



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

Southeastern Overeaters Anonymous Region 8
Second Business Assembly of 2025
October 24th – 26th 2025 - Virtual
Zoom Information Meeting Ids/Links TBA
All times are in Eastern Time

Friday Topic: Green Dot Orientation 4:00 PM Eastern Time

<https://us02web.zoom.us/j/88539473341?pwd=18apZHGavexWzP8TgFI0hSmpanCXyQ.1>

Meeting ID: 885 3947 3341

Passcode: 477890

Friday Board and Funded Chairs Meeting 2:00 PM Eastern Time

<https://us02web.zoom.us/j/88539473341?pwd=18apZHGavexWzP8TgFI0hSmpanCXyQ.1>

Meeting ID: 885 3947 3341

Passcode: 477890

Friday PM Assembly Convenes 07:00 PM Eastern Time

<https://us02web.zoom.us/j/88539473341?pwd=18apZHGavexWzP8TgFI0hSmpanCXyQ.1>

Meeting ID: 885 3947 3341

Passcode: 477890

Saturday Assembly Convenes 09:00 AM Eastern Time

<https://us02web.zoom.us/j/86837821573?pwd=KxhHgIcHxIw8dCg7EtGa6IAaOIXGkm.1>

Meeting ID: 868 3782 1573

Passcode: 586649

Sunday Topic: IGOR Sharing Meeting 10:00 AM Eastern Time

<https://us02web.zoom.us/j/82334355128?pwd=Wkk0tM9f69dytHUn1D9q1VUQjpM4M3.1>

Meeting ID: 823 3435 5128

Passcode: 818553

Please be on time for all meetings. Everyone must be present and on camera for the 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 Region 8 Assembly. This packet is being distributed electronically. All Reps are responsible to read the material in the packet and have it available during the assembly. Please read and familiarize yourself with the information in the packet prior to the assembly. You will be able to give better service as a Rep for your Intergroup by having the information in this packet with you at the assembly. Please contact secretary@oaregion8.org if you have any questions.

What do I need to do before attending the assembly?

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

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

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

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

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

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

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

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

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

Business Assembly Agenda
Friday, October 24, 2025 (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: 1. Serenity Prayer 2. Approval of Minutes: March 2025 Board Meeting (Secretary) 3. First 2026 Update (VC) 4. Topics for Second Convention 2025, for Presentation and Discussion (VC) 5. Audits/Finances/R8DSF Update (Treasurer) 6. OA Strategic Plan (Trustee)
	4	New Business: 1. Emergency Motions / Other New Business 2. Funded Committee Chairs: a. Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each
3:00 PM	5	Break (10 minutes)
	7	1. Funded Committee Chairs: (continued) a. Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each
	8	Other New Business: 1. Vouchers / Reimbursement 2. Registration for Spring 2026 Assembly
3:45 PM	9	Close/Responsibility Pledge /Meeting Adjourns Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.
4:00 PM	10	NEW REP (GREEN DOT) ORIENTATION

Business Assembly Agenda
Friday, October 24, 2025 (All Times Eastern)

Friday, October 24, 2025 (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

Business Assembly Agenda
Friday, October 24, 2025 (All Times Eastern)

	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.

Business Assembly Agenda
Saturday, October 25, 2025 (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 Motions 2, 3
	21.	Approve minutes from First Assembly 2025
	22.	7th Tradition Please go to oaregion8.org to donate. Thank You!
	23.	Board Reports (5 minutes for report and 5 minutes for questions) a. Chair b. Vice Chair c. Secretary d. Treasurer
	24.	Trustee Report (5 minutes for report and 5 minutes for questions)
11:00 AM	25.	PIPO presentation
11:15 AM	26.	Break (15 mins)

Business Assembly Agenda
Saturday, October 25, 2025 (All Times Eastern)

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 First Assembly 2025
	32.	ZOOM Refresh (~10 min)
	33.	Motions - Bylaws & P&P a. Motions 1, 4 & 5
	34.	Elections a. Chair b. Treasurer c. Delegates to WSBC 2026
		New Business
		a. Budget (approve 2025-26 budget)
		b. Committee Chair selection announcements
		c. Informal presentation for First Assembly 2026 and Convention
		d. Emergency Motions
	35.	Committee Reports
		a. Ways & Means
		b. Bylaws/Electronic Documents
		c. Intergroup Outreach (IGOR)
		d. Twelve Step Within (TSW)
		e. Public Information / Professional Outreach (PI/PO)
		f. Technology/Website (Tech/Web)
		g. International Committee
	36.	For the good of the order (time permitting): Intergroup Announcements (etc.) from the floor
	37.	GREEN DOT CEREMONY

Business Assembly Agenda
Saturday, October 25, 2025 (All Times Eastern)

	38.	Assembly Evaluation
	39.	Announcements- Tomorrow 9 AM Region 8 Board & Committee Chairs Meeting 10 AM Intergroup Sharing Meeting (Everyone Invited)
	40.	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.

Business Assembly Agenda
Sunday, October 26, 2025 (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 & UpdateForm 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.

Region 8 March 14-16th Assembly Unapproved Minutes

Friday March 14, 2025

- 07:07 ASSEMBLY CONVENES
- OA Readings
 - Serenity Prayer - Susan B
 - Serenity Prayer Spanish – Marta
 - Serenity Prayer Portuguese – Dora P
 - 12 Steps - DJ
 - 12 Traditions – Carol S
 - 12 Concepts – Gabriella J
 - Voices of Recovery – Andrea K
- 07:20 ZOOM Basics Refresh – very brief
- 07:21 Appointment of Timer – Julie and Center Mike Neil Mc
- 07:21 Recognition of New Intergroups, New Reps (Green Dots) & Visitors
- 07:22 Introduction of Region 8 Board Members, Funded Committee Chairs and Intergroup Chairs
- 07:25 Introduction of former Region 8 Board Members and Trustees
- 07:26 7th Tradition
- 07:29 Welcome Skit
- 07:45 Introduction to Pages, Presentation Panel, Andrea K, Julia S, Neil Mc
- 8:38 Announcements: Recognition of hosting intergroups volunteers,
- Recess
- Responsibility Pledge, followed by The OA Promise

Saturday March 15th, 2025

- 08:31 ASSEMBLY RECONVENES
- 08:33 OA Readings
 - Serenity Prayer – Susan B
 - Serenity Prayer Spanish – John B
 - Serenity Prayer Portuguese – Dora P
 - 12 Steps - Claudia
 - 12 Traditions – Tina S
 - 12 Concepts – Laurie O
 - For Today – Tami
- 08:39 Introduction of Center Mike Neil and Andrea & Timer Julie
- 08:41 Credentials Report – 41 voting members
- 08:53 Adoption of Agenda – addition to agenda call to service mediation prior to first break - adopted
- 08:55 Introduction of Parliamentary & short parliamentary lesson
- 08:57 Adoption of Standing Rules - adopted
- 08:57 Approve Consent Agenda – no consent agenda
- 08:58 Approve minutes from Second 2024 Assembly – approved as submitted
- 08:58 7th Tradition

Region 8 March 14-16th Assembly Unapproved Minutes

- 09:00 Board Reports
 - Chair – Susan B
 - Vice Chair – Lonna
 - Secretary – JC
 - Treasurer- Sherry
- 7th tradition update Friday 411\$ Saturday 141\$
- Update to credentials - 42
- 09:14 Trustee Report
- Chair announces Board is available to help intergroups with traditions and concepts workshops, there are funds for travel to visit intergroup events and give presentations, address issues (getting people to give service, help resolve conflicts)
- 09:26 Presentation on using Canva – Tech committee has a nonprofit license allowing 50 users for Canva for making fliers, presentations and it has copy right free images. You may reach out to GraphicsHelp@oaregion8.org
- 09:48 Presentation for first assembly, 2026 in Charlotte March 13-15th, 2026 – Piedmont Intergroup approved
- 10:00 Call for service meditation – 5 min We need IGOR Tech chairs and will need Bylaws chair next assembly
- Break
- 10:30 Committee Meetings
- Lunch Break
- 02:00 ASSEMBLY RECONVENES
- 02:02 Credentials – 38
- 03:13 Final Report from Second Assembly 2024 – no one present
- 03:14 Presentation for second assembly, 2026, Arkansas Intergroup - approved
- Motions - Bylaws & P&P
 - Motion 1 – amendment, add what the money can be spent on, amendment to the amendment for in person, not face to face, this failed
- Update to credentials – 40
 - New amendment to the amendment “Specificity of where the money will be spent required on the request.”
 - Updated Credentials – 41
 - Motion for this amendment to be referred to a committee of three
- Break
- 03:10 Continue on motion for this amendment to be referred to a committee of three - failed
 - Original motion - passed
- 03:23 New Business
- Nominations for Second Assembly Board Member elections
 - Nominations for Chair Dora, accept, Andrea K – decline, JC, decline
 - Nominations for Treasurer Sherry, accept,

Region 8 March 14-16th Assembly Unapproved Minutes

- Committee Chair selection announcements – Lulu will be the acting non funded chair
- Emergency Motions - none
- Committee Reports
 - Ways & Means – considering new items to sell, demonstrated the recovery die, happy to have 6 members, intergroups may buy the recovery die in bulk at a discount to sell at events
 - Bylaws/Electronic Documents – plans to update PnP and Bylaws in Spanish and Portuguese on website, address new motions
 - Intergroup Outreach (IGOR) – New acting chair, work on increasing attendance of reps by advertising the Zoom option, discussed the challenge of getting people to give service, option of using Zelle to donate and make donating 7th tradition easier
 - Twelve Step Within (TSW) – translations for workshops, website is trilingual – want to streamline sponsors in various languages
 - Public Information / Professional Outreach (PI/PO) – create subcommittee for new face to face meetings funding, reaching out to employee assistance managers, survey intergroups on their PIPO activities and share, Carry the Message pocket cards are handed out to assembly members, considering creating a manned 24 hour hotline phone number
 - Technology (Tech) – 2 new members, processing on how to get skilled people to assist with audio for hybrid assemblies: considering do we need to hire someone or keep having two committee chairs
 - International Committee – will hold an event to share on best practices, face to face meetings are weak and how to get them to be stronger, how to spread word on Region resources to all countries
- 3:51 For the good of the order/ intergroup: Miami Dade has a new special events person with experience in putting on events, they have a first Friday of every month 6:30 step meeting, OAneworleans.org for retreat information, CSRA started a People Committee brainstorming on how to recruit new members a libraries/bariatric surgeons/YMCAs
- 03:57 GREEN DOT CEREMONY 6 Green Dots
- 03:58 Assembly Evaluation
- 03:59 Announcements- Tomorrow: 8:30 AM Central-Region 8 Board & Committee Chairs Meeting , 9:30 AM Central Intergroup Sharing Meeting (Everyone Invited), Serenity Day BRIG May 10th
- ASSEMBLY ADJOURNS
- Responsibility Pledge, followed by The OA Promise
- 04:04 Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Results of Motions First Assembly 2025

Policy and Procedure Manual

- Motion 1. PnP – XXII. Public Information/Professional Outreach Committee
B. Duties. 14. Approve applications for new face-to-face meetings and provide up to 100\$ funding.

Chair Report

Outreach to Central/South America

I will be traveling to the Dominican Republic in October to do outreach and service. I'm excited about the opportunity to work with the local community. I will report on that as an addendum when I give my report at the Assembly.

Region Chairs Committee

The Region Chairs planned and delivered the Forum at Conference. The theme was "Where Everybody Knows OUR Name." It was so much fun to plan and participate in. The purpose of this year's Forum was to encourage participants to carry the message of recovery to other fellows, friends, strangers, doctors, therapists, and to the world.

We each created a 30 second (or less!) elevator pitch to make it easier and more natural to talk about OA and our participation in it. We then acted out scenarios for the delegates to help them see how easy it can be.

The Region Chairs continue to work with the BOT on the Strategic Plan. Our last meeting, prior to the convention, was very productive. We came up with three themes to focus on:

- ♥ Power of We (2025-2026)
- ♥ Our Solution is for Life (2026-2027)
- ♥ How did you save a life today? (2027-2028)

All Regions will focus on one of the three themes for the next three years as indicated in the parenthesis.

In October I will attend the Region 3 Assembly and Convention. This is one of the three in person meetings the Region Chairs have. I will report on that as an addendum when I give my report at the Assembly.

World Service Business Conference

Rather than recap the conference, you can find the final report here:

<https://media.oa.org/app/uploads/2025/09/03154131/final-conference-report-wsbc-2025.pdf>

I'm happy to answer any questions you may have.

World Service Convention

The World Service Convention was held August 21-23, 2025 in Orlando, Florida. It was a wonderful experience and very well received. We had so many workshops and amazing keynote speakers. I was honored to be co-chair of the committee.

It has truly been my honor to serve as Chair of Region 8. The work I've been privileged to do is very rewarding. I moved to Region 8 in December of 2017. I thought I was done with service above the intergroup level. Then I attended a R8 assembly and the rest is history. This is such a vibrant, exciting region. I love the diversity we have both within the US and with the groups in Central and South America and the Caribbean. The Board is a group of dedicated members committed to their own recovery and serving the fellowship in Region 8. I'm grateful that over the four years I've served on the board, so many

October 15, 2025

of them and you have become friends. Seeing the participation of so many of our fellows from Central and South American and the work they are doing to carry the message in their home areas is remarkable.

As I rotate off the board, know that I'm not going anywhere. I'm always available to help in any way I can.

In love and service,

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

October 15, 2025

**Vice Chair's Report
Second Assembly 2025**

Hello Region 8,

I hope you all got through the prevailing heat this past summer well, enjoying time off and vacations alongside our program of recovery.

Since the last Assembly, I have been busy not only working on this Assembly, but also coordinating the First and Second Assemblies of 2026. Both will be held live (F2F). The First in Charlotte NC March 13-15, 2026 hosted by the Piedmont Intergroup; and the Second in Little Rock AK September 25-27, 2026 hosted by Central Arkansas Intergroup.

Save the dates and watch for the registration form for the First Business Assembly/Recovery Convention from the Piedmont Intergroup!

As liaison to the Region 8 PIPO committee, it pleases me to let you know that the committee's work is ongoing during the weeks and months between Assemblies. We now have a Region 8 Facebook page(Southeastern Overeaters Anonymous) that is regularly maintained. Please visit, comment and Like!

The committee also sent out a memo regarding your IG's efforts in "Carrying the Message" We received quite few responses and the results of the survey are now posted on the Region 8 website on the PIPO page.

I was able to attend The World Service Convention in Orlando FL this past August. It was an amazing event! In addition to meeting OAers from all over the country and beyond, the best part for me was seeing my Region 8 fellows, both old and new, and receiving so much love and kindness and ofcourse the HUGS!

Respect fully submitted,

**Lonna C
Vice Chair, Region 8**

Secretary Report Region 8

Second Assembly 2025

Hello Everyone,

This has been an active time period for my OA Service. I created the assembly calendar and set up reminder emails for the actions due in the upcoming assembly. Thank you, Janet, one of our past secretaries for creating an easy-to-use spreadsheet with calendar functions. I assisted the Tech Committee in writing a motion to return the committee to having one committee chair and the ability to use funds in their budget to hire professional assistance for hybrid assemblies. I reviewed the secretary portion of the policy and procedure manual, creating a motion which reflects current practices. There were things already changed prior to me becoming secretary which have not been updated in the PnP. An example is that we now create an updated final copy of the packet, not an addendum to the packet. It has been confusing to have separate tables of contents.

The Region 8 Board reviewed the assembly/convention hosting manual once more. Did you know Region 8 now has access to a hotel broker who can reach out to your intergroup's area hotels, finding the best hotel contract? The board also worked together to get an application online for the PIPO committee for funding new face to face meetings in Region 8. There have been accomplishments such as updating the signs for committee meeting break out meetings during in person assemblies. And then there has been much more challenging efforts such as updating intergroups. We do have some struggling intergroups (at least two intergroups

currently only have one meeting listed.) The Region 8 Board has also been busy cleaning up old documents on the website. (We had an application on our website for renting 16 mm film and VHS media items- yikes!) Our webmaster removed street addresses from applications which end up online via the assembly packet. This helps protect the anonymity of our trusted servants.

I spent the last few months working on the OA WSO World Convention Committee with some of my Region 8 cohorts as the speaker and meeting leader committee chair. With the help of a team, we found 106 workshop leaders and more than 30 meeting leaders. It was honestly a great deal of work and a bit frustrating at times. These efforts also gave me a chance to meet new OA fellows who are dedicated to their recovery an OA. I was so impressed by workshop leaders who made extraordinary efforts to attend the convention and share experience strength and hope, regardless of physical disabilities. It was a privilege to make extra efforts helping them be able to attend and serve.

Hope to see you at our next chance for fellowship as a region in person March 2026 in Charlotte, NC. As is says in the Big Book of Alcoholics "We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

JC Devitt

Secretary Region 8

REGION 8 TRUSTEE LIAISON

ASSEMBLY REPORT

August 28, 2025

Submitted By: Laurie O'Leary

The last six months has seen a lot of progress at World Service, especially in efforts to be more inclusive with respect to language, culture, and diversity of members. You are probably aware that the OA website can with one click be viewed now in 37 languages. We have a long-standing Unity with Diversity Conference Committee as well as a new Ad-hoc E-commerce board committee dedicated to expanding the availability of literature, especially in languages other than English. And there is a new podcast in which trustees talk about, for example:

- the distinction between outside issues and the shared life experiences that may affect recovery for one group of OA members but not another
- the value of specific-focus OA meetings
- how a united and diverse Fellowship can enrich our emotional recovery as we begin to see ourselves and others in a new light.

You can listen to this podcast and others at <https://oa.org/podcasts/inside-oa/>.

Since our last Assembly there have been two major global events for OA: the World Service Business Conference (held virtually) in May and the World Service Convention (held in Orlando, FL) in August. The titles are confusing to some people, but here is the difference: *Conference is business, and Convention is all about recovery*--just like the difference between Region 8's Assembly and Convention.

Only 11 of Region Eight's 48 Intergroups and Service Boards (23%) were represented this year at the Business Conference. Therefore, we are eligible to send *up to five additional delegates* to World Service Business Conference 2026, which will be held in Albuquerque, NM in the U.S. If you want your voices heard on your needs for literature and translation/interpretation or policies on relevant issues like weight loss drugs/surgery and diversity, please find someone willing to serve as a delegate and funding to send them! The official registration form is not due until March, but it's best to start working on this now so you have time to apply for support funds and start reviewing conference documents. Here is the list of due dates: <https://oa.org/documents/deadline-dates/> and a link for the delegate application: <https://oa.org/news/now-accepting-2026-delegate-support-fund-applications/>.

As I write this, I've just returned from the first OA Convention to have been held in nine years. It's usually scheduled for every 5 years, but the pandemic interfered. So it was an absolute joy to finally get together again with OA fellows from around the world for fantastic workshops, compelling speakers, and opportunities to meet, greet, hug, and talk in person. If you weren't able to go, put it on your bucket list for next time. I guarantee you won't regret it! Many thanks to all of you from Region 8 who not only attended, but who did so much of the volunteer service it takes to put on such an event. Our village rocked!

In love and service,

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

Final Report Soar 8 Business Assembly & Recovery Convention 2025 #1

March 14-16, 2025

Hosted by Baton Rouge & Central Office of Louisiana Intergroups

Chair Report & Financial Report

Katrina S / Kathie P & Katrina S

The Region 8 2025 Business Assembly and Recovery Convention #1 was hosted by Baton Rouge Intergroup and Central Office of Louisiana Intergroup (aka New Orleans). The event was held in Baton Rouge.

The team truly performed beyond my wildest dreams. Above and beyond does not begin to describe the level of excellence the team delivered. I could not have asked for more. In Louisiana people often speak of getting lagniappe, a little something extra with each purchase or interaction. Each committee, each committee chair, each individual didn't just get the job done, they delivered with lagniappe. Something extra. Something special. Something precious. I am in awe.

We registered 128 people and hosted 95 in person. We brought in \$4530.13 that will be used to carry the message of recovery from compulsive overeating to many more. We awarded scholarships to 10 attendees with funds generously donated by the IG, local meetings and individual attendees.

We gave our attendees a taste of Louisiana's fun-loving hospitality with a Mardi Gras Ball. We brought the splendor and richness with a second line parade replete with the colors, beads, hankies, rich decorations and music of a Second Line Parade. We feasted on the legendary cuisine. We injected a fresh twist into our two recovery tracks by including role playing, meditation, music, art and movement.

The event was hosted at a local hotel that seemed designed for finding a quiet spot for an intimate chat or for a table full of Assembly buddies. The proximity of the meeting rooms, boutique and hospitality gave easy accessibility to quick hugs and the full experience of both events.

The feedback from attendees was phenomenal, with several old-timers stating that it was the best Assembly and Convention that they had ever attended! We're sure that they say that to all the organizers but we basked in the glow anyway!

In the words of our team chant, WE ROCKED THE HOUSE!!!

Some Notes:

1. The full team met once a month for a year. We followed the revised Hospitality Manual closely. It was an invaluable guide. The Vice-Chair turned each work schedule into a checklist with the due dates embedded. We stayed on task and on schedule by reviewing and checking the tasks off together.
2. The Chair and Vice-Chair met with each committee, when needed, during the rest of the month. These meetings worked well to help each committee set strategy, clear roadblocks and stay on track. This allowed the full team meetings to move smoothly and productively.
3. Working with members of 2 intergroups allowed us to have additional help when needed and fully staff all committees.
4. We used Google Forms for registration. Best idea ever! The tool allows you to capture any data you need and is easily modified. The ability to extract the data into a spreadsheet for manipulation and sharing makes many tasks very simple. In the process of familiarizing myself with the tool I found that I had actually completed the set up for registration before we even had a committee!
5. The hotel we chose was older and not exactly centrally located. However, it was fully renovated, this allowed our hotel liaison to drive an extremely good deal with a hotel that eventually threw in many perks for free (a \$3200 value). This definitely helped us deliver a profit.
6. We were able to secure a contract with an audio-visual provider who was a 12 Stepper. He completed the work as part of his service! He really only charged us for travel and food! This saved us approximately \$3500 in AV costs. The region should evaluate how best to manage these costs. There are only a few people still providing this service.
7. In working with 2 (or more) intergroups it was definitely a plus to host the event near the largest number of volunteers! Being able to easily bring people to and from the site was invaluable.
8. The reports from all the committees are attached to this summary, as well as, the evaluation results. In reading them you will find the detail you need to perform your hosting tasks with ease.
9. Delivering this event was a beautiful bonding opportunity for our intergroups. The work had the feeling of being a part of something extraordinary. Even the scholarship recipients were incredibly moved and drawn into greater service and recovery. All that said, do we want to host again anytime soon! For me, that would be a big NO! It is still a lot of work!
10. Thank you for allowing us to serve the region and strengthen our own recovery and service groups!

2025 - SOAR 8 RECOVERY CONVENTION AND BUSINESS ASSEMBLY		
Final Final Final Financial Report of Hosting Committee		
Baton Rouge, Louisiana - March 14-16, 2025		
CONVENTION INCOME	Budgeted	Actual
Region 8 Seed Money	500.00	500.00
Surplus of \$6,154.42 from 2020 Conference (Not Used)	0.00	0.00
Lunch - \$39.00 (Est: 80 + 20 = 100) Act: 88	3900.00	3432.00
Dinner-\$56.00 (Est: 100) Act: 87	5600.00	4872.00
Registrations: Total: 129		
Early (Est: 104) Act: 78	5200.00	3900.00
Regular/Late - 2/10 (Est: 17) Act: 23	1105.00	1495.00
One-day, walk-ins (Est: 9) Act: 11	540.00	495.00
Virtual (Est: 27) Act: 11	1215.00	495.00
Raffle (50/50 split) Total Received: \$ 396.00	100.00	198.00
Fundraiser (Merch)	250.00	374.00
Total Income	\$ 18,410.00	\$ 15,761.00
CONVENTION EXPENSES	Budgeted	Actual
Hotel lunch/dinner (based on final estimate provided to hotel)	6,151.00	5,339.00
Hotel fees (other): Function Room	2,000.00	2,200.00
Equipment	200.00	0.00
Service Charge 22% - Variable	1,837.22	1,658.58
Sales Tax (9.95) - Variable	830.93	750.14
Region 8 seed money	500.00	500.00
Decorations/Love Notes	25.00	672.89
Registration, Public Info, Publicity & Registration Packets	150.00	114.08
Raffle (50/50 split) - cost of tickets	25.00	0.00
Fundraiser (Merch)	150.00	25.30
Program and Technology(to include ZOOM acct & Tech meals)	0.00	674.55
AV and Taping Services: Fuel/Hotel/Food	700.00	470.00
Refunds	0.00	0.00
Total Expenses	\$ 12,569.15	\$ 12,404.54
CONVENTION NET:	Budgeted	Actual
Total Income - expenses	\$ 5,840.85	\$ 3,356.46
Funds Owed to Region 8 - (Half of Convention Income:)		\$ 1,678.23
COLA & BRIG Split - (1/4 each)		\$ 839.12

COLA & BRIG Revenues - Expenses (Not split with Region 8)	Budgeted	Actual
Revenue Boutique/Hospitality	250.00	576.00
Expenses Boutique/Hospitality	50.00	119.01
Cost of Speaker?	250.00	0.00
Total Income from Unsplit Revenues (Goal is to cover speaker costs):	-50.00	456.99
COLA & BRIG Split - (half each)	-25.00	228.49

BRIG Literature Revenue (Not split with COLA)	Budgeted	Actual
Literature (100% reimbursement - all Lit. provided by BRIG)	200.00	497.00
BRIG (100%) - This goes back to Literature (Sandy B)	200.00	497.00

Scholarship Donations (Split with COLA)		
Donations from Individual Attendees (Split with COLA)	100.00	360.00
Total:		360.00
COLA & BRIG Split - (half each)	50.00	180.00

BRIG Scholarship Fund:		
Donations from BRIG Meetings	760.00	1760.00
Donations from Individual Attendees (Split with COLA)		180.00
Total:		1,940.00
Expenses Scholarships Awarded (10 Attendees Funded)		1,903.32
Total:		1903.32
Remaining Funds to add to BRIG Scholarship Fund:		\$ 36.68

Revenues Generated:		
For Region 8 (+Re-pay \$500.00 seed money)		\$ 2,178.23
For COLA		\$ 1,247.61
For BRIG Biz: (without Literature)		\$ 1,104.29

Total: **\$ 4,530.13**

Registration Report

Victoria W

of Total Registrants: 128

of Business Assembly Registrants: 51

of Recovery Registrants: 77

Total Business Virtual Registrants: 20

Registered Business Virtual Reps: 14

Registered Business Green Dot Reps: 5 (3 in person, 2 virtual)

Registered Business Visitors Virtual: 4

Registered Virtual Board / Committee Chairs: 2

of Total Attendees In-person: 95

of Business Assembly In-person Attendees: 30

of Recovery Convention Attendees: 65

Fun Facts

- Our furthest in-region registrant traveled from Buenos Aires, Argentina
- Our furthest out-of-region registrant was from Washington state



- We had a total of \$2,120 donated for scholarships that benefitted 9 individuals!

Highlights

- Having a Google Sheet to keep track of registrations and associated payments from the start was very helpful
- Being able to collect cash onsite at the event was very helpful
- Having name tags laid out for individuals to select their own (and then have their bag/materials given out in addition to it) seemed to work very well and prevent lines

building up

- Having a “one time” assembly-line style event to fill the registration packets was a good way to maximize work done with less time and also to build a group synergy in the week before the convention

Lessons Learned / Suggestions for Future

- Have more clarity/better alignment on what information/funding Region 8 board will be providing for certain registrants, especially with international reps, visitors, etc.
- Clarify deadlines for registration and meal on all registration brochures/electronic registration forms (including when any physical forms/payments should be received by).
- Encourage making name badges on a rolling basis where possible with edits/corrections to be made the last few days before the event (as opposed to all at once in the few weeks prior)
- Have an electronic registration form where participants don't have to scroll too far between the last question they answer and the “Submit” button. There were many people who thought they submitted the form but actually did not.

Treasurer Report:**Kathie P****Final Numbers:**

- Split with Region 8, along with repayment of seed money: \$2178.23
- Split with COLA: \$1247.61
- Remaining funds for BRIG Biz: \$1104.29

Also, no funds from 2022 were used to pay for this event.

Overall: I had several helpful resources as the Treasurer: Victoria who was able to generate and monitor Google worksheet entries, Kirsten who was already familiar with the Bank and accounts, and Michelle, who was a GREAT help in keeping us on track with payments to hotel.

The Shared Google worksheet worked very well as it made it much easier to identify who was paying what, and to be able to have multiple pairs of eyes to review.

Having three people with bank/money access was good: Victoria to enter fees on worksheet and deposit, Kirsten to enter or return funds sent to the correct account, and myself.

Recommendations:**Registration:**

- Process:
 - Have a cut-off date to register, past the date - register in-person as space allows?
 - Have policy if payment not received 'x' days after registration, cancel registration?
 - (Same above practice for an entity paying for a participant.) Keep track of contact information for entities(s) paying for Participants and what the payment(s) will cover.
- Participants:
 - Clarify there is only "X or Y" ways to pay.
 - Inform scholarship recipients at the time of award they will need to submit a paid receipt for hotel to receive reimbursement.

Collection and Disbursement Process:

- Make sure person writing checks knows they will need two signatures.
- If possible, it would be good to have the on-line registration dump information onto a single sheet, instead of having to review and transfer information to a second sheet.
- Explain/provide committees with reimbursement worksheets early in planning process.
- Plan ahead of time as to how the Treasurer will receive cash from committees at the end of event.

Hotel Liaison Report

Michell R

Number of Guest Rooms

Thursday – 8 Rooms Projected / 7 Reserved

Friday – 50 Rooms Projected / 37 Reserved

Saturday – 50 Rooms Projected / 38 Reserved

Number of Luncheon Meals – 80 Projected / 81 Guaranteed

Number of Dinner Banquet Meals – 100 Projected / 79 Guaranteed

Total Cost Paid to Holiday Inn South for Meeting Space and Food & Beverage: \$9,947.72

Total Saved by hotel waiving additional charges: \$3,200.05

Positive Points

1. The hotel was well designed to allow for maximum “togetherness” for all event activities.
2. The hotel lobby was spacious with numerous “break-out” areas for attendees to gather, visit, chat, relax, and enjoy their off-time from the event. This allowed for maximum fellowship and comfort for those attending the event.
3. Hotel management went above and beyond to allow use of all available meeting spaces without additional charge. Furthermore, we utilized much of their equipment without further charge. We paid \$200 for their dance floor, but then used riser/dais, multiple video screens, three podiums, five extension cords. According to their price sheet, rental for those items should have been a total of \$1,975 for the event, but we only paid \$200. That resulted in savings to the bottom line of \$1,775.
4. Our contracted date for meeting space with the hotel was for Friday 3/14/25 – Sunday 3/16/24; however, the hotel allowed us to move into much of the meeting space a day early on Thursday 3/13/25 for no additional charge.
5. According to our contract, we earned one complimentary guest room for one night. However, the hotel allowed our audio contractor to use the guest room for three nights without charge. That resulted in savings to the bottom line of \$315.92.
6. Based on our estimated Food & Beverage numbers, we contractually could have been held to a F&B minimum of \$6,151 + \$1965.24 (service charge & sales tax) = \$8,116.24.

However, the hotel only charged us for our final lunch & dinner guaranteed numbers which amounted to \$5,339 + \$1705.81 (service charge & sales tax) = \$7,044.81. That resulted in savings to the bottom line of \$1,071.43.

7. At the time the contract was signed, applicable sales tax was 9.95%. However, after 1-1-25, applicable sales tax went up to 10%. The hotel absorbed the additional .05% and saved us an additional \$37.70 to the bottom line.
8. The buffet that was provided for the luncheon and dinner banquet was delicious, ample, and well presented. I received many compliments on the food and no complaints.

Points of Concern/Improvement

1. During the one year of advanced planning, management/ownership changed at the Holiday Inn South four times. This created a tremendous amount of duplication of work, meetings, communication as well as confusion. The biggest difficulty was in the change of the "Guest Room Booking Code" midway through the planning process. This created lots of difficulty for attendees and committee members to reserve rooms on "the block" and required many additional steps to assure that our attendees received the proper room rate, complimentary breakfast, and credit for the room nights.
2. The HVAC was broken in 3 of the small meeting rooms, despite hotel management's determined efforts, AC was not able to be repaired in time for our event. Management did mitigate the problem with portable AC units and fans.
3. We were aware from the beginning of negotiations that the secondary elevator which serviced the two 2nd floor meeting rooms was likely to be in non-working order. It was unfortunate that those rooms became greatly unusable due to lack of convenient access. We were able to utilize additional smaller meeting space downstairs near our main meeting rooms which made up for the lack of access. Altogether it worked out but wasn't ideal.

Program Committee Report

Pat F.

What went well...

The Program committee, consisting of 4 people, Ann S., Brenda R., Cathy M. & Pat F., decided that we wanted to present the program a little differently than was traditionally done. The participants were offered a choice between 2 tracks. Track 1 was titled “Freedom from Compulsive Eating” and featured the steps. Track 2 was entitled “Freedom from the Bondage of Self” and featured the traditions. Both tracks provided information on how the traditions and the steps paralleled each other, so that members might have a new understanding of how we can “practice these principles in all our affairs” and, also, experience a...” new freedom and a new happiness.”

We wanted to involve the participants in hands on activities in order to make the workshops more experiential. Experience, Strength & Hope was shared through role play, music, art, choral reading, prayer, meditation, writing, brain storming, small group sharing and visual aids. Even the opening skit on Friday evening required audience participation. The different approach seemed to be well received. We got very positive feedback both verbally & on the written evaluations.

On both Saturday & Sunday mornings, an OA meeting was available. They were literature studies using Voices of Recovery. The suggested readings were on the topics of the Freedoms that working the steps & practicing the traditions bring about in our lives. Also, on Saturday & Sunday mornings, there was a meditation meeting where the participants practiced 2 and 3-Way Prayer.

What could have gone better...

Because we received quite a few more participants than we anticipated, the workshop room had to be changed which made them harder to regulate in terms of temperature (one too hot, one too cold), lighting (made the projections hard to see) and noise level (sometimes we could hear the assembly & sometimes our music disturbed them).

Technology Committee Report

Chris B

Thanks to the volunteers who served! We had four volunteers who worked the computers during the talks. These volunteers were invaluable as I was able to focus my attention on any problems that arose during the presentations. These people were able to practice together and were well prepared for most eventualities that happened the day of the conference.

The only issue we encountered was making sure the text was large enough to be read on the projections. A suggestion for future Assemblies would be to have the technology chair work with the program committee to make PowerPoint or similar presentations to ensure readability once the projection is up on the screen.

We were able to overcome this by enlarging the documents on the laptop, therefore enlarging them on the projection.

Thank you for letting me serve.

Respectfully submitted by,

Chris B.

Hospitality/Boutique Committee Report

Kirsten B

We had fabulous helpers that were friendly and welcoming to our fellows! Thank you so much to Hope, Sarah S., Sarah P., and Maria and Amy from NOLA! Only one person that had signed up to work wasn't able to come.

Tricia and Mona did a fabulous job with all the boutique items, and they were as organized and prepared as I was told they would be. They also stayed in the room frequently to help with the selling!

All the feedback about our room was positive as far as I know. I do think maybe if someone opened after the dance party officially then more people would have come if we advertised that we would stay open. I am not sure about that since I didn't stay for that, and I don't know how late the party went on. Mona said a couple of people came in and she may be able to give more feedback about it. I got there earlier on Saturday than I planned in case people wanted to shop, but only a couple came in.

I think having the hospitality and boutique together helped the boutique. Hope and I spent

\$ 119.01 on drinks and coffee supplies. Mona and Tricia didn't request any reimbursements.

One thing I noticed was that several people just took the coffee, and I wasn't bold enough to ask them to pay when I was in there. We had a sign, but maybe it wasn't placed in a noticeable enough space!?

We made a total of 556.00, and I think that is wonderful!

Thanks for allowing us to help our Convention to be so successful.

Decorations Committee Report & Entertainment Committee Report

Tami M

Total spent \$672.89

This included 13 gorgeous centerpieces with a take-home item for each participant (serenity rock and serenity OA token), photo wall and photo props, DJ service for 3 hours, large foam posters for easels (each decorated with feather boas/ivy/beads/postcards). We received so many donated Mardi Gras throws and beads that each participant was able to receive many to take home and have a party with us that night. We provided 2 crowns for the 2 queens of the Mardi Gras Ball. All items left from this event are currently stored at BRIG's Storage unit and can be used by COLA or BRIG for future needs.

Early on we discovered that these 2 committees functioned better combined rather than separate and it flowed very well in this way. 1 chair and 4-5 steady committee members (thank you MONA, Steven, Jan B, Ann Bos, Joann K, Adelaide, Irene).

Notes to consider: It seemed to work best to leave the decorating/entertainment decision making up to 2-3 committee members and have the other committee members commit to being hands-on for setup. It was good to have 1 person do the purchasing to keep money straight.

We operated on text better than email. We met on zoom for 3 meetings after the merger of committees. We tried to start a GroupMe message, but those efforts fell rather flat.

We attempted to have a merchandise store but that fell through. We stumbled across some tax issues and so we put this idea aside. It is something worth looking into if you are able to make it work www.printify.com. We did have a fellow design a logo for our event with intention to use for these merchandise items but we ended up using it with the programming materials.

At the convention, I heard a lot of positive feedback on how much fun this was, how beautiful it was decorated and overall, a great experience.

The DJ said "I've DJ'd a lot of 12 step groups before and this is the liveliest bunch I've ever seen!"

We had such a fun Mardi Gras Ball and with all of our committees combined.....
we ROCKED THE HOUSE!!!!

In Loving Service,

Tami M. Decorations/Entertainment Committee Chair

Region 8 Report – Pages

Julia S

Thanks to the pages who served: Melinda O., Rick K., Laverne W., Lisa M., Eadie S., and Karen T.!

This committee was easy to organize. I sent out requests for pages by email and notices on BRIG and COLA websites. I also made personal requests at OA meetings I attended and at our COLA Intergroup meetings and I know BRIG committee members did so as well.

Six people volunteered to be pages. I contacted each volunteer via email and set up a zoom meeting for January 21, 2025, the day of the big snowfall!

During the meeting we talked through the page responsibilities. At the end of the meeting I asked everyone to send me their preference as to volunteering on Friday night, Saturday morning, or Saturday afternoon.

Using that information, I worked out the schedule – two pages per each of the three Business sessions. I sent the schedule out two weeks before the convention and again a few days before. I asked for and received confirmation from each page.

All pages showed up on time and ready to serve. I met the pages before the beginning of each business section and introduced them to Susan, the Region 8 Chair, and confirmed their duties. I checked on them a couple of times during each session - they all handled their duties well.

Thanks for letting me serve!

Julia S.

Literature Committee

Ann S

Literature was borrowed from the supply on hand from the Baton Rouge Intergroup. So, all proceeds were returned to BRIG at the close of the convention.

Sales:

Cash \$302

Check \$15.50

Venmo \$179.50

Total Sales: \$497.00

Notes:

--Have on hand more of the newest literature. Diverse Voices was the biggest seller.

--The most asked-about piece of literature was the new AA Plain Language Big Book which has not yet been approved by OA.

--It worked well to have the literature table placed near the workshop rooms and near the fundraising, boutique and hospitality rooms.

--Literature table did not need to be staffed during the workshops as very few people were walking around the area. Busy times were Friday afternoon/evening when registration opened and on Saturday during the 15-minute breaks between workshop sessions as well as right before the lunch banquet.

Submitted by Ann Smart

Public Information Subcommittee

Karen T

Description:

Coordinate with the SOAR 8 PIPO Chair to staff the public information table.

This was super easy! We worked with the Convention Chair and the Hotel Liasson to make sure that there was a table and we emailed the SOAR 8 PIPO Chair to make sure she knew to stock the table.

Ideas and suggestions for next hosting Intergroup: None

Publicity Committee Final Report

Karen T

Publicity Strategy Development

In preparing for the convention, we closely examined the hosting manual's guidelines, which outlined two primary areas of concern: internal publicity and external publicity. This raised an important question—how could we effectively promote the event to people in the Baton Rouge/New Orleans area while asking them to pay a registration fee upon arrival? Since regular OA meetings are free, it seemed counterintuitive to introduce new attendees to OA through a paid event. With the convention costing \$65 for the full weekend and \$45 for Saturday-only attendance, we questioned whether it would be appropriate for a newcomer's first experience with OA.

To address this, we held a special Zoom meeting on January 14—eight weeks before the convention—specifically to discuss our public relations strategy. Attendees included the Publicity Committee, convention chairs, the vice chair, the registration committee chair, and those involved with scholarship efforts (informally called the scholarship committee).

During this meeting, we determined that external publicity would not be our focus. We did not want individuals unfamiliar with OA to be drawn in by a public media campaign, only to show up unprepared for the event's cost and structure. Instead, we decided to focus solely on internal publicity, aiming to attract OA members to the convention. Given the extensive efforts of the Planning and Entertainment Committees, we knew this convention would be special, and so we created a special flyer highlighting why this recovery convention was going to be special.

Publicity Actions Taken via Email

With this goal in mind, we developed a “publicity kit” consisting of the flyer, the registration form, and a cover letter asking people to spread the message. We then implemented the following outreach efforts:

- January 22: The convention was posted on oa.org.
- January 23: We shared the details with “AllSoar8”, the Region 8 email listserv. We sent it again on February 22.
- January 24(approximately): A fellow OA member distributed flyers at an AA area assembly and provided additional copies to the AA office in New Orleans.
- January 24: We got a mailing list from the Region 8 Secretary and emailed the convention details to 32 intergroups in Region 8, as well as newsletter@oaregion8.org. Additionally, we reached out to four intergroups in Texas.
- January 26: We contacted 68 unaffiliated OA groups in Region 8. Eight emails were returned as undeliverable. (We gave this information back to the R8 Secretary.)
- January 27: The publicity materials were translated into Portuguese and Spanish (using Google translate) and sent to the head of the International Committee, as well as relevant intergroups and unaffiliated groups in Spanish- and Portuguese-speaking countries (13 Spanish, 6 Portuguese).
- February 2: A committee member with a long-standing personal contact list sent the information to 51 OA members outside Louisiana (including Soar8 IGOR committee members) and 50 OA contacts within Louisiana.

Texting Outreach

To maximize local engagement, we crafted a personalized cover letter for Louisiana OA members, emphasizing the convenience and unique opportunities of the Baton Rouge convention. Since many members primarily use mobile phones for communication, we also initiated a text messaging campaign. This included:

1. Sending the reformatted flyer as a JPEG.
2. A brief message highlighting the event details and Mardi Gras party.
3. A link to the registration page.

(Note: To efficiently send bulk texts while maintaining a personal touch, we utilized airplane mode while preparing messages, then sent them all at once upon reactivating service.)

We sent approximately 90 texts February 6 – 17.

Recommendations for the Next Hosting Intergroup

We recommend starting internal publicity earlier to allow more time for outreach within Region 8. This would give intergroups ample opportunity to inform their members and include the event in their newsletters, ultimately increasing awareness and participation. In retrospect, we remain confident in our decision to forgo external publicity, as it ensured that attendees were well-prepared for the nature and cost of the event.

Region 8 Report – Fundraising

Julia S

Thanks to the Fundraising Committee members (Ann S. Beth C., Maria E, Alisha J., Betty B., and Cynthia C.)! We decided to follow past practice and offer donated items as a raffle rather than a silent auction. In the future, if we receive items of as high a quality and value as those we did receive, one or two items might be awarded through a silent auction to possibly raise more money.

One thing we had to resolve early on was whether or not we could accept gift cards as raffle items. We asked the Region 8 Board if such a donation violated the traditions. The Board responded:

We discussed the gift cards and gift certificates at the board meeting last night. It was agreed that the cards can be used as long as they were purchased by members and donated to the convention drawing.

To get raffle items, I sent out requests by email and notices on BRIG and COLA websites. I also made personal requests at OA meetings I attended and at our COLA Intergroup meetings. I stored some of them at my house, and Pat handled items in Baton Rouge. Thanks, Pat!

Ann S. had the great idea to sell second line handkerchiefs as a fundraiser. I ordered 30 of them. They were lovely! However, most of the items in the fundraiser raffle were one-of-a-kind items. After consulting with the committee, we decided to sell the handkerchiefs in the boutique rather than the fundraising area.

We received 35 other items. One generous member donated her labor in making personalized pet woodcuts. Those were very popular. Other popular

items were resin art, cross stitch, and original paintings. Gift cards also popular as well as homemade wreaths.

Things to bring (some I brought and some I wish I had brought): Scissors, tape, tabletop wooden easels, sheet protectors for the item descriptions, table covers, markers, tickets in different colors for the raffles and 50-50, computer and printer, plastic bags, zippered money bags, cash box.

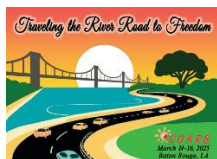
Setup: For each item I put together a short paragraph and stood it beside the item. A sample is attached. Ann S. painted a bunch of large plastic cups black and we set one cup in front of each item with a label on it so no one would be confused about which cup went with each item. I also drafted and displayed two disclaimers (attached).

We displayed some of the items on a table in the general gathering area. The rest were on tables around the perimeter of a room right next to the general gathering area. We displayed the Grand Marshal prize items (a beautiful umbrella, set of huge beads, second line handkerchief, and Grand Marshal sash) attached to an easel right next to the fundraiser table in the gathering area.

We walked around the gathering area, in each individual meeting room, and at meals selling 50-50 tickets. We drew the winning ticket(s) for each item between dinner and the Mardi Gras ball on Saturday night. We asked various convention attendees who had not participated in the raffle for an item to draw the winning tickets.

Follow up: We made sure that each winner took the item with him or her so we had no items to mail or care for after dinner on Saturday. I sent a list of all the pet woodburning portrait winners to the member who is making them and she confirmed she received it. The 50-50 and raffles raised \$572.

Respectfully submitted, Julia S.

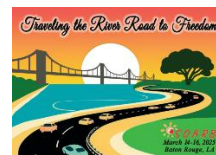


18/65 Evaluations turned in

SOAR 8 Recovery Convention Evaluation

Holiday Inn South Baton Rouge, Louisiana

March 14-16 2025



Was this your **first SOAR 8** Convention? Yes **8** No **9**

Will you attend **another SOAR 8** Convention Yes **15** No **1** (if no, on back, why?)

Did you pre-register? Yes **17** No **0** (If no, on back, why?)

Evaluation Scale	N/A	1	2	3	4
Overall Experience				4	14
Workshops					
We needed more workshops	12			3	
The workshop topics helped my understanding of OA			1	4	13
The workshop topics helped my understanding of Region 8	9		2	3	6
The format of the workshops was...				2	16
Convention					
Publicity & flyer			1	3	11
Format				4	11
Registration procedures & packet				3	12
Luncheon Speaker	1	1	1		14
Hospitality Suite	1		2	2	11
Banquet Speaker	2			2	10
Boutique			3	4	10
Decorations		1	1		13
Closing Speaker	2				11
Entertainment	2		1		11
Drawings	2			1	13
Literature Table					17
PI/PO display was informative & helpful	5			3	9
Hotel & Amenities					
Room price and availability	3		1	3	8
Room services/amenities	5		2	2	8
Breakfasts – Quality of food	5			4	7
Luncheon – Quality of food	7			3	9
Banquet – Quality of food	5			2	8
Meeting rooms	1	2	2	7	7
City location & amenities	2	1	1	2	9
Local restaurants – Food, service, & price	7	1			7

Comments:

Workshops were perfect!

Formats were great

Skit at the start was fantastic.

Every thoughtful detail was perfect.

Thank you for all of your dedication & work. It made a difference & was very appreciated.

Format useful

Format fabulous

Need to take credit cards

Elevators slow, Hard to see projections.

Ordered handicap room, didn't get one.

Food plentiful and very good.

Loved skits & workshops

Needed to know what time things started prior to convention.

Nice to have everything close together.

Meeting rooms too cold. Meeting rooms too hot.

Separate Boutique and Hospitality Rooms

Would like more meetings with workshops.

Carpet smelled musty.

All speakers were awesome.

Enjoyed meeting new people.

Closing speaker could have been earlier.

Traffic!

Wonderful assortment of drawings.

Best convention I've ever attended.

Workshops were so informative. Learned so much I never knew-parallels between steps & traditions.

Liked tradition's track-parallel

Liked hands-on activities. Speakers held audience's attention.

Liked having a choice of workshops.

Outstanding presenters. Wish we had a deeper dive into "turning it over", "making amends", "prayer & meditation", "carrying the message".

SOAR-8
Motion 1: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend Region 8 Policy and Procedure Manual, Section IX. Financial Policies ,
A. General to return mileage reimbursement to the charitable rate.

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

CURRENT WORDING	PROPOSED WORDING
IX. Financial Policies A. General 9. Reimbursement to funded persons for expenses incurred for attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines: a. Transportation. When possible, the least expensive form of transportation shall be used. 1) Private vehicle - Expenses including tolls and parking fees are reimbursed pro-rata at the IRS current rate or actual expenses, less amount received from car-poolers.	IX. Financial Policies A. General 9. Reimbursement to funded persons for expenses incurred for attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines: a. Transportation. When possible, the least expensive form of transportation shall be used. 1) Private vehicle – <u>Actual travel</u> <u>e</u> Expenses including <u>gas charges</u> , tolls, and parking fees <u>will be</u> are reimbursed pro-rata at the IRS current rate or actual expenses, less amount received from car-poolers. <u>as submitted and supported by receipts. If no receipts are available, members will be reimbursed pro-rata at the current IRS charity rate. All members are expected to reduce their request for reimbursement by the amount received from car-poolers.</u>

SUBMITTED BY:

Intergroup or Committee: Bylaws Committee
Name: Barbara Carter
Phone Number: 352-474-1366
Email Address: bcarter337@att.nety

INTENT:

To reduce the reimbursement rate for mileage using a private vehicle from the IRS government rate back to the charitable rate.

IMPLEMENTATION:

Since the second assembly in 2025 is virtual, this motion will be in effect immediately, and will affect the first assembly in 2026.

COST:

This will save the Region money. For members using a private vehicle for transportation, WHO DO NOT SAVE RECEIPTS, the amount of money per mile will be reduced by 56 cents per mile.

RATIONALE:

In fall 2023, we voted to remove the word “charity” and increased the rate of reimbursement per mile to the non-charitable rate (\$0.70). We changed this paragraph of the P&P Manual accordingly. Now, we find that use of this higher rate is yielding an unexpected windfall (“unjust enrichment”, legally).

Example: Gainesville, FL to Charlotte, NC (Round trip is 896 miles)

Mileage: 900 miles round trip (448 miles each way = 6 hrs 50 mins)

By private car: Mileage at \$0.70 = \$630.00

Mileage at \$0.14 = \$126.00

Using actual receipts:

900 miles/25 mpg = 36 gallons at \$3.50/gallon = \$126.00

This eliminates the windfall of \$504.00.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 2: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend the Region 8 Policy and Procedure Manual Section XII. Board Members, C Secretary to reflect actual practices.

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

CURRENT WORDING	PROPOSED WORDING
C. Secretary 1. Before Assembly a. At least thirty (30) days prior to each Assembly, assemble and send packet of information to: Trustee, Board, Reps, Intergroups, other service bodies, Funded Committee Chairs and (for one year) outgoing Board members. Place a file copy in the Archives Repository. Send via US Mail or electronic media and include the following: • Cover Page • Service Directory • Table of Contents • Agenda • Standing Rules (Check for updating in current P&P) • Unapproved minutes from prior Assembly • Attendance from prior Assembly • Board/Committee Reports • Current Financial Reports • Any necessary forms • Notice of motions to amend Bylaws, if any b. Brings a few copies to Assembly. c. The Region-8 Secretary will distribute any addendum to the Assembly Packet seven (7) days prior to each Assembly to members identified in item 1. The addendum to the	C. Secretary 1. Before Assembly a. At least <u>thirty (30) days</u> prior to each Assembly, assemble and send packet of information to: Trustee, Board, Reps, Intergroups, other service bodies, Funded Committee Chairs and (for one year) outgoing Board members. <u>ALLSOAR8 email group and submit to Webmaster to post on Region 8 website.</u> Place a file copy in the <u>electronic</u> Archives Repository. Send via US Mail or electronic media and <u>Assembly packet will</u> include the following: • Cover Page • Service Directory • Table of Contents • Agenda • Standing Rules (Check for updating in current P&P) • Unapproved minutes from prior Assembly • Attendance from prior Assembly • <u>Current</u> Board/Committee Reports • Current Financial Reports • Any necessary forms • Notice of motions to amend Bylaws <u>or P&P Manual</u>, if any b. Brings a few copies to Assembly. € b. The Region-8 Secretary will d<u>D</u>istribute any addendum to <u>an updated final copy of</u> the Assembly Packet seven (7) days prior to each Assembly to members identified in item 1.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

Assembly Packet is submitted to the Region-8 Webmaster to post on Region-8 website. 2. During Assembly a. Take minutes of all Assembly meetings and Board meetings. A hard copy of the approved minutes shall be placed in the Archives Repository. An audio recording of the business assembly may be made by the Technology Committee, but the recording shall be retained only until minutes are approved, and then erased or destroyed. b. Assembly minutes shall include name/address/telephone/email of each Trustee, Board Member, Rep and Funded Committee Chair. 3. Following Assembly a. Send resumes of Trustee nominees to WSO within one week of selection. b. Following each election, place resumes of elected persons in Archives Repository. c. After the Second Assembly, send copies of year-end committee reports to un-represented service bodies. d. Secretary will update “Appendix F. Region 8 Intergroups National Service Boards” of the Policy and Procedure Manual and submit the changes to the Chair of the Bylaws Committee within six weeks following the end of each assembly. 4. Miscellaneous -- Secretary shall: a. Serve as Archivist for all Region 8 documents. b. Maintain a list of name/address/phone/email of all Reps. The list is for use in OA only. c. Give names and addresses of new Intergroups to Bylaws/Electronic Documents Chair and IGOR Chair.	The addendum to the <u>Also send a final copy of the</u> Assembly Packet is submitted to the Region-8 Webmaster to post on Region-8 website. 2. During Assembly a. Take minutes of all Assembly meetings and <u>official</u> Board meetings. A hard copy <u>An electronic copy</u> of the approved minutes shall be placed in the <u>electronic</u> Archives Repository. An audio recording of the business assembly may be made by the Technology Committee, but the recording shall be retained only until minutes are approved, and then erased or destroyed. b. Assembly minutes shall include name/address/telephone/email of each Trustee, Board Member, Rep and Funded Committee Chair. 3. Following Assembly a. Send resumes of Trustee nominees to WSO within one week of selection. b. Following each election, place resumes of elected persons in <u>the electronic</u> Archives Repository. c. After the Second Assembly, send copies of year-end committee reports to un-represented service bodies. d. Secretary will update “Appendix F. Region 8 Intergroups <u>and</u> National Service Boards” of the Policy and Procedure Manual and submit the changes to the Chair of the Bylaws/<u>Electronic Documents</u> Committee within six weeks following the end of each assembly. 4. Miscellaneous -- Secretary shall: a. Serve as Archivist for all Region 8 documents. b. Maintain a list of name/address/phone/email of all Reps. The list is for use in OA only. c. Give names and addresses of new Intergroups to Bylaws/Electronic Documents Chair and IGOR Chair.
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TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

d. Be bonded. e. Be liaison to funded committee(s).	d. Be bonded. e. Be liaison to <u>between the Board and</u> funded committee(s).
--	--

SUBMITTED BY:

- Position/Committee: Secreatery
- Name: JC Devitt
- Email address: secretary@oaregion8.org

INTENT:

This change clarifies the practices of the Secretary as they have been for several years.

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

This change clarifies the practices of the Secretary as they have been for several year. Removes including people’s personal addresses from reports because the reports are posted online where public may view. Make changes to reflect we only have electronic archives not hard copies. The packet now has a final updated version not a addendum of added or corrected items.

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

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8**Motion 3: Amend Region 8 Policy & Procedure Manual**

Motion: Move to amend the Region 8 Policy and Procedure Manual Section XVI. Hosting Guidelines, B Miscellaneous Guidelines to increase the maximum fee to be charged for registration 8 conventions.

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

CURRENT WORDING	PROPOSED WORDING
B. Miscellaneous Guidelines 2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of \$50.00 with the approval of the Vice-Chair. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. An additional \$15.00 for late fee may be added.	B. Miscellaneous Guidelines 2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of <u>\$60.00</u> with the approval of the Vice-Chair. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. An additional \$15.00 for late fee may be added.

SUBMITTED BY:

- Position/Committee: R8 Vice Chair
- Name: Lonna Cohen
- Email address: vicechair@oaregion8.org

INTENT:

Increase maximum amount allowed to charge for registration for R8 Conventions

IMPLEMENTATION:

Immediately upon approval.

COST:

None.

PRIMARY PURPOSE:

The registration fee has not been increased in several years. The hosting intergroup will still set the registration fee and this only sets a maximum. This will help offset the increased cost of meeting rooms in hotels.

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

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 4: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend the Region 8 Policy and Procedure Manual Section IX Financial Policies, A. General. Tech Committee returns to one funded Chair.
Deleted words are lined out and new words are underlined in red.

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

SUBMITTED BY:

- Position/Committee: Tech Committee
- Name: Claudia Smith
- Email address: techwebchair@oaregion8.org

INTENT:

This change reduces the number of Technology Committee Chairs from two to one; in line with every other Region 8 committee.

IMPLEMENTATION:

Immediately upon approval.

COST:

The cost of professional support at hybrid business assemblies is offset by only having one Tech chair. If this motion is approved, Motion 5 follows.

PRIMARY PURPOSE: This changes the leadership of the technology committee from two co-chairs to a single chair. Technology support for the hosting intergroup will be provided by allocating the funds previously used for the second co-chair travel, registration, etc. to the hosting IG to pay for local, professional technology support. See Motion 5.

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

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

SOAR-8

Motion 5: Amend Region 8 Policy & Procedure Manual

Motion: Move to amend the Region 8 Policy and Procedure Manual Section XVI. Hosting Procedures, B Miscellaneous Guidelines to provide professional AV support to Tech Committee Deleted words are lined out and new words are underlined in red.

CURRENT WORDING	PROPOSED WORDING
XVI. Hosting Procedures B. Miscellaneous Guidelines 9. The following guidelines are suggested for the sale of merchandise: a. All sales shall be made by and for OA service bodies. b. Each sale item shall be approved by a group conscience; and c. Sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers. d. Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help ensure that such sales will not be interpreted as Region-sponsored events	XVI. Hosting Procedures B. Miscellaneous Guidelines 9. The following guidelines are suggested for the sale of merchandise: a. All sales shall be made by and for OA service bodies. b. Each sale item shall be approved by a group conscience; and c. Sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers. d. Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help ensure that such sales will not be interpreted as Region-sponsored events <u>10. Region pays hosting intergroup up to \$1,500 to include in the AV contract set up time for the sound mixer to interface with microphones and computer to support hybrid assemblies and for SV professional to stay an additional one hour on both Friday night and Saturday morning to provide technical support to tech committee.</u>

SUBMITTED BY:

- Position/Committee: Tech Committee
- Name: Claudia Smith
- Email address: techwebchair@oaregion8.org

INTENT:

This change ensures hybrid assemblies have the technical support needed to run.

TYPE OF MOTION

X	Standard
	Amendment
	Emergency

	Adopted
	Amended
	Lost

IMPLEMENTATION:

Immediately upon approval.

COST:

\$1,500.00 The cost is offset by the second tech committee chair no longer being funded to travel to assemblies.

PRIMARY PURPOSE:

This change clarifies ensures hybrid assemblies have the technical support needed to run and allow both those in in person and on Zoom to participate.

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

Region 8 Board Application

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

Office applied for:

☒ Chairman

☐ Vice-Chairman

☐ Secretary

☐ Treasurer

Name Julia S. Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Years in OA 34 Current Service Body Central Office of Louisiana Intergroup

Are you a past Rep? Yes If so, which Service Body? COLA Intergroup

Bylaws Article VII – Section 1, B) states:

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

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

BRIEF ACCOUNT OF OA STORY

Looking back, I can see evidence that I was a compulsive eater from my early childhood. For example, I volunteered to help cook for my family an early age so I could eat while preparing food. I became a sneak eater to avoid my mom's restrictions on my eating.

In college I began a stairstep pattern of losing weight in the summer and regaining it back plus more during the school year. My friends told me that I did weird things with food, but I did not know about eating disorders then. I just felt bad, sinful.

I connected my eating with my emotions as a young mother - my two children were bickering and I found myself standing in front of the pantry. Soon after, I found OA through overhearing someone talk about food addiction. What she said sounded like me! The author of the book she talked about laid out a food plan and suggested a support group such as OA. I walked in the doors of OA in August of 1991. There were people there who were at a healthy body weight and were happy. I wanted that!

I struggled with the program for quite a while, but I never left. Eventually I realized that I did not have a concept of a Higher Power (God) that I would trust with my will and my life. I went to counseling to deal with some family issues that affected how I saw God. My willingness to work the program and to let others know me increased and I began to be continuously abstinent in 2001. My current abstinence is 14 years.

Use separate sheet for additional space, if needed)

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

Group Secretary
COLA Intergroup Representative
COLA Treasurer (4 years)
COLA Vice-Chair 1.5 years)
COLA Chair (4 years - August 2021 - present)

Region 8 Business Assembly Representative (8 years)
Region 8 Twelfth Step Within Committee member (8 years)
TSW Sponsor Coordinator (4 years),
TSW Speaker List Coordinator (3 years)

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

During my career I practiced as a lawyer, which encouraged me to problem-solve.

I also served in a supervisory position in the state court system. I chaired meetings and spoke extensively to judges and legislators in groups and individually.

I sat on a state task force and staffed others. I staffed a judicial organization, which involved developing meeting agendas and drafting minutes as well as directing and performing the substantive work of the organization.

I am comfortable with Word and Excel and familiar with Google Docs.

Why do you want to be a Region Board Member?

I believe service is an essential part of my recovery. I have served extensively at the group level, the intergroup level, and the Region level in a committee role. I have the desire and believe I have the skills to be an effective Region 8 Chair.

Date 8/24/25 Signature Julia S.
Julia S.

Region 8 Board Application

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

Office applied for:

Chairman	Vice-Chairman	Secretary	Treasurer
Name _____		Phone _____	
City _____	State _____	Zip _____	Email _____
Years in OA _____		Current Service Body _____	
Are you a past Rep? _____ If so, which Service Body? _____			

Bylaws Article VII – Section 1, B) states:
To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.

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

BRIEF ACCOUNT OF OA STORY

Use separate sheet for additional space, if needed)

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

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

Why do you want to be a Region Board Member?

Date_____ **Signature** _____

Region 8 Delegate to WSBC Application

VERY IMPORTANT: Please save this blank form to your own device, first, before entering any data. Then open the saved file from your device. Proceed to completing the form and then save the file again with entered data. Once you have a completed this form that is saved on your device, please attach it in an email and submit the form as stated in the instructions below.

INSTRUCTIONS: This form must be submitted to the Region 8's Secretary (secretary@oaregion8.org) at least 60 days prior to the upcoming SOAR8 Assembly at which the election will be held (*Service Body refers to Intergroup, National Service or National Language Board*).

WSBC Dates applied for: _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Email _____

Years in OA _____ Current Service Body _____

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

Region 8 Bylaws:

ARTICLE III – MEMBERS

Section 2 – Representative Qualifications

A. Representatives to Region 8 Assemblies must:

1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;
2. Be a member of an Intergroup which is registered with the World Service Office of OA; and
3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.

OA.org Bylaws sub-part B:

ARTICLE X – MEETINGS OF DELEGATES

Section 3 – Delegates

c) Qualifications/Selection

- 1.) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level.

(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

BRIEF ACCOUNT OF OA STORY

(Use separate sheet for additional space, if needed)

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

Why do you want to be a Region 8 WSBC Delegate?

Date _____

Signature _____

Region 8 Delegate to WSBC Application

VERY IMPORTANT: Please save this blank form to your own device, first, before entering any data. Then open the saved file from your device. Proceed to completing the form and then save the file again with entered data. Once you have a completed this form that is saved on your device, please attach it in an email and submit the form as stated in the instructions below.

INSTRUCTIONS: This form must be submitted to the Region 8's Secretary (secretary@oaregion8.org) at least 60 days prior to the upcoming SOAR8 Assembly at which the election will be held (Service Body refers to Intergroup, National Service or National Language Board).

WSBC Dates applied for: April 20 - 25, 2026

Name Andrea Katz Phone 786-210-7977
City Miami State FL Zip 33179 Email Andrear.katz@gmail.com
Years in OA 45 Current Service Body Miami-Dade & the Keys Intergroup
Are you a past rep? Yes If so, which Service Body? Region 8

Region 8 Bylaws:

ARTICLE III - MEMBERS

Section 2 - Representative Qualifications

A. Representatives to Region 8 Assemblies must:

1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;
2. Be a member of an Intergroup which is registered with the World Service Office of OA; and
3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.

OA.org Bylaws sub-part B:

ARTICLE X - MEETINGS OF DELEGATES

Section 3 - Delegates

c) Qualifications/Selection

- 1.) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level.

(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

BRIEF ACCOUNT OF OA STORY

I came to OA at 25 years old at about 100 lbs overweight. Did not relate to the perceived God-centered philosophy OR fearful of separation from my addictive foods, I did not return for about a year. More misery and pain, I became willing to stay and made a beginning in recovery. The next year, on 60, resulted in a 100 lb weight loss, Super involvement in meetings & service & work on the first 3 Steps. This beautiful New life lasted until 31 years old. Engaged to be married, on a trip to Canada, I ate a bakery item. This precipitated a relapse cycle which basically went on for 27 years.

(Use separate sheet for additional space, if needed)

Region 8 Delegate to WSBC Application

VERY IMPORTANT: Please save this blank form to your own device, first, before entering any data. Then open the saved file from your device. Proceed to completing the form and then save the file again with entered data. Once you have a completed this form that is saved on your device, please attach it in an email and submit the form as stated in the instructions below.

INSTRUCTIONS: This form must be submitted to the Region 8's Secretary (secretary@oaregion8.org) at least 60 days prior to the upcoming SOAR8 Assembly at which the election will be held (Service Body refers to Intergroup, National Service or National Language Board).

WSBC Dates applied for: _____

Name _____ Phone _____

City _____ State _____ Zip _____ Email _____

Years in OA _____ Current Service Body _____

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

Region 8 Bylaws:

ARTICLE III – MEMBERS

Section 2 – Representative Qualifications

A. Representatives to Region 8 Assemblies must:

1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;
2. Be a member of an Intergroup which is registered with the World Service Office of OA; and
3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.

OA.org Bylaws sub-part B:

ARTICLE X – MEETINGS OF DELEGATES

Section 3 – Delegates

c) Qualifications/Selection

- 1.) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level.

(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

BRIEF ACCOUNT OF OA STORY

Continuation - Pg 2

I still went to OA meetings (but not often enough) - I even served at Intergroup in positions which did not have abstinence requirements.

By my late 50's, I was in separation from my husband of 27 years and all my other relationships were strained. By a stroke of luck, I was able to enter a treatment center. That was 13 years ago.

My recommitment to program + abstinence has never been stronger. I am so grateful to be a part of this beautiful program of recovery.

(Use separate sheet for additional space, if needed)

I hope to be able to carry the message to others who suffer with this compulsion too.

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

many years
 Group representative at Intergroup
 IG Secretary, Vice Chair, Chair
 Region Representative at Assemblies
 World Service Delegate (twice)
 PIPO Chair Region 8 (currently)

Why do you want to be a Region 8 WSBC Delegate?

I believe in the importance of participation and representation at all service levels..

If selected to a PIPO committee I think I can be useful because of my experience in PIPO locally and in Region 8. I appreciate the cross-pollination of the Business ~~As~~ Convention.

I would like the opportunity to speak pro to a ~~revised~~ ^{newerked} motion to revise the definition of abstinence, dropping the clause which was added: Working towards or maintaining a healthy body weight. Same rationale basically as last year.

Date

10/13/25

Signature

Andrea Hob

Budget for November 2025– October 2026			
1			
2	SOURCES OF FUNDS:		
3	Bank Balance current	\$60,006.74	Date 10/11/2025
4			
5	Projected Income		
6	Contributions	\$26,000.00	
7	Region 8 Assemblies split of profit	\$2,000.00	
8	Region 8 7th Tradition collections	\$500.00	
9	Ways & Means Projects	\$2,500.00	
10	Seed Money Returned	\$1,500.00	
11			
12	TOTAL RECEIPTS:	\$32,500.00	
13			
14	TOTAL SOURCES OF FUNDS	\$92,506.74	
15			
16	USES OF FUNDS:		
17	Board:		
18	Chair	\$300.00	
19	Vice Chair	\$300.00	
20	Secretary	\$350.00	Dropbox 119.88 and NitroPro 180
21	Treasurer	\$1,500.00	includes \$450taxes+\$70corp. fees+\$200POBox + \$65Quicken + shipping items to new treasurer + \$480 Quickbooks (Same line item amount as 2025)
22			
23	Board & Parliamentarian Events:		
24	Board Region 8 Assemblies (excluding Chair)	\$10,000.00	VC+Sec+Treas (budget 2000/person event 2- F2F)
25	Parliamentarian	\$4,000.00	
26	Chair WSBC + Convention	\$2,000.00	
27	Chair RCCM	\$2,000.00	
28	Chair Region 8 Assemblies	\$4,000.00	
29	Chair Region 8 IG Outreach	\$0.00	
30	WSBC Region 8 Delegate	\$0.00	R8 is eligible to send 5 WSBC reps this year - budgeting for 0
31	WSBC Region 8 Support Fund (R8DSF)	\$0.00	IGReps to WSBC - P&P p.10 (9/1)
32			
33	Committee Chair Travel	\$24,000.00	Per P&P, chairs are defunded in this order: Intl, PIPO, TSW, IGOR, Technology, Bylaws, Ways & Means
34			
35	Committees:		
36	Bylaws-Electronic Documents	\$50.00	
37	Technology	\$5,000.00	1000Zoom + 500websiteFee IONIS + 130Hotspot+3000professional +400 equipment
	IGOR	\$50.00	
38	IGOR Rep Funding	\$400.00	IGReps to R8Ass (60daysprior)
39	TSW	\$500.00	Includes interpret. for some online event(s)
40	PIPO	\$50.00	
41	Public Information Fund	\$500.00	IG outreach/advertising/ new F2Fmeet- P&P p.40
42	Ways & Means	\$2,000.00	
43	International Committee	\$0.00	
44	MISCELLANEOUS		
45	Carry The Message Fund (thru IGOR)	\$0.00	Send leaders to workshops/retreats - P&P p.12
46	Webmaster	\$2,400.00	
47	WSO Contribution	\$0.00	
48	Seed Money Advanced	\$1,500.00	
49	PayPal Fees	\$300.00	
50	Bonding Fees - Board Members	\$1,500.00	\$1000 paid every 3 years - due March 2026
51	Interpretation services Region 8 Assemblies	\$3,000.00	
52			
53			
54	TOTAL EXPENDITURES	\$65,700.00	
55			
56	Allocated to Prudent Reserve (OA suggestion 40-60%)	\$26,806.74	41%
57			
58	TOTAL USES OF FUNDS (Total Exp+PrudResrv)	\$92,506.74	



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: _____



REGION 8 COMMITTEE PROGRESS REPORT

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Committee: Bylaws and E-Docs Assembly: 2025.2 (Virtual)

☒ Packet for Assembly OCT 24-26, 2025
Date of Assembly

☐ Progress Report

Date Period Covered

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

1. Verify committee members and get personal information
2. Prepare all motions for second business assembly
3. Chair stepped down, and was replaced by Barbara C.
4. Publish newsletter
- 5.

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

1. Added new members to committee; verified others' information
2. Decided on day and time for monthly zoom meetings/held monthly meetings (3rd Tuesday)
3. Collected articles for inclusion in newsletter -- sent to editor
- 4.
- 5.

Projections for the next period:

1. Next meeting will be November 18, 2025 -- 7 PM eastern EST (zoom)
2. Finalize "How to Draft a Motion"
3. Update P&P Manual to send to Board after assembly (add new motions)
- 4.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: Barbara J. Carter Date: August 15, 2025

PIPO

Specific Objectives:

- 1). Create a Region 8 social media/Facebook presence
- 2). Develop drafts of letters to EAP (Employee Assistance Program managers) faith leaders and medical professionals
- 3). Develop Seed Money Request Form for new F2F meetings in Region 8
- 4). Conduct PIPO Survey of on going PIPO efforts throughout the Region
- 5). Create power point of PIPO activities in the Region for the 2nd Region 8 Assembly

Actions/Activities towards these objectives:

1). Tami M. led the effort to create and maintain a facebook page for Region 8. She worked with Lonna and a fellow member, David, to create the account, attach her Intergroup ,herself and another Committee member, Nancy, as all access members so they can make changes and updates going forward. It is linked with Instagram and works in tandem.

2). Our Committee reviewed/approved drafts of these outreach letters after a subcommittee wrote them.

John I. utilized Chat GPT to mail these letters to 12 agencies which handle EAP programs throughout Region 8 in the U.S.

3). Lonna and I drafted a Seed Money Request form which was approved and placed on the Region 8 website

4). Pat. R. from the Committee took the results of the PIPO Survey and organized them into an attractive flyer. This was placed on the R8 website under the PIPO tab

5). Subcommittee has been formed to work on the powerpoint presentation of the Region 8 PIPO activities to present at the October Assembly

Projections for the next period:

- 1). Continue to administer the Region's Facebook and Instagram accounts
- 2). Translate the EAP, Faith Leaders and Higher Education outreach letters into Spanish, Portuguese and Creole and place them under our PIPO tab for all members to use
- 3). Have all willing PIPO Committee members utilize the outreach letters to send emails to appropriate entities within their communities
- 4). Ready Professional Outreach packages for distribution at the Assembly in Charlotte
- 5). Explore initiating a marketing campaign using state of the art technology (streaming apps and devices) to promote OA.

Expenditures for the period: We can't think of any.



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

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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

REGION 8 COMMITTEE PROGRESS REPORT

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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: _____

Progress report of the international committee.

We have met regularly, with good attendance and a great atmosphere of recovery, camaraderie, and service. We did not set any goals at the last meeting, so I cannot report on progress or objectives achieved. It was a challenge to maintain the positive momentum we had built up, which we have managed to do.

We have shared in our meetings about the future of our countries, our intergroups, and our personal recovery, and we have shared service experiences, especially in relation to the publication and sale of literature.

Perhaps the main shortcoming is that we have not been able to generate a flow of communication in the chat group to keep us connected outside of meetings, and I would like to see that improved in the coming period. Another good objective would be to increase awareness and knowledge of the various events that take place in our region throughout the year, many of which go unnoticed by our members.

Personally, I have been in communication with several countries, I have visited others, and the overall picture has not changed much in relation to what we have been experiencing: low participation and slow growth in face-to-face meetings, although I do notice a commitment on the part of members to sustain what we have while we wait for better times.

I greatly appreciate the visits that the coordinator and the custodian have been making to the different countries in the region; I hope we can continue to sustain this effort as it is very motivating for the members of the countries visited.

Thank you for allowing me to serve,

IGOR COMMITTEE REPORT

Hello dear Region 8 members. I have been the IGOR chair since July 2025 and happy about this big opportunity.

Thanks, our members

Sherry – R8 board Liaison

Our members

Dora P – IGOR CHAIR

Connie D

Rosalyn S

Michelle S

As you know these are the goals for this committee:

- ✓ Welcomes and offers aid to new unaffiliated Groups.
- ✓ Acts as the liaison between region 8 and unaffiliated Groups. Helps Groups who wish to affiliate with an Intergroup or form their own Intergroup.
- ✓ Encourages Intergroups to have a Speakers List.
- ✓ Encourages the formation of new Groups.
- ✓ Encourages Groups and Intergroups to send a Rep to Assembly, and a Delegate to WSBC.
- ✓ IGOR has three sub-committees: Referral, Assistance, and Intergroup Chairs. Not active

We have been meeting since July, 2025 and I am grateful for their love and support since I became IGOR chair and we are looking for answers to help intergroups:

- ✓ We are first reaching out to the unaffiliated meetings to be sure they exist.
- ✓ We had problems getting in touch with meetings with no emails.
- ✓ We haven't had any answer from Intergroup and meetings in Cuba and we don't know if it is still active.
- ✓ We are organizing a workshop in November

- ✓ We sent email to let intergroups / meetings and members to know about representative funding and IG ABC from Brazil received the funds.
- ✓ We are reaching out to intergroup and members about DSF

Thanks

Dora P – Region 8 IGOR chair



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

REGION 8 COMMITTEE PROGRESS REPORT

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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: _____

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, FL	305-338-0423	vicechair@oaregion8.org
Treasurer	Sherry S	Deerfield Beach, FL	818-398-4160	treasurer@oaregion8.org
Secretary	JC D	Palm Harbor FL	813-240-8572	secretary@oaregion8.org
Trustee	Laurie O	Portsmouth, VA	757-375-3304	trustee@oaregion8.org
Parliamentarian	Ellen F	Germantown, TN	901-647-3587	parliamentarian@oaregion8.org
12th Step Within (TSW)	Tina S	Brandenton, FL	941-993-9717	tswchair@oaregion8.org
Bylaws/Electronic Documents	Dora P	Taubate – Sao Paul, Brazil	+55 12 98845-2521	bylawschair@oaregion8.org
Technology/Website 1	Claudia S	Springhill, FL	352-238-8777	techwebchair@oaregion8.org
Technology/Website 2	NA			Techwebchair2@oaregion8.org
Intergroup Outreach (IGOR)	NA			igorchair@oaregion8.org
Ways & Means	Georgette P	Gainesville, FL	352-870-4454	waysandmeanschair@oaregion8.org
Public Info/Prof Outreach (PI/PO)	Andrea K	Miami, FL	540-664-6507	pipochair@oaregion8.org
International	Pablo G	Buenos Aires, Argentina	+541155789911	ICR8Chair@oaregion8.org
TSW Sponsor List	Lillian M	Stockbridge GA	770-313-1853	sponsors@oaregion8.org
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

Appendix F. REGION 8
INTERGROUPS and NATIONAL SERVICE BOARDS

State/Country	IG Number	Name of IG	Area Included	Phone Number	Website
Alabama	09119	Central Alabama IG	Midstate Alabama, Greater Birmingham	205-542-1312	https://oacentralalabama.blogspot.com/
Alabama	09198	Southwest Alabama IG	Mobile, Atmore and Daphne	N/A	N/A
Alabama	09283	North Alabama OA IG	Southeast Tennessee and North Alabama	N/A	N/A
Argentina	09671	Hermanded IG	All of Argentina	54 11 62642143	https://oa-argentina.org/
Arkansas	09138	Central Arkansas IG (CAIOA)	Central Arkansas	501-425-5781	https://oa-arkansas.org/
Arkansas	09577	River Valley IG	West Central Arkansas and East Central Oklahoma	479-474-1714	N/A
Aruba	09619	Aruba IG	Aruba	001-297-594-2636	N/A
Brazil	09505	Intergrupo Ceara	Fortaleza-Ceara	55 85 3220 7239	N/A
Brazil	09506	Interior De Sao Paulo IG	Cities In Inner Sao Paulo	N/A	N/A
Brazil	09507	Integrupo de MG (Minas Gerais)	Minas Gerais	55-31-3191-2885	N/A
Brazil	09560	Intergrupo Abe de CCA	Maua, Sao Bernando Do Campo, Santo Andre, Sao Caetano Do Sul, Rebeirao Pines	N/A	N/A
Brazil	09653	IG Sao Paulo	Sao Paulo City, Brazil	55-21-2534-5174	N/A
Brazil	09664	CCA Online Virtual IG	Virtual	N/A	https://ccaonline.com.br/
Brazil	09666	VIG Café Abstinente	Virtual	N/A	https://cafeabstinente.com.br/
Brazil	09679	IG Virtual Serenidade Online	Virtual	N/A	N/A
Brazil	09704	Rio de Janeiro IG	Rio de Janeiro state	N/A	https://cca.org.br/
Brazil	09962	Junceab NSB	MG Brazil	55-21-2532-5174	https://cca.org.br/
Colombia	09688	CCA Colombia IG	All of Colombia	57-32-0821-5476	https://comedorescompulsivoscolombia.org
Costa Rica	09604	Costa Rica IG	All of Costa Rica	50-68-317-7443	http://www.ccacostarica.org
Cuba	09576	Love Cuba IG	All of Cuba	53 -5833-0350	N/A
Dominican Republic	09635	IG de Comedores Compulsivos Anonimos de Republica	Republica Dominican	1-829-786-0033	N/A
Florida	09016	Central Florida IG	Orlando Metro Area, Orange, Seminole And North Osceola	386-402-6631	http://www.oacfi.org/
Florida	09065	Suncoast IG	Tampa Bay And Pinellas And Hillsborough Counties Area Included: Tampa Bay Hillsborough County Parts of Pasco and Citrus Counties	813-254-4190	http://www.oasuncoast.org/
Florida	09089	New Freedom IG	Northeast Florida And Southeast Georgia (200 mi. radius of	561-704-2917	http://www.oanfig.org/
Florida	09095	Gold Coast IG	South Florida, Fort Lauderdale, Boca	954-546-0348	http://www.oabroward.org/
Florida	09179	Highlands Ridge IG (Florida Ridge)	Highlands Ridge, Polk, Hardie, and Desoto Counties	727-310-5760	https://oahri.org/
Florida	09231	Southwest Florida IG	Lee, Hendry and Collier Counties	760-464-4399	http://southwestfloa.org/
Florida	09233	Palm Beach County IG	Palm Beach County	561-820-9492	http://www.oapalmbeachfl.org/
Florida	09240	Manasota IG	Sarasota and Manatee Counties	941-556-1293	http://www.oamanasota.org/
Florida	09386	Miami-Dade and the Keys IG	Miami, Dade and part of Monroe, Keys County	305-857-5627	http://oamiami.org/
Florida	09412	Pinellas Traditions IG	Pinellas, St Pete, Clearwater and	727-279-5630	http://www.oapinellas.org/
Georgia	09114	Greater Atlanta IG	Atlanta Metro Area	404-634-3314	http://atlantaoa.org/
Guatemala	09551	Guatemala-Vale La Pena IG	All of Guatemala	502-333-7584	N/A
Louisiana	09023	Central Office of Louisiana IG (COLA)	New Orleans and surrounding area	504-366-3230	https://www.oaneworleans.org
Louisiana	09064	Baton Rouge IG	Baton Rouge, Donaldsonville, New Roads, Plaquemine, Lafayette and Carencro	205-267-8759	http://oabatonrouge.org/
Louisiana	09213	North Louisiana IG	Northern half of LA, above Colfax, including Shreveport, Bossier City, Minden, Ruston, West Monroe, Monroe, Mansfield and	318 564-4413	N/A
Louisiana	09281	Southwest Louisiana IG	Louisiana Parishes, including Allen, Beauregard, Cameron, Calcasieu, Jeff Davis and	337-317-1682	N/A
Mississippi	09304	CenralMississippi IG	Central Mississippi	601-405-6463	N/A
Missouri	09346	Greater Ozarks IG	Greater Ozarks Area	216-246-7506	https://www.greaterozarksoa.org
North Carolina	09185	Piedmont IG	50 Mile radius of Charlotte	803-493-6870	http://piedmontintergroup.org/

North Carolina	09314	Triangle IG	Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties	919-406-9300	http://triangleoa.org/
North Carolina	09445	Triad IG	Triad Area Includ Winston-Salem, Greensboro And Highpoint	336-415-2255	https://www.triadoa.org/
South Carolina	09043	Grand Strand IG	South Carolina Grand Strand, Southern North Carolina coast, Pawleys Island, Litchfield, Murrells Inlet, Surfside, Carolina Forest, Conway, North Myrtle Beach, Longs, Little River, SC,	843-315-4060	https://grandstrandoa.org
South Carolina	09080	Central Midlands IG	Central midlands area of South	803-466-8853	https://www.centralmidlandsoa.com/
South Carolina	09220	Central Savannah River Area IG (CSRA)	Central Savannah River area	706-541-0580	N/A
Tennessee	09126	Smoky Mountain IG	Knoxville And East Tennessee, Smoky Mountains, Maryville, La; Follette, Morristown, Greenville,	865-599-1402	https://oasmokymtn.org/
Tennessee	09228	Middle Tennessee IG	Middle Tennessee, Nashville And Surrounding Counties	615-442-6780	http://oanashville.org/
Tennessee	09165	Greater Memphis Area IG	Western TN, Northern Mississippi	901-860-4990	http://www.oamemphis.com/
Tennessee	09260	Unity IG	Chattanooga, Tennessee And Northern Georgia	423-503-6851	http://www.oaunity.org/
Venezuela	09634	IG Esperanza Venezuela	Gran Caracas, Centro Oriente De Venezuela	005-841-4302-7205	N/A