased to 1500\$

Budget is passed

b. Elect Region Delegates to WSBC – Terry M. Elected

c. Approve Trustee Nominees – No trustee nominees.

d. Committee Chair selection announcements – Tina S TSW chair

e. Bids for Spring 2024 Assembly and Convention – no Bids. Plans for Assembly are for Virtual March 15-17th

f. OA's Strategic Operations Plan – not needed

g. Emergency Motions

-Changes to reimbursement rates for food and mileage- Passed

36. Committee Reports

a. Ways and Means – Selling items is going well, will have Spanish journals next convention, looking for more new items

b. Bylaws and Electronic Documents – we did 14 motions for this assembly, all those that are passed are then updated to the By Laws and PnP. New name for newsletter, looking for new members.

c. Intergroup Outreach (IGOR) – this past time period the committee updated the intergroup contact list, new project: Workshops Tips Series – how to make things better for intergroups, Video created for intergroups on how to add or remove yourself form emails list. International Subcommittee is part of the IGOR committee. IGOR meeting Sunday 09:45 AM links are in the packet

d. Twelve Steps Within (TSW) / Unity With Diversity (UWD) – New Chair Tina S. Focus is on retention and relapse prevention. Sponsor list, Speaker list, mentors list has been added to the speaker lists, workshop in November.

e. Public Information / Professional Outreach (PI/PO) – Resources for how to make intergroup PI/PO committees better, increased the committee size, funds available for intergroups, Professional folders are available for fellows to give to professionals

f. Technology – Goals for internal workshop for committee members on equipment, later will give workshop out to region, goal for education piece on how to “pin” a Zoom participant to help catch Zoom bombers when the screens are jumping around, new members and a member who is available to help, experienced difficulties with break out meetings, looking for ways to encourage people to sign up for tech committee.

g. International Committee is a subcommittee reported under IGOR

37. For the good of the order – Announcements made by the body

38. GREEN DOT CEREMONY – Completed.

39. Assembly Evaluation – please return at registration table

40. Announcements

- Region 8 Board & Committee Chairs Meeting – Sunday 08:30 AM, IGOR meeting 09:45 AM

Results Motions for Fall 2023

Consent Agenda passed

Policy and Procedure Manual

- Motion 5. Motion submission
- Motion 6. Region Delegate to WSBC
- Motion 7. Amend Service Structure
- Motion 8. Clarify generic updates (Transparency in what Bylaws can change without a motion)
- Motion 9. Secretary Responsible for Appendix F

Bylaws

- Motion B. Trustee forms
- Motion C. Motions to Bylaws Committee
- Motion D. Motions to P&P timeline

Individual Agenda Motions

By Laws

- Motion A. Remove recovery convention - Defeated

PnP

- Motion 1. Bylaws Committee Responsibilities – Passed
- Motion 2. Assembly Procedures - Passed
- Motion 3. Standing Rules -- questions before debate - Passed
- Motion 4. Delete App G Continuing Effects - Passed
- Motion 10. Integration Committee – Defeated

Emergency Motion

- Increasing reimbursement rates for meals and mileage for Board and Funded Chairs – Passed

Chair Report

Chair travel

I haven't done any outreach to intergroups in the last six months. I am available to visit intergroups in the region to provide services and facilitate workshops. Did you know we can conduct a Service, Traditions and Concepts Workshop? If you are interested, please send me an email at chair@oaregion8.org. I'd be happy to visit your intergroup for this purpose to help facilitate an Intergroup Inventory if you are having conflicts in your intergroup.

Outreach to Central America

In February, Dora and I traveled to San Jose, Costa Rica to attend the intergroup's first ever retreat. The event was held at Casa de Ejercicios Espirituales Claretianos, a retreat center in San Jose. All meals were served there and were plentiful, healthy and good! The attendance was 15 members.

Before the event began, Pedro (from Buenos Aires) and were taken on a walking tour of San Jose by Jimena, who was one of the interpreters. That evening we had dinner with several local members. What was amazing was that most of those at the dinner and the event had never met in person. There was a lot of excitement and joy at finally meeting in person.

The theme of the event was The Principles. Each participant was given a laminated sheet in the shape of a suitcase with the principles of the steps, traditions, and concepts. One of the members is quite the artist and created that handout as well as beautiful name badges and bookmarks.

The intergroup has obtained a license to print literature and had quite a full literature table with many pieces of literature.

Friday afternoon, Dora shared about the OA Service Structure which was quite informative. For many, it seemed like the first time they had this information, and it was very enlightening. I share about Region 8 and showed the website, how to change the language and all the materials we have in Spanish. We got many great questions which showed their interest in understanding and participating. In addition, we shared about the spiritual principles in The Twelve Concepts.

Dora and I each shared our recovery stories Saturday afternoon and answered a lot of questions.

The rest of the weekend was members sharing their recovery stories, activities around the principles which helps to integrate them for the members.

The intergroup provided volunteer interpreters for us.

I think we will see more participation from this intergroup as a result of our visit. Toward the end, it was indicated that two new virtual meetings and two new face-to-face meetings would be starting. It was well worth the effort, time and money.

I hope to travel to Columbia next year and Paraguay, if possible and not too expensive.

Region Chairs Committee

I continue as chair of the Region Chairs Committee. We meet every two months. We've been very involved in strategic planning with the Board of Trustees. Our meetings have been very productive. We have also been working on the Forum the Region Chairs present at Conference.

It is truly my honor to serve as Chair of Region 8. I work with a wonderful board who works really hard to make Region 8 the best it can be.

In love and service,

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

Vice Chair's Report Spring 2024

Hello Everybody,

The Fall of 2023 marked the end of the first year of my 2 year term as Vice Chair of Region 8. The first year brought with it some frustrations, some gratifications and always valuable learning experiences.

Since the Fall 2023 Business Assembly and Recovery Convention my job to search for hosting IGs just continued. 2024 was coming up fast and there would be two more assemblies and hopefully recovery conventions to go with them.

Although we are virtual for this Spring Assembly, the good news is that we will be having a live Business Assembly and Recovery Convention in both the Fall of 2024 and Spring of 2025. Thank you Palm Beach/Gold Coast and Louisiana (Baton Rouge/New Orleans)! So get those bags ready! The hope is that we can gather in South or Central America in the very near future.

Regarding hosting, I am happy to announce that we have a new revised edition of the Soar 8 Hosting Manual. The manual will be on the OA Region 8 website before we meet at the Spring Assembly. Thank you to the Bylaws Committee for getting this out in the midst of their always busy work schedule.

As liaison to the PIPO committee, I am pleased with the new and revised PIPO web pages on the Region8 website. You will be getting a virtual tour of the site at this Assembly and an upcoming workshop on Social Media is being planned. Stay tuned!

Once again, thank you for the opportunity to serve you.

Love & Peace,

Lonna C., Vice Chair Region 8
Miami Dade and the Keys Intergroup (MDKIG)

REGION 8 ASSEMBLY

REPORT

Submitted By: Dora Prolungatti

Hello, I am Dora, compulsive eater and the trustee liaison for region 8 and so grateful for being here.

Since the last meeting in November Region 8 keep growing and helping to carry the message and help all meetings in a big region including central and South America, Caribbean islands and USA. There are, at least, two regions inside this region, different languages, culture and different OA. I am grateful for the region board who works hard and practice the real diversity, not only translating events but also being open to allow non-English speaker members in giving service.

Susan and Dora are going to visit Costa Rica WHEN THIS REPORT WERE WRITTEN (helping Central America and Caribbean islands). Being the International Publications and Translations committee trustee chair is helping a lot to help the Spanish speakers in the region 8 as their problem is not translating but having the literature printed and available in each country, and this is happening.

Literature and Unity inside our region is happening.

In October 27, 28, 29 2023 we had our Southeastern Overeaters Anonymous Region 8 Spring Business Assembly. It was hybrid Physical Location: Tybee Island, GA – Hotel Tybee and Zoom attendance open for visitors and with Interpretation English, Spanish and Portuguese.

I could attend this assembly in the USA and it was a blessing to be with all members, and being with members who attended virtually! It is one day at a time. Thanks Susan for the open arms to all members.

I am leaving the BOT in May and I wish I could continue in this region.

NEXT ASSEMBLY:

OA REGION 8 VIRTUAL SPRING ASS EMBLY 2024 MARCH 15-17, 2024

REGISTRATION IS NOW OPEN

Panel & Discussion: "THE CONCEPTS" Your Right of: -Participation -Representation – Decision

I will have the opportunity to present a motion to change the International sub-committee to an International Committee, thanks to this board and to the committee members who are working to this happens, they are amazing.

This week the members who Speaks Spanish and Portuguese will receive the updated Region 8 Bylaws in their languages, making possible to understand the business in our region. Two professional translators translated it.

The designated downloaders and translators are not a committee but trusted servants who works with the Trustee and the chair. They are active. We need more members available to help the translations!

Trustee Special note:

- This last three month I could answer some trustee's enquiries from the WSO, always working together with Susan B, the region chair.
- We have a new intergroup, Rio de Janeiro, Brazil.
- Unfortunately my chronic (lung) health problems are not helping me at the Board and in Region 8 , there are things that I cannot change and I apologize about it, there are deadlines and my body is not respecting it . Acceptance is the answer to all my problems.

I want to thanks (again and again) all the Region 8 board, it has been a pleasure and a blessing to work with them and being in region 8.

Susan, the region chair, is a gift and we are working very well together, I am learning a lot with her and I feel comfortable and welcome. I am grateful to Susan for the willingness to work together and to each Region 8 board member and the committees.

Dora – Region 8 trustee liaison for Region 8

SOAR 8 Treasurer

1/24/24

Hello my Fellows,

Thank you all for trusting me to serve as your treasurer! Thank you also for your service to our region, your local Intergroups and meetings.

I give honor to Michelle D. our former treasurer because she made the transition so smooth! I told our board that her shoes are enormous and I am not sure I can fill them but I will certainly try my best.

I am learning SO much and it is a great pleasure to work with you and for our great fellowship. I appreciate all your support and patience with me.

Sincerely,

Tina M.

337-317-1682

Region 8 Overeaters Anonymous

Secretary Report

Spring Assembly 2024

Hello Region 8,

I enjoy giving service with the board, committee chairs and other fellows across Region 8. It is exciting to answer questions from intergroups on how to add a meeting to their service body. The idea, there is a new meeting and greater opportunity for new and returning members to find and keep their abstinence and recovery thrills me. I am happy to play a small part in making this happen.

We continue to have important updates to our Region 8 website. Most recently, designated downloaders from outside the United States translated much OA literature and business documents to Spanish and English. Making recover literature available to all in our region is important to me. My sponsor is more likely to send me to the literature, as opposed to giving advise as help for me to meet life's challenges. More compulsive eaters gaining access to the message of recovery in our literature is vitally important. Our plan is to create a QR code that may be used to direct people to both Spanish and Portuguese literature. This may be found the website:

Spanish <https://oaregion8.org/about-oa/spanish/>

Portuguese <https://oaregion8.org/about-oa/portuguese/>

I am excited to be working with new committee chairs. New blood and renewed energy are vital to the health of any organization. It is a pleasure to keep up with people in Region 8 over time. It feeds my recovery to make people across Region 8 part of my "three calls a day."

On a personal note, I am studying the OA traditions using the "The Twelve Traditions Workbook of Overeaters Anonymous." A fellow and I do this weekly by reading, contemplating, writing and sharing on the questions in workbook. I highly encourage anyone who has been through the steps to also study the traditions with a sponsor, fellow, or as part of a meeting format. Hearing the perspective of another and talking through my own, has been a great learning experience.

Here is the link to the workbook, or find it on theOA.org bookstore

<https://bookstore.oa.org/books/the-twelve-traditions-workbook-of-overeaters-anonymous-952-wb.asp>

I completed working the steps again. Sometimes it's hard for me to see the difference the steps make later in recovery. I am happy to report my husband said "whatever you are doing, it's working. You are more happy."

JC Devitt

Secretary Region 8

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion A: Amend Region 8 Bylaws

Motion: Move to amend Region 8 Bylaws by modifying Article VIII – Committees, Section 1.A. Deleted words are lined out and new words are underlined **in red**.

CURRENT WORDING	PROPOSED WORDING
<p>Section 1</p> <p>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.</p> <p>A. Region 8 Committee Chairman 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:</p> <ol style="list-style-type: none"> 1. Even Years: Ways & Means, Intergroup Outreach, By-Laws/Electronic Documents, and Technology Co-Chair #1 2. Odd Years: Technology Co-Chair #2, Twelfth-Step-Within, Public Information/Professional Outreach Committee 	<p>Section 1</p> <p>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.</p> <p>A. Region 8 Committee Chairman 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:</p> <ol style="list-style-type: none"> 1. Even Years: Ways & Means, Intergroup Outreach, By-Laws/Electronic Documents, and Technology Co-Chair #1, <u>International Committee</u> 2. Odd Years: Technology Co-Chair #2, Twelfth-Step-Within, Public Information/Professional Outreach Committee

SUBMITTED BY:

Bylaws/Electronic Documents Committee

Name: Barbara Carter Email: bylawschair@oaregion8.org

Phone: 352-474-1366

INTENT:

As a funded committee, the chair serves for two years and is subject to nomination. The chair position for the International Committee will be rotated in even years.

IMPLEMENTATION:

Immediately upon approval.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

COST:

None.

PRIMARY PURPOSE:

Housekeeping –

TYPE OF MOTION

x	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 1: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend the Region 8 Policy and Procedure manual by modifying Section X. Assembly Procedures, Subsection A. Basic Principles, subparagraph 2. Deleted words are lined out and new words are underlined **in red**.

CURRENT WORDING	PROPOSED WORDING
<p>X. Assembly Procedures A. Basic Principles</p> <p>2. Assembly shall be held two (2) times a year: March/April and October/November.</p>	<p>X. Assembly Procedures A. Basic Principles</p> <p>2. Assembly shall be held two (2) times a year: <u>spring and fall. Preferred months are</u> March/April and October/November <u>but assembly may be held in different month(s), subject to feasibility and if approved by majority vote of the board.</u></p>

SUBMITTED BY:

- Bylaws/Electronic Documents Committee
- Barbara Carter Email: bylawschair@oaregion8.org

INTENT:

The purpose of this motion is to allow the Region 8 business assembly to be held when the preferred months are not feasible.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

This motion allows flexibility when scheduling the Region 8 business assemblies. We want to keep these assemblies approximately six months apart, but holidays and hotel rates “in season” may require us to be flexible and schedule in months other than those preferred.

If this is an **EMERGENCY MOTION**, please explain why.
This motion is 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 Region 8 Policy and Procedure Manual by modifying section XI, Standing Rules, subsections A (for in person and hybrid assemblies) and B (for virtual assemblies), and adding a new Appendix E: Guidelines and Timeline for How to Write a Motion. Deleted words are lined out and new words are underlined **in red**. All other appendices will be renumbered as needed.

CURRENT WORDING	PROPOSED WORDING
XI. Standing Rules A. Standing Rules for Face to face (Hybrid) Assemblies B. Standing Rules for Virtual Assemblies 4. Motions and Debate	XI. Standing Rules A. Standing Rules for Face to face (Hybrid) Assemblies B. Standing Rules for Virtual Assemblies 4. Motions and Debate. <u>(See Appendix E for guidelines on how to write a motion and the timeline to be followed.)</u> ----- Add new Appendix E: <u>Guidelines and Timeline for How to Write a Motion</u>

SUBMITTED BY:

Bylaws/Electronic Documents Committee
Name: Barbara Carter Email:bylawschair@oaregion8.org

INTENT:

The Bylaws Committee has developed an appendix explaining how to write a motion, emergency motion, and amendment; as well as a timeline of when to submit the motions. The guidelines are contained in a new appendix E.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

Clarification. We have standardized the form to be used for new business and emergency motions, and amendments.

If this is an emergency motion, please explain why.

This is NOT an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

Appendix E. Guidelines and Timeline for How to Write a Motion

Things to Consider:

1. **Requests for changes to the Bylaws or the Policy and Procedure (P&P) Manual may be proposed by any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaws. Motions MAY NOT be submitted by individuals, although one person should be identified in the “Submitted By” portion of the document.**

2. **First determine if your proposal (standard motion) is meant to change the Bylaws or the P&P Manual. Remember, no policy or change to the P&P Manual may contradict an existing Bylaw, nor may a policy be used to circumvent an existing bylaw. (If this is done, the motion is improper and automatically considered out of order. See *Robert’s Rules of Order Newly Revised, 11th Edition*, S39 Dilatory and Improper Motions).**

3. **Review your motion. If you have a motion that is directive (directs someone to do something), make sure that it is actually within the authority of the Business Assembly by checking with Region 8 Chair, General Services Trustee Liaison, the Parliamentarian, or the Bylaws Committee Chair before you submit the motion.**

4. **Is your proposal a new idea or a change to the existing bylaws or policies?**
 - **NEW: State very clearly what you want. Be concise. The implementation of the idea or change should not be in the text of the motion.**
 - **EXISTING: Research and determine the current reference for the specific Bylaw or P&P Manual article you want to change. Refer to the specific Article, Section and Paragraph number. Search the entire document (Bylaws and policies that may be impacted by the change. For example: A change to Bylaws Article VIII – Committees may also impact the P&P Manual Article XIX –Committee Guidelines. Such a change which would then require two separate motions, one for the Bylaws and one for the P&P Manual.**
 - **Note: Changes may not be made to Bylaws Article II, Sections 2 (The Steps), 3 (The Traditions), and 4 (The Concepts); nor to the P&P Manual Sections V (The Steps), VI (The Traditions), VII (The Concepts), and VIII (the Service Structure). These sections may be changed only by the World Service Organization.**

5. **Standard motions shall be submitted to the Bylaws Committee Chair (bylawschair@oaregion8.org) no later than seventy-five (75) days prior to the commencement of the Region 8 Business Assembly at which action is to be taken on the proposed motion or amendment. This gives the Bylaws Committee ample time (15 days) to review the motion before it is presented to the entire Region for review.**

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

- 6. Please note that the Bylaws Committee does not comment on the content or intent of the motion. The committee merely reviews the motion to ensure that the motion does not:**
- create incongruity within either the Policy & Procedure Manual or the Bylaws,**
 - create incongruity between the Policy & Procedure Manual and the Bylaws,**
 - create contradiction to or with either the Policy & Procedure Manual or the Bylaws,**
or
 - result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).**

Should such inconsistencies be found, the Bylaws Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the current (if possible) or next Business Assembly. If no incongruities are found, the maker will be notified that the motion is being moved forward.

- 7. The Bylaws/Electronic Documents Chair will submit the reviewed, properly formatted motions to the Secretary electronically, no later than sixty (60) days prior to the next Region 8 Business Assembly.**
- 8. The Region 8 Secretary shall send notification of the standard motions to each Region 8 Registered Service Body, Region 8 Representative, Standing Committee Chairman, Board Member and the Region 8 Trustee Liaison at least forty-five (45) days prior to the commencement of the Region 8 Business Assembly or Special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment.**
- 9. An amendment asks for a change to a motion before it is brought before the assembly. After reviewing the packet of standard motions, any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaw may decide that a change to a particular motion as presented in the assembly packet is in order. In these instances, they may prepare an amendment to the motion and present it to the Bylaws/Electronic Documents Committee Chair before the lunch recess on Saturday of the business assembly.**
- 10. Emergency motions may be prepared and presented to the business assembly on the day of the assembly. Emergency motions are defined as those that cannot wait until the next business assembly in six months; and generally, but not always, concern budget considerations. 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 Committee Chair before the lunch recess on Saturday of the business assembly.**

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

- 11. Approval. Except as otherwise specified and provided a quorum is present, amendments to these Bylaws may be adopted by a two-thirds (2/3) majority of those persons present and voting at any regular or special Region 8 Business Assembly. P&P Manual changes require only a simple majority (>50%) to be adopted.**
- 12. Unless otherwise specified, adopted motions will become effective at the close of the Business Assembly, and will be reflected in the next update of the Bylaws and/or the P&P Manual.**

FORMAT FOR SUBMISSION OF PROPOSED SOAR 8 BUSINESS MOTIONS

- 1. Motions (standard and emergency) and all amendments must be formatted to contain the intent, the proposed motion as written, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Bylaws or he Policy & Procedure Manual for consistency or congruity.**
- 2. The correct form is shown on the following example and may also be obtained from the Bylaws Committee or the Region 8 website (<https://www.oaregion8.org/documents>). You may change the wording of a bylaw or policy by inserting or removing text, rescinding/deleting the section/paragraph, or substituting/ replacing/removing it entirely. Copy the text from the bylaw or policy you want changed and then state what to change by striking, inserting, substituting, or deleting.**
- 3. Remember, non-English speakers will be able to translate the motion more easily if the language is simple and direct. Do not use colloquialisms or jargon. Someone reading this five years from now needs to be able to determine what was intended.**

FORMAT FOR MOTIONS AND AMENDMENTS

TYPE OF MOTION

	Standard
	Amendment
	Emergency

	<u>Adopted</u>
	<u>Amended</u>
	<u>Lost</u>

SOAR-8

Motion X: Update Policy and Procedure Manual , Section ##

Motion: Move to amend Bylaws Article YY, Section ## (or, Policy and Procedures Manual, Section X, subsection Y) as follows by striking, inserting, or striking and inserting)

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
<p><u>Article YY, Section ## -- Topic</u></p> <p>1) <u>Write out current wording.</u></p>	<p><u>Article YY, Section ## -- Topic</u></p> <p>1. <u>Copy the current wording showing the desired changes:</u></p> <p>a) <u>Draw a line through words to be omitted like this.</u></p> <p>b) <u>Underscore words to be inserted like this and highlight them in red.</u></p> <p>c) <u>Words that remain the same, even if moved or reorganized, from the current wording do not receive any special marking.</u></p>

SUBMITTED BY:

- [Service body name] [Group/Intergroup/Service Board #] in which the service body is located.
- [Contact Name:]
- [Email Address:]

INTENT:

State clearly the purpose of the motion.

IMPLEMENTATION:

HOW and WHEN would this motion/change be carried out? Keep it simple and brief. Adopted motions will be implemented at the close of the Business Assembly unless otherwise specified.

COST:

\$ Amount (if known).

RATIONALE: [List any other policies and/or bylaws impacted by this proposal]

Reason for submitting motion including relevant background information. (Please limit the rationale to one page.)

If this is an EMERGENCY MOTION, please explain why.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

Example of a motion:

SOAR-8

Motion 3: Motion to amend Policy and Procedure Manual Article IX. C

Motion: Move to amend the Region 8 Policy and Procedure Manual Article IX. Financial Policies, Section C. “Carry the Message” Fund by striking the words with a line through them and adding the text underlined and in red.

ORIGINAL WORDING	PROPOSED WORDING
<p>C. “Carry the Message” Fund</p> <ol style="list-style-type: none"> 1. The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting. 2. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding. 3. Applicants will complete a “Carrying the Message” Fund - Request for Funding form and forward it to the funding committee (see addendum for “Carrying the Message” Fund Request Form). 4. Allocation of funds shall be made by the funding committee with the following guidelines: <ol style="list-style-type: none"> a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer. b. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses. c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially 	<p>C. “Carry the Message” Fund</p> <ol style="list-style-type: none"> 1. <u>The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.</u> 2. <u>The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.</u> 3. Applicants will complete a “Carrying the Message Fund” Request for Funding form and forward it to the funding committee (see https://oaregion8.org/business-documents/ for “Carrying the Message Fund” Request Form). 4. Allocation of funds shall be made by the funding committee with the following guidelines: <ol style="list-style-type: none"> a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer. b. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses. c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

<p>disadvantaged areas. d. In the event funds remain unallocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.</p>	<p>disadvantaged areas. d. In the event funds remain unallocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.</p>
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SUBMITTED BY:

Bylaws and Electronic Documents Committee
Name: Barbara Cxxxxx
Email: bylawschair@oaregion8.org

INTENT: To organize the text in a more coherent manner, swapping paragraphs 1 and 2. Also, to give the correct name of the form for applying for this money, and to indicate where to find it on the website.

IMPLEMENTATION: Update the P&P Manual; upon adoption at close of Business Assembly.

COST: \$0

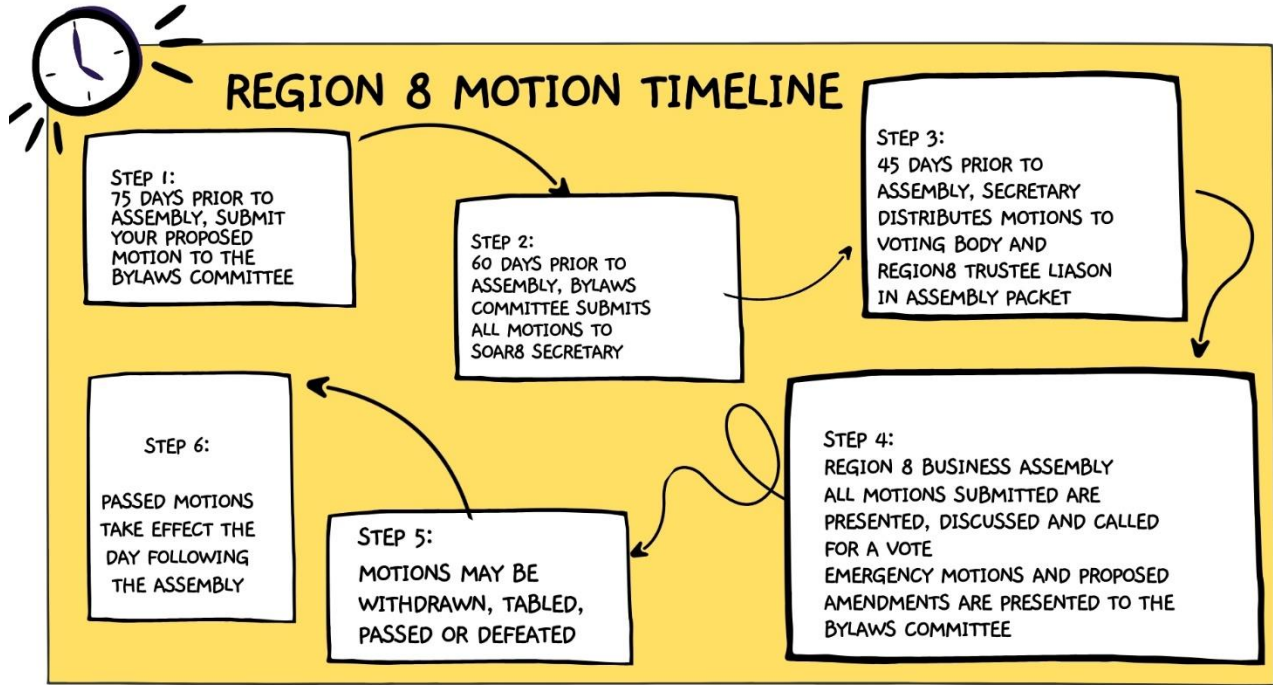
RATIONALE: Better description of and easier access to requesting money from this fund.

If this is an **EMERGENCY MOTION**, please explain why.
This is **NOT** an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost



TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 3: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend Region 8 Policy and Procedure Manual by adding a new section XXIV. International Committee as a fully funded committee for Region 8. Deleted words are lined out and new words are underlined **in red.**

CURRENT WORDING	PROPOSED WORDING
	<p><u>XXIV. International Committee</u></p> <ol style="list-style-type: none"> 1. <u>Purpose: Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language.</u> 2. <u>Duties of Committee Chair</u> <ol style="list-style-type: none"> a. <u>Announce time of meetings and chair the meetings</u> b. <u>Encourage and invite non-English speakers to participate</u> c. <u>Create an agenda for each meeting</u> d. <u>Facilitate each meeting</u>

SUBMITTED BY:

Region 8 Board

Name: Susan Berland (Chair) Email: chair@oaregion8.org

INTENT:

The International Committee serves a previously underserved geographic area of our region. Having this position as a funded standing committee chair does much to integrate non-English speaking areas into our region fully. The purpose remains the same as when it (the sub-committee) was adopted at the spring 2023 assembly.

IMPLEMENTATION:

Immediately upon approval.

COST:

The Chair of the International Committee will be funded for transportation, meals, registration, and ½ of accommodations – the same as other funded chairs. Airfare is estimated to being between \$1,300-\$1,500.

PRIMARY PURPOSE:

To make the International Committee a funded committee. It will be removed as a subcommittee

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

under IGOR (see motion 4) and established as a separate committee with full funding for the chair of the committee.

If this is an emergency motion, please explain why.

This is not an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 4: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend Region 8 Policy and Procedure Manual Section XX Intergroup Outreach Committee (IGOR) by removing subsection F. “International Sub-Committee.” The entire sub-section will be deleted as shown.

CURRENT WORDING	PROPOSED WORDING
<p>F. International Sub-Committee</p> <ol style="list-style-type: none"> 1. Purpose. Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language 2. Duties of Sub-Committee Chair <ol style="list-style-type: none"> a. Announce time of meetings and chair the meetings b. Encourage and invite non-English speakers to participate c. Create an agenda for each meeting d. Facilitate each meeting 	<p>F. International Sub-Committee</p> <ol style="list-style-type: none"> 1. Purpose. Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language 2. Duties of Sub-Committee Chair <ol style="list-style-type: none"> a. Announce time of meetings and chair the meetings b. Encourage and invite non-English speakers to participate c. Create an agenda for each meeting d. Facilitate each meeting

SUBMITTED BY:

Bylaws/Electronic Documents Committee

Name: Barbara Carter Email: bylawschair@oaregion8.org

INTENT:

Should the International Committee be approved as fully funded committee, it will be removed from the oversight of the IGOR Committee.

IMPLEMENTATION:

Immediately upon approval.

COST:

None for this change.

PRIMARY PURPOSE:

Housekeeping, if Motion 3 is approved.

If this is an emergency motion, please explain why.

This is not an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 5: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend Region 8 Policy and Procedure Manual by adding new wording to section IX Financial Policies, A. General, 5. The chair of the International Committee will be funded. Deleted words are lined out and new words are underlined **in red**.

CURRENT WORDING	PROPOSED WORDING
<p>IX. Financial Policies A. General</p> <p>5. The following positions are funded within the guidelines hereinafter stated: Chair, Vice-Chair, Secretary, Treasurer, Parliamentarian and the chairs of the following committees: Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/Professional Outreach, Twelfth-Step-Within, and two Co-Chairs of the Technology Committee.</p>	<p>IX. Financial Policies A. General</p> <p>5. The following positions are funded within the guidelines hereinafter stated: Chair, Vice-Chair, Secretary, Treasurer, Parliamentarian and the chairs of the following committees: <u>International Committee</u>, Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/Professional Outreach, Twelfth-Step-Within, and two Co-Chairs of the Technology Committee.</p>

SUBMITTED BY:

Bylaws/Electronic Documents Committee
Name: Barbara Carter Email:bylawschair@oaregion8.org

INTENT:

If the assembly votes to fund the chair of the International Committee, this motion adds the committee to the list of those funded.

IMPLEMENTATION:

Immediately upon approval.

COST:

None for this change.

PRIMARY PURPOSE:

Housekeeping – to bring policies into alignment if motion 3 is adopted.

If this is an emergency motion, please explain why.

This is not an emergency motion.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 6: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend Region 8 Policy and Procedure Manual by modifying section IX Financial Policies, A. General, 15. As the newest committee to be funded (March 2024), the International Committee will be the first to be defunded if necessary. Deleted words are lined out and new words are underlined **in red**. The remainder of the paragraph will be renumbered as shown.

CURRENT WORDING	PROPOSED WORDING
<p>IX. Financial Policies A. General</p> <p>15. Defunding of Committees, if necessary, will be in this order:</p> <ul style="list-style-type: none"> a. Public Information/Professional Outreach b. Twelfth-Step-Within c. IGOR d. Technology e. Bylaws/Electronic Documents f. Ways and Means 	<p>IX. Financial Policies A. General</p> <p>15. Defunding of Committees, if necessary, will be in this order:</p> <ul style="list-style-type: none"> a. <u>International Committee</u> b. Public Information/Professional Outreach c. Twelfth-Step-Within d. IGOR e. Technology f. Bylaws/Electronic Documents g. Ways and Means

SUBMITTED BY:

Bylaws Chair

Name: Barbara Carter Email:bylawschair@oaregion8.org

INTENT:

As the newest committee to be formed (started as a subcommittee in March 2023; became funded in March 2024), the International Committee will be the first to be defunded if necessary.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

Housekeeping – specify order of defunding.

If this is an emergency motion, please explain why.

This is not an emergency motion.

Budget for November 2023– October 2024				2022-2023 values
1				
2	SOURCES OF FUNDS:			
3	Beginning Bank Balance	\$80,993.39	7/19/2023	\$74,694.55
4				
5	RECEIPTS			
6	Contributions	\$40,000.00		\$37,000.00
7	Region 8 Assemblies	\$4,500.00		
8	Region 8 7th Tradition	\$700.00		\$600.00
9	Ways & Means Projects	\$3,000.00	\$1000 profit	\$2,000.00
10	Seed Money Returned	\$1,000.00		
11				
12	TOTAL RECEIPTS:	\$49,200.00		
13				
14	TOTAL SOURCES OF FUNDS	\$130,193.39		\$119,794.55
15				
16	USES OF FUNDS:			
17	Board:			
18	Chair	\$300.00		
19	Vice Chair	\$300.00		\$1,000.00
20	Secretary	\$300.00		
21	Treasurer	\$1,500.00	includes \$350taxes+\$70corp.fees+\$100POBox+\$35Quicken + shipping items to new treasurer	\$1,000.00
22				
23	Board & Parliamentarian Events:			
24	Board Region 8 Assemblies (excluding Chair)	\$6,000.00	VC+Sec+Treas	\$3,600.00
25	Parliamentarian	\$2,000.00		\$1,200.00
26	Chair WSBC + Convention	\$4,000.00		\$2,400.00
27	Chair RCCM	\$4,000.00		\$1,200.00
28	Chair Region 8 Assemblies	\$2,000.00		\$2,400.00
29	Chair Region 8 IG Outreach	\$4,000.00		\$3,000.00
30	WSBC Region 8 Delegate	\$6,000.00	R8 is eligible to send 5 WSBC reps this year - budgeting for 3	\$0.00
31	WSBC Region 8 Support Fund (R8DSF)	\$10,000.00	IGReps to WSBC - P&P p.10 (9/1)	
32				
33	Committee Chair Travel	\$7,000.00	By.Laws+TechWebx2+IGOR+TSW+PIPO+W&M	\$4,200.00
34				
35	Committees:			
36	Bylaws-Electronic Documents	\$50.00		\$150.00
37	Technology	\$2,000.00	Zoom + websiteFee + Hotspot	\$2,600.00
38	IGOR Rep Funding	\$3,000.00	IGReps to R8Ass (60daysprior)	
39	TSW	\$100.00		
40	PIPO	\$11,000.00	Billboard project	
41	* Public Information Fund	\$2,000.00	IG outreach/advertising - P&P p.40	
42	Ways & Means	\$2,000.00		\$1,300.00
43				
44	MISCELLANEOUS			
45	Carry The Message Fund (thru IGOR)	\$2,000.00	Send leaders to workshops/retreats - P&P p.12	
46	Webmaster	\$2,400.00		new line item
47	WSO Contribution	\$5,000.00		
48	Seed Money Advanced	\$1,000.00		
49	PayPal Fees + Bank Fees	\$420.00	\$35/mo	
50	Bonding Fees - Board Members	\$0.00	\$1000 paid every 3 years - due March 2026	\$1,000.00
51	Interpretation services Region 8 Events	\$10,000.00		\$8,000.00
52	Translation Region 8 Documents	\$4,000.00		\$8,000.00
53				
54	TOTAL EXPENDITURES	\$92,370.00		\$81,970.00
55				
56	Allocated to Prudent Reserve (OA suggestion 40-60%)	\$37,823.39	41%	\$37,824.55
57				
58	TOTAL USES OF FUNDS (Total Exp+PrudResrv)	\$130,193.39	41	\$119,794.55

2000/event assume 1 F2F
2 meetings next yr
2 events
May 7-11
1000/event

Final Report Soar Recovery Convention and Business Assembly 2023

Date: November 14, 2023

Convention 2023 Committee Chair: Augusta Livingston

Committee:

Barb C - Registration , Linsey G. - Audio visual and decorations, Shirley S. - Program,
Georgette P.- Ways and Means, Samantha H.- Volunteers and Dance, Cynthia H - Hotel Liaison,
Carly B. - Treasurer

Registration:

Registration (TOTAL): \$5,650.00

- Pre-registered Business Assembly Attendees: 61 (including 10 green dots)
 - o Early registration (\$40) 29
 - o Late registration (\$50) 5
 - o Virtual voting members (\$40) 12
 - o Non-voting virtual (FREE) 15 (4 GDs)

 - Pre-registered Recovery Convention Attendees: 91
 - o Early registration (\$40) 75
 - o Late registration (\$50) 9
 - o Saturday only (\$30) 7
- Walk-in attendees: 5 (2 sat only, 3 late reg - all reflected in numbers above)

No-shows = 7 (1 business assembly and 6 recovery registrants)

Refunds for cancellations= \$1515.44 (we also reimbursed the fees paid on eventbrite)

MEALS (all had to be pre-ordered before 10/14/23):

- Lunch = 67 (\$1,340 collected). Paid to Latin Chicks: \$1,320.52 (\$19.48)
- Dinner = 63 (\$3,150 collected). Paid to North Beach Bar and Grill: \$2,967.67 (\$182.33)
- Rounded up on the meals slightly, so had a profit of \$201.81.

Donations before the event (n=23): \$448.90

Lessons Learned:

1. What works well: having all the registration bags stuffed ahead of time, with separate envelopes for each registrant. These envelopes contain their name tags, meal tickets, pre-ordered item tickets, and ribbons (if any). Have the assembly participants and the recovery participants check-in at different tables, so that the business people can sign the credentialing book.
2. We suggest that eventbrite registrations be cut off several days before the event. Anyone who wants to register after the cut-off date (Wednesday, for instance) has to come as walk-ins. This prevents us from not having their registration materials ready for them because they registered after we ran a final report.

3. Event brite works well when it is set up correctly. However, many people do not read the entire web site and lose a lot of information. We published the program there, but no one went back to see it ahead of time.
4. The Registration Committee absorbed a lot of the expenses. As there were only 5 walk-ins, and 7 no-shows, we had enough registration bags, as I prepared 126 registration bags. Total expenses for registration: \$506.68 that is considered a donation.
5. Why is finding roommates the responsibility of the registration committee? When someone indicates they need a roommate, the easiest way to get them together is to send the email of the next person needing a roommate to the first one and ask them to work it out. This is the hardest part of registration, but I think it worked. A solution to this problem would be omitting the question "Do you need a roommate?" from the registration form.
6. Problem: OA members not in the USA have a hard time using eventbrite and the registration materials were not translated into Spanish and Portuguese. Also, if they are actually traveling to the US, there may be a problem getting them reimbursed. If travel is to be paid by Region 8 through scholarships, we might be able to have the region pay for them in advance if they are approved. This requires more investigation.

Program Committee

- Very positive responses regarding the speaker's quality of their presentation and recovery gained from attending the recovery convention.
- Program chair was able to obtain speakers from a variety of background and geographic locations
- Recovery convention was able to stay on schedule.
- Printing costs: 150 programs \$119.44.
- Yoga was a great success. Yoga on the beach at sunrise was amazing. The program chair found an instructor who was willing to come to Tybee beach at 7 a.m. He was excellent.

Lessons Learned:

1. Soar 8 said we were to have a panel discussion Friday night and asked for us to provide a topic suggestion to one panelist and they would provide 2-3 others. Soar 8 selected our topic but did not do a panel discussion. Our representative was prepared for a panel discussion which did not happen. There was no need to have a joint session if recovery members had to just listen to speeches from members on the business side running for office. We had people meeting several times to discuss topic suggestions and select our person.
2. We found it very helpful that the Program chair communicated often with speakers prior to the event.
3. We prepared for 72 people to participate in the after lunch activity, however only 12 participated.
4. The committee had planned for about a maximum of 80 people attending the convention. We underestimated at least 40 people which caused some overcrowding during certain events

Publicity

- FEB 2023: The event was publicized by sending the "Save the date" and actual registration flyers to allsoar8@caregion8.org and as many intergroups as we could find. The save the date flyer was translated into Portuguese and Spanish for distribution in Central and South America.
- APR 2023: Registration brochures were placed on the SOAR 8 website and the New Freedom IG website, OA.org, and any other IG website that wanted to post them. It was also mailed to allsoar8 and the NFI distribution list that we have maintained from our other events. The NFI newsletter, Inner Voice, published monthly articles asking for registrations and support.
- Periodic emails were sent to allsoar8 reminding them of the event.

- Final email was sent several days before the event started reminding them of start times, how to be prepared for the business assembly, and the program for the recovery convention.

Decorations

- Received numerous compliments on our decorations and theming. People took home the bags with flowers, too!
- Having small centerpieces that are easy to transport, like using paper bags that lay flat and then pop open, allows you to have more than if you have bulkier options.
- Getting disposable tablecloths in bulk was such a great idea, allowing us to coordinate colors (worked very well – autumn color scheme) and be flexible when we needed to add more tables.

Volunteers (includes runners, hospitality)

- Initially we did not have many volunteers for our committee. During the registration process members volunteered to help at the convention.
- Our committee prepared a list of volunteer positions we needed to fill prior to the event. Using the information provided by registration we called many of the people interested in providing the service , explained the duties involved and placed them in a position.

Treasurer-

- The accounting is challenging with last minute registrations online. Last minute registrations should be considered walk-ins. What happens is they show up and say they paid online and you have to either have a computer to check in real time or take their word for it. Event Brite can be managed to stop ticket sales a few days in advance and that may be helpful.
- Refunds are also challenging if you have advance cancellations. Event Brite does charge a fee so when we refunded members it makes it hard to balance because we refund the full amount to them, but Event Brite keeps the fees so we end up eating those fees.
- SOAR 8 could make the expense guidelines less complicated. We realized that copies we made for speakers came out of the Intergroup budget and not the convention budget.
- The convention committee was expected to cover the SOAR 8 ways and means and I'm not sure if this is standard. The convention committee often has to serve at business assembly and cover the convention so also covering the region ways and means needs to be communicated ahead of time and seems like it should be the responsibility of someone on SOAR 8.

Fundraising

- 50/50 was a HUGE success - lots of good feedback on how we did it, people thought it was really fun to use the cards. At the end, the winner gave the prize back for scholarships for future conventions. The 50/50 Drawing took in \$436. \$218 will go to SOAR 8 from split - winner donated her winnings back to SOAR 8 to be used as scholarships. SOAR 8 will need to track this as a scholarship.
- Silent auction went really well and everyone paid for their baskets. \$952.00.
- NFI sold 36 Recovery Jars: 20 as pre-orders and 16 more at the event at \$20 each for a total of \$720. These funds are kept solely by NFI and not split with SOAR 8.
- SOAR 8 Ways & Means was very successful with their bundling offers, and worked through a lot of their backlog of inventory. These funds totaled \$757.75 and were solely kept by SOAR 8.
- NFI Ways & Means was also very successful and raised \$951.00 total through \$720 for the jars and \$231 for water donations.

Lesson Learned:

Close all fundraising activity during speakers. We had on several occasions people talking about buying something during speaker time.

Hotel Liaison

- As the Convention chair and living 8 miles away I handled most of the contacts with the hotel prior to the event. The assistant manager was excellent. She sent me biweekly reports of the number of rooms reserved. They gave everyone that registered past the deadline the cheaper rate.
- The volunteer from Savannah that was the Hotel Liaison was able to keep on top of all the room issues. She had the hotel staff representative phone numbers and was able to get most requests resolved.

Entertainment

- Dance was a big hit! Had one suggestion to add lights for even more fun.
- The Macarena skit was thoroughly enjoyed, people appreciated that the song was available on youtube too.
- We elected not to have speakers during lunch and dinner because the locations and logistics didn't really allow for it and to allow people to enjoy the venues. I think it's important to point out that there are a lot of logistics that would go into having speakers during meals, even if we were at a hotel and just using a banquet service. If the food is served in a different room, we'd still need mics and speakers.

PIPO

We received very positive feedback on Nancy K, NFIG's PIPO committee chair's presentation and display at the convention. The following is her report:

On Friday evening of the Assembly, I had been given the privilege and honor to announce to all attendees at the Assembly/Convention, Region 8 PIPO's roll-out of the 'WSO Professional Folder Distribution' project.

During my announcement, I described the purpose of PIPO Committee; and shared a sample of WSO's Professional Folder and the pamphlets and the letter contained in it. I pitched that we wanted to distribute these folders to members who were willing to share the folder with a professional(s) of their choosing. Along with each folder, I included a copy of WSO suggested guidelines of "Do's and Don'ts to say when speaking to someone about OA for the first time".

In the spirit of our 12 step work, PIPO committee has absorbed the cost of the project via our budget, therefore, we provided everything at no cost to our membership. Also at our PIPO table, we provided many various pamphlets for members to take, free of charge for them, too.

As part of this project, I also prepared a spreadsheet so members could list the number of Professional Folders they took, as well as provide their contact info. During the presentation, I explained that either myself or the PIPO Chair of Region 8 (Robin T) would follow up with them so we could get a sense of the outcome they received from their professional, for example: the professional's impression; did the professionals have prior knowledge of OA; the professional's reaction; etc,...

Result of the roll-out: 33 members took folder(s); many took more than one; someone actually took 5;

for a total of 56 Professional Folders taken.

Loves Notes, Boutique

- Our committee elected not to have love notes or a boutique . We did have a board for members to leave messages.

Personal Note from the Chair- Augusta L.

I was very fortunate to have a strong convention committee. Only three out of 7 people on the committee were local to where the convention was held. We met by zoom every other Saturday once it was determined we got the bid (April-September) and every Saturday in October. Most of the committee members had worked on some type of workshop/convention before our event. Overall we had very positive feedback about how much recovery and the overall event was worthwhile. Our committee's goal was to have a positive experience for all that attended . I feel we met that goal. They spent their time and money (see treasurer report) to ensure that Soar 8 and NFIG had a successful convention especially since it was the first time in person since Covid.

Regarding service positions: It seems unfair to ask someone who paid for the Recovery Convention to perform service in the Business Assembly. They will be missing out on the recovery speakers and activities. If they want to come to the business side, they will.

Lesson Learned : There was so much discussion and work time spent on food. My recommendation would be when selecting a venue either 1. Select a retreat that incorporates food into the whole package or 2. A large hotel that provides restaurant services. Or 3. Have all meals be the members responsibility due to diverse food plans. We would offer restaurants that are available. We did provide 2 brochures in the packet regarding fun places to go and eat at Tybee Island in the registration packet provided to us free.

If we were going to select a large hotel we needed to be in Savannah where the hotel prices were about \$100 more per night. Suggest that there be some guidelines on pricing. We have had workshops at Jekyll Island but even there it is over \$250 per night. We elected to select Tybee because of the reasonable price and fun location (beach). We gave out numerous communications by emails and verbal instructions to members about parking, restaurants, taxi, prior and during the event.

Augusta Lynde
Chair

11/27/23

2023 Business Assembly

HOW CAN WE HELP YOU OBTAIN REFERENCES YOU DO NOT HAVE?

- I can order them from the WSO bookstore.
- Put them online
- Email me: treasuretower22@yahoo.com
- Email me: caroinfla333@gmail.com
- Shirley will help me

SUGGESTIONS TO IMPROVE SOAR 8'S SERVICE TO YOU:

- No improvement necessary
- Great experience x2
- Would love to hear keynote speakers at meals (I heard it used to have this at lunch and dinner)
- Could Board attend the IG meetings just once a year (most are on zoom)
- With Dora leaving (as Trustee), please remember we need translations not only at the event, but also for registration and the packet to read the motions in advance.
- The Portuguese translator this time was much better (more professional) than last time
- Some technical difficulties with virtual attendees

SUGGESTIONS TO IMPROVE THE COMMITTEE MEETINGS:

- Work out the hybrid kinks - audio and visual issues
- Virtual missed the macarena Friday night (no sound)
- Push them to be hybrid and allow others virtual participation
- Way ahead of time, have reps bring details written up beforehand to local groups
- Explain what the committees are at the beginning
- Needed breakout rooms for committees/ separate rooms x 4
- Need a space with less noise

SUGGESTIONS ON HOW TO FOSTER INTEREST IN THE COMMITTEE CHAIR SERVICE POSITIONS:

- Video testimonials and send them out to allsoar8 x2
- In-person assemblies: there is a Board Liaison who can mentor
- Have current chair mentor their replacement
- We are TOO small to do it

IS YOUR INTERGROUP WILLING TO HOST A FUTURE SOAR 8 RC & BA?

- Central Arkansas -> maybe with Memphis?
- Miami, Dade and the Keys - we have done several and will do so again down the road (Andrea

OTHER COMMENTS (More to address the accommodations)

- Tables needed to be further apart x 2
- Do all skits on tic-tok or youtube
- Paid too much for the hotel accommodations (No shampoo, lotion, conditioner, decaf, broken phone, etc.
- Hotel needs to be downtown or near airport (not at a resort) if the price is right. Not enough time to enjoy the amenities and be present at the assembly or convention all the time.
- Choose a more mobility friendly hotel
- Banquet was awful -- ran out of food -- plastic plates -- hosting committee not monitoring
- Restaurant needs to be in the hotel

2023 Recovery Convention

LAUDATORY COMMENTS

Participants were enthusiastic

Macarena song was FABULOUS!

Thank you to all who worked on putting this together.

Hotel was VERY responsive to issues (and there were a lot).

Thank you for your service – it was a wonderful event!

So glad re-entry was discussed.

Congratulations to the Committee. Just a wonderful weekend – seeing everyone was so wonderful.

Very good recovery meeting. Thank you so much, Augusta. Job well done.

I learned so much and enjoyed it so much. Glad I came.

I am so grateful to have attended this conference. Weather was beautiful, speakers were excellent and I met many interesting people. Plus I gained useful information and related to many of the stories. X2

VERY WELL DONE.

Planning committee did an excellent job.

I absolutely loved the sunrise yoga class and the instructor. This was such an added bonus to the conference. It got me up to see the beautiful sunrises on the beach; instructor's meditations were apt, relevant and beautiful!

Convention committee was super.

Work shops were excellent. Well done and thorough.

OVERALL GENERAL COMMENTS FOR EVERYONE TO CONSIDER:

The explanation of the recovery convention was confusing

Workshops were fantastic, however I liked it when there were at least 2 workshops going on at the same time.

Start each workshop with serenity Prayer – would get everyone's attention.

Need announcements/housekeeping at the beginning of each workshop: CELL PHONE OFF, who to contact in the room if you have a problem, question, need, etc.

Would have liked to have a daily reading meeting option instead of always having to be a part of the whole

I loved that we all stayed together. Being a visitor from NY, it helped me to feel more a part of the group. It became an intimate experience.

If a larger convention, more workshops may have been needed.

SPECIFIC COMMENTS FOR COMMITTEES:

DECORATIONS

So cute.

DRAWINGS/BASKETS

Loved using the cards for 50/50 raffle.

ENTERTAINMENT and DANCE

Macarena – adorable and clever

Dance on SAT was so much fun!

Suggest getting lights for the dance from Amazon (\$20) -- so fun.

HOSPITALITY

Miss the "Love Notes" we used to have at every region Assembly. I still have all of mine from over the years and they a PPO exhibit was excellent (4)

I would have loved having coffee and or/decaf available in the meeting rooms because the coffee in the hotel room was

HOTEL

Room was not clean; no phone; peeling paint, loose sockets, no shower curtain; couldn't open sliding door

Hotel not prepared for us: No TP or soap in meeting areas. No soap, lotion, shampoo in room 231. Dirty bedspread and

Rooms were pricey; floor oily

Hotel was not worth it; unable to accommodate our needs. I would not come back here. X2

No disabled rooms with double beds (only kings)

Doors all weighed a ton (too heavy) x2

Room bathroom was too small – I was using a knee scooter – non accessible room

2023 Recovery Convention

Door to room was all scratched up (as if by a wild animal)

Hotel charged a large amount in FEB (when reservation made), and then charged remaining portion upon checkin -- no way to split the bill between two people.

Had an alarm going all night Friday

It was just okay, but not better: floor greasy; room not dusted; door hard to open; dirty socks found; couldn't open sliding door

Hotel need refurbishing but service was outstanding!! (x2)

Surprised the room was not cleaned and bed had not been made.

Too expensive. Room was a dump. We had to ask for soap in the shower. Bathroom floor yucky.

Having to pay \$50 extra for early check-in or late check-out is ridiculous.

Room damp despite the A/C.

HUGGERS AND GREETERS

Suggest a board for messages (like at World Service)

MEALS

Banquet -- awful. Poorly managed. Expensive.

Banquet -- setting was terrible: no seating, food greasy when it finally came out

Banquet -- Can't believe we couldn't have done better for the banquet at \$53 (sic) per person. Yikes.

Overdone, over seasoned burgers and brussels sprouts. Ridiculous.

Lack of food service was inconvenient.

Local restaurants had little variety and difficulty meeting specific food needs.

Local restaurants: food quality varied; service was excellent; prices comparable

Local restaurants: pricey -- \$4.50 for iced tea

Not clear that breakfast was on your own

Not clear that we had to spend \$5 each way to get to/from the banquet.

Usually there is a restaurant on site, there were several close by.

SPEAKERS

Excellent! (x3)

Speakers were wonderful -- thank you so much for all the service.

Be more attentive of diverse speakers, I'd imagine MEN would appreciate representation, African-Americans, Latino, et al

I loved the details and explanations of the steps using the Big Book and relating it to our disease. (x2)

Each speaker had their own personal approach -- all with acceptance, gratitude and humor

I like the smaller groups -- too easy for me to isolate in a large convention.

All the speakers were fantastic!! Thank you for your service.

MEETING ROOMS

Were hard to find at first x 2

Need better audio system

Chairs and tables too close together. Hard to sit and move about. (x3)

Tech services were a 5 (on a scale of 1-4)

PROGRAM

Loved the focus on the Steps.

I'm on the fence about having additional workshops. I usually have to pick but would not always attend the step -- might choose body image, spirituality, etc.

Meetings/ group was good. Dynamics were quiet, but great sharing content.

REGISTRATION

Said program would start at 7:00 PM Friday but you started at 6:00 so I missed part of it

123 Tybee Island, GA - SOAR 8 Fall Recovery Convention

	INCOME	EXPENSES	PROFIT
Registration *see tab 2 for reg expenses	\$5,650.00	\$0.00	\$5,650.00
Sales	\$4,490.00	\$4,288.19	\$201.81
Hotel** see below		\$3,132.95	-\$3,132.95
		\$797.45	-\$797.45
Donations	\$448.90		\$448.90
50/50 raffle *see note below	\$436.00		\$436.00
Event auction *see tab 3 for details	\$952.00		\$952.00
Supplies *see tab 1 for supplies expenses	\$0.00	\$119.44	-\$119.44
Supplies *see tab 2 for supplies expenses	\$0.00	\$87.14	-\$87.14
Res for square		\$24.89	-\$24.89
Total profit	\$11,976.90	\$8,450.06	\$3,526.84

50/50 split goes to NFI

\$1,763.42

copies will be reimbursed out of NFI monies per hosting manual, pg. 26, item 9

ways and means for NFI
 Income \$231.00
 Water \$720.00
 Jars \$951.00
 Total

NFI Profit \$2,503.52
 (conv profit + ways and means - copies for speakers)

please note the winner of 50/50 did not take the money and wanted her \$218 to go back to SOAR 8 for a scholarship
 * \$1,000 of expenses was incurred in 2022 for hotel deposit

NEW FREEDOM INTERGROUP
 981 FLUTH AVE
 JAX BCH, FL 32250-3167

167
 08-19272638
 198

4/20/2023 DATE

Pay to the Order of SOAR 8 Treasurer \$ 1763.42

One thousand seven hundred sixty three and 42/100 Dollars

VyStar
 Cardiac & Vascular
 P.O. Box 4008 • Jacksonville, FL 32278-0008

For: Tybee Island/50/50 split Gregg Lutz

WORLDWIDE SERVICE



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: _____



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: Bylaws/Electronic Documents Assembly: Spring 2024 -- Virtual

Packet for Assembly 15 - 17 March 2024
Date of Assembly

Progress Report

Date Period Covered

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

1. Updated the Bylaws and P&P Manual (as of Nov 2023).
2. Prepared motions for the spring business assembly
3. Prepared the spring 2024 newsletter. Recruited a new editor!
4. Prepare an instruction guide on how to write a motion (an Appendix for the P&P Manual)
- 5.

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

1. Held monthly meetings on zoom (second Tuesday of month, 7 PM eastern).
2. Edited and reviewed all motions for the fall assembly.
3. Worked on updating the index in the P&P Manual.
- 4.
- 5.

Projections for the next period:

1. Update the P&P Manual, including the Index (Appendix I) with motions adopted at spring BA.
2. Update Bylaws with motions adopted at spring BA.
3. Make a ppt or youtube video on How to prepare a Motion.
- 4.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: Barbara J. Carter

Date: 1/21/24



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: _____



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

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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: _____

Region 8 Annual Budget Request

Date: 01/31/2023

Committee/ Board Position: International committee

Name: International Committee chair

Requested amount for year:

US\$ 2040

Describe the use of funds for the year, please break down per subcommittees:

- Transportation: If from South America or Central América : US\$ 800 per assembly if F2F = US\$ 1600
- Meals: US\$ 140,00 per assembly. Total: US\$ 280
- Lodging. Reimbursement for lodging expense incurred at Assembly shall be one half the double-occupancy rate plus tips (US\$ 300) per assembly . Total : US\$600

Signature: Dora Prolungatti

Position: Region board liaison to the international committee

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	Dora P	São Paulo - Brasil	+5512988422521	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
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

Appendix D: Virtual Assembly Information

We are excited you are coming to assembly. Please note that since this is a virtual assembly only, you are not required to fill out the application. This document is meant to give you a preview of what to expect from a virtual assembly. You will receive more information at the beginning of assembly.

Notes About Zoom

1. Zoom is a web application that can be either downloaded onto your computer or used in your browser.
2. You can access Zoom at <https://zoom.us/>
3. You do NOT need to create an account.
4. You will receive a Meeting Identification and a password as we get closer to assembly.
5. You can access Zoom on a computer, on an iPad, even on your phone.
6. It is recommended that you update your Zoom software on your computer prior to assembly so that you have the latest version. When we give instructions at assembly, we will be referring to the latest version of the software.
7. It is also recommended that you make sure that your microphone and speakers will work in the zoom application BEFORE the assembly so that you can participate in the entire assembly.
8. You will be able to listen and speak at the assembly without using the Zoom application, HOWEVER you will NOT be able to vote.
9. You need a webcam if you want your face to be visible to others. You can speak at assembly by either calling into a phone number or using your computer microphone.
10. To be recognized to speak at assembly you will be asked to use the 'raise your hand' utility. You will receive instructions on this utility at the beginning of assembly