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South America

**Southeastern Overeaters Anonymous Region 8
First Business Assembly of 2026
March 13th – 15th 2026
Charolette, North Carolina - Hybrid
Zoom Information Meeting Ids/Links TBA
All times are in Eastern Time**

Green Dot Orientation - March 6th Friday, 4:00PM, Zoom only

<https://us02web.zoom.us/j/88178479351?pwd=KcWQ1LIB3qAf1WHQ2DfyXBI3d7q2co.1>

Meeting ID: 881 7847 9351

Passcode: 002208

Friday Board and Funded Chairs Meeting 2:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/86200118447?pwd=0kZ2A7ortZhbWJjAnxCR6KHan1hQ1v.1>

Meeting ID: 862 0011 8447

Passcode: 209303

Friday PM Assembly Convenes 07:00 PM

<https://us02web.zoom.us/j/85390502108?pwd=aaP9q2Qvhu36HOhd6zDpqSlSnhzabx.1>

Meeting ID: 853 9050 2108

Passcode: 867161

Saturday Assembly Convenes 08:30 AM

<https://us02web.zoom.us/j/84360174614?pwd=4m5618yM5y78m6b4IAPomurQoBGKHb.1>

Meeting ID: 843 6017 4614

Passcode: 266395

Sunday Topic: IGOR Sharing Meeting 09:30 AM

<https://us02web.zoom.us/j/86476208413?pwd=bYvYllagmQZV8tbDOh7YfgBvUblDuo.1>

Meeting ID: 864 7620 8413

Passcode: 930363

Please be on time for all meetings. Everyone must be present in the room or on camera for the credentialing process and during voting 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 – can be found on the Region 8 website under the assemblies tab.
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 the current year.** 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! The form can be translated into Portuguese or Spanish by using the language selection at the top of the page. 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. 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 . If this is your first assembly or you are returning, please email the form to the Secretary at secretary@oaregion8.org when you register for the assembly.

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. Application for Rep Funding is requested sixty (60) days prior to the Assembly. 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.

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 on the website under the Region 8 tab Trusted Servants.

Business Assembly Agenda

Friday, March 13, 2026 (All Times Central/Eastern)

Time (Eastern)	Item#	Description / Topic
1:00 PM		Board Meeting: R8 Board Only
2:00 PM	1.	BOARD MEETING CONVENES as per Bylaws Art. V, Section 10A Funded Chairs Join – Open to All.
	2.	Old Business: <ul style="list-style-type: none">a. Approval of Minutes: 10/25/2025 Board Meeting(Secretary)b. Second 2026 Assembly Update (VC)c. Audits/Finances/R8DSF Update (Treasurer)d. OA Strategic Plan (Trustee)
	3.	New Business: <ul style="list-style-type: none">a. Emergency Motions / Other New Business
	4.	Break (10 minutes) if needed
	5.	<ul style="list-style-type: none">a. Check in & update on Committee issues & activities, questions, concerns – 10 min. each<ul style="list-style-type: none">1. Ways and Means2. Bylaws/Electronic Documents3. Intergroup Outreach (IGOR)4. Twelve Step Within (TSW)5. Public Information/Professional Outreach (PIPO)6. Technology (Tech)7. International
3:30 PM	6.	Close/Responsibility Pledge /Meeting Adjourns

Time (Eastern)	Item#	Description / Topic
7:00 PM		ASSEMBLY CONVENES (Breaks ~10 min / hour)
	1.	OA Readings Serenity Prayer Serenity Prayer Spanish Serenity Prayer Portuguese 12 Steps 12 Traditions 12 Concepts Voices of Recovery
	2.	ZOOM Basics Refresh (~5 minutes)
	3.	Appointment of Timer and Center Mike
	4.	Recognition of New Intergroups, New Reps (Green Dots), & Visitors
	5.	Introduction of Region 8 Board Members, Funded Committee Chairs, and Intergroup Chairs
	6.	Introduction of former Region 8 Board Members and Trustees
		7th Tradition - Please go to oaregion8.org to donate or scan the QR code. Thank You! 

Friday, March 13, 2025 (All Times Central/Eastern)

7:30 PM	7.	Convention attendees join the Business Assembly for Welcome Skit
	8.	Presentation and Discussion Panel
	9.	Announcements
	10.	Recess Responsibility Pledge, followed by The OA Promise Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Saturday, March 14, 2025 (All Times Central/Eastern)

Time (Eastern)	Item#	Description / Topic
8:30 AM	11.	ASSEMBLY RECONVENES
	12.	OA Readings Serenity Prayer Serenity Prayer Spanish Serenity Prayer Portuguese 12 Steps 12 Traditions 12 Concepts Voices of Recovery
	13.	Introduction of Center Mike & Timer
	14.	Credentials Report
	15.	Adoption of Agenda
	16.	Introduction of Parliamentarian & short parliamentary lesson
	17.	Adoption of Standing Rules
	18.	Approve Consent Agenda (if applicable)
	19.	Approve minutes from Second 2025 Assembly (by consent)
	20.	7th Tradition Please go to oaregion8.org to donate or scan the QR code. Thank you!

		
	21.	Board Reports (5 minutes for report and 5 minutes for questions) a. Chair b. Vice-Chair c. Secretary d. Treasurer
	22.	Trustee Report (10 minutes for report and 5 minutes for questions)
	23.	PIPO Presentation
	24.	Break
10:30 AM	25.	Committee Meetings 1.5 Hours (or until finished)
12:00 PM	26.	Lunch Break
2:00 PM	27.	ASSEMBLY RECONVENES
	28.	Credentials
2:30 PM	29.	Motions - Bylaws & P&P a. Motion 1 b. Motion 2 c. Motion 3
	30.	New Business
		a. Nominations for Second Assembly Board Member elections 1. Nominations for Vice-Chair 2. Nominations for Secretary
		b. Committee Chair selection announcements

Saturday, March 14, 2025 (All Times Central/Eastern)

		c. Emergency Motions
	31.	Presentations for future assemblies (if needed)
	32.	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 (Tech)
		g. International Committee
	33.	For the good of the order (time permitting): Intergroup Announcements (etc.) from the floor
	34.	GREEN DOT CEREMONY
	35.	Assembly Evaluation
	36.	Announcements Tomorrow 8:00 AM Region 8 Board & Committee Chairs Meeting 9:30 AM Intergroup Sharing Meeting (Everyone Invited)
5:00 PM	37.	ASSEMBLY ADJOURNS Responsibility Pledge, followed by The OA Promise Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Sunday, March 15, 2026, Post Assembly (All Times Central/Eastern)

Time (Eastern)	Item #	Description / Topic
8:00 AM	1.	BOARD MEETING CONVENES as per Bylaws Art. V, Section 10A Funded Chairs Join - Open to All.
9:30 AM	2.	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 at https://oaregion8.org/committees/igor/ .

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

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules. The Secretary will include these standing rules in the assembly packet for Face to Face (Hybrid) assemblies.

1. Participation in Assembly

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

2. Voting Procedures

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

3. Recognition for Physically Present Representatives

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

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

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

4. Motions and Debate

a. Process for New Business Motions

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

- b. Debate. There will be a maximum of three pro and three con speakers to each motion. There will be a maximum of two pro and two con speakers to each amendment. Each speaker may speak for a maximum of three minutes.
- 1) Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
 - 2) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
 - 3) The **first speaker is always pro** and is usually the maker of the motion (unless they wish to have another voting member speak).
 - 4) If **more than the maximum number** of speakers wishes to speak to a motion, they are encouraged to select among themselves those speakers who can best represent their views.
 - 5) There shall **be at least one pro and one con speaker** before any discussion on the motion is taken from the center microphone. Voting members who wish to speak shall follow the recognition procedure outlined above.
 - 6) A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments and requires a 2/3 vote.
 - 7) To save time on a simple amendment to a motion, the Chair may ask the maker of the motion if they would be willing to accept a “**friendly amendment.**” If the maker of the motion agrees and there is no objection from the Assembly, the motion is changed to include the amendment.

5. Miscellaneous Rules

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

Region 8 Unapproved Second Assembly Minutes October 2025

- 07:04 PM ASSEMBLY CONVENES Friday 10/24/25
- OA Readings
 - Serenity Prayer- Susan B.
 - Serenity Prayer Spanish- Pablo
 - Serenity Prayer Portuguese- Veronica
 - Serenity Prayer English- Tina S.
 - 12 Steps - Shirley
 - 12 Traditions- Claudia
 - 12 Concepts – Laurie
 - Voices of Recovery- Neil
 - Voices of Recovery Spanish – Pablo
 - Voices of Recovery Portuguese – Dora
- 07:18 PM Chair requests Tech committee to make all board members cohosts
- 07:19 PM ZOOM Basics Refresh – Claudia
- 07:22 PM - Recognition of New Intergroups – no new intergroups, New Reps (Green Dots) = Kathy Smokey Mountain, Sheila Greater Atlanta – Atlanta, & Visitors = Michelle
- 07:28 PM - Introduction of Region 8 Board Members and Funded Committee Chairs and
- Introduction of former Region 8 Board Members, and Trustees = Michelle, Dora
- Intergroup Chairs Tammy, Pat, Gislaine, Anna, Julia, Veronica, Mary,
- 07:33 PM Roll Call (Virtual) and Credentials – credentials are 38
- Adoption of Agenda – moved to tomorrow by no objections
- 07:48 PM 7th Tradition – please donate, preferred method is Zelle
- Updated credentials – 39 voting
- 07:49 PM Appointment of Timer – Anna of Tech
- 07:49 PM Break – 10 min
- 08:00 PM Presentation and Discussion Panel – Topic: Unity, Sherry S. and Barbara C., Julia S.
- 08:59 PM 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.
- Announcements: We meet tomorrow 9 AM. Sheila – Please work with your fellow reps to get your credentialing. Vivian please work with your intergroup chair to get your credentialing and you need to register for the assembly. Tech committee asks that we understand they are volunteers. Lonna asks the translators to stay on.

ASSEMBLY RECONVENES Saturday October 25, 2025 09:00 AM

- Zoom Refresh 09:00 AM – Shirley
- 09:02 AM Serenity Prayer – Sherry S.
 - Serenity Prayer Spanish – Stuart S.
 - Serenity Prayer Portuguese- Gislaine
- We will now have the OA Readings
 - 12 Steps- Georgette P.
 - 12 Traditions- Julia S.
 - 12 Concepts- Barbara C.
 - Voices of Recovery- Andrea K.
- 09:14 AM Timer is Anna, Introduction of Center Mike & Timer – Gary = explanation of Center Mike and reminder to rename self on Zoom correctly
- Credentials Report – voting 43
- 09:30 AM Introduction of Parliamentarian & short parliamentary lesson
- 09:33 AM Credentials Report updated – voting 44
- 09:33 AM Adoption of the Agenda - Adopted
- 09:43 AM Adoption of Standing Rules- Adopted
- 09:35 AM Approve Consent Agenda- no objections. Vote for consent agenda, Motions 2, 3 - approved
- 09:37 AM Approve minutes from First Assembly 2025- Approved
- 09:37 AM 7th Tradition - Please go to oaregion8.org to donate. Thank You!
- 09:42 AM Board Reports
 - a. Chair- Addendum to Chair report placed in the chat
 - b. Vice Chair - completed
 - c. Secretary- completed
 - d. Treasurer – no report in the assembly packet
- 10:10 AM- Trustee Report
- 10:20 AM- Break
- 10:40 AM- PIPO presentation- completed
- 10:54 AM- Chair presents: Theme for OA Board of trustees and Region Chairs. Ideally all service bodies will incorporate these themes in their workshops. “The Power of We” – PDF of workshop displayed, workshop outline, It is a 2-3 hour workshop. Would be good for Unity Day or TSW Day. There is also a worksheet. Not intended for the Region to present, but individual service bodies. Documents to be put in chat and ask they be added to the Region 8 website for download. This would be good for TSW committee to use for a workshop. Directions on how to download from chat.

- Question- why no Treasurer report? – No report was submitted for the packet. This will be addressed when budget is addressed
- 11:05 AM- Committee Meetings 1.5 Hours
- Lunch Break
- 02:00 PM ASSEMBLY RECONVENES
- 02:01 PM Credentials- 41 voting
- 02:11 PM Final Report from First Assembly 2025- Katrina S.
- 02:24 Credential- 42 voting
- 02:25 ZOOM Refresh- Shirley
- Motions - Bylaws & P&P
 - Motions 1- Reimbursement for mileage actual expenses - debate
 - Update to credentials- 43 voting
 - Motion 1- Reimbursement for mileage actual expenses- motion fails
 - Motion 4- Change to 1 Tech Chair- motion fails
 - Motion 5- Professional AV support for tech- motion passes
- Elections
 - a. Chair – Julia S elected
 - b. Treasurer- Sherry S elected
 - c. Delegates to WSBC 2026- Andrea K and Susan B elected. No money in budget at this time, emergency motion to address possibility of adding to budget
- New Business
 - a. Budget- 2025-26 - Approved
 - b. Committee Chair selection announcements- Bylaws - Debby H
 - c. Bids for First Assembly and Convention, 2027- not addressed
 - d. Emergency Motions- Board may add to the budget in interim for fiscal year 2026- motion passed
- Committee Reports
 - a. Ways & Means – will work more closely with treasurer, set new prices
 - b. Bylaws/Electronic Documents- Debby new chair
 - c. Intergroup Outreach (IGOR)- planning a workshop
 - d. Twelve Step Within (TSW)- planning workshop and other ideas
 - e. Public Information / Professional Outreach (PI/PO)- explore ways to get work out to professionals and increase face to face meetings
 - f. Technology/Website (Tech/Web)- train committee on Zoom
 - g. International Committee- continue meeting
- For the good of the order: NA
- Intergroup Announcements (etc.) from the floor: NA

- GREEN DOT CEREMONY - completed
- Assembly Evaluation- Susan asks Tech committee to send out link via email, everyone to complete

- Announcements-
 - Tomorrow, 9 AM Region 8 Board & Committee Chairs Meeting
 - 10 AM Intergroup Sharing Meeting (Everyone Invited)
- 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.

Results of Motions Region 8 OA October 2025 Assembly

Consent Agenda

Motion 2- Update Secretary PnP- passes

Motion 3- Update assembly fees- passes

Individual Motions

Motion 1- Reimbursement for mileage actual expenses- motion fails

Motion 4- Change to 1 Tech Chair- motion fails

Motion 5- Professional AV support for tech- motion passes

Emergency Motion – Board may add to the budget in interim for fiscal year 2026- - passed

Report of Julia S. Chair

Thank you all for allowing me to serve you as Region 8 Chair!

I am very grateful for the generous assistance offered by present and past Board members, other region chairs, and those at the World Service Business Office in helping me transition to the Chair position. In their collaboration they are showing me how to live out this year's OA theme, "The Power of WE."

Since becoming chair in October, with the supportive assistance of the other Region 8 Board members I have spent time learning the people, ideas, policies and procedures, and culture of Region 8 in a new way. I look forward to meeting as many of you as possible and being of service in my new role. Please let me know how we can best serve you.

OA Region 8 Vice Chair Report First Assembly 2026

Hello Region 8,

Here we are in 2026 and during this past period we happily welcomed our new Chair, Julia, and Treasurer, Sherry.. It has been a seamless transition with business going on as usual!

I am pleased to report there is smooth sailing ahead this new year. I thank the Piedmont Intergroup for this Assembly. The Second Assembly this year will be hosted by the Arkansas Intergroup, we look forward to being in Little Rock in September .Registration will be available this week-end

Presently, I am in discussion with the Greater Atlanta IG for the First Assembly in 2027, and Middle Tennessee (Nashville) for the Second. I am hoping for confirmation from both by the time we meet here in Charlotte.

I am pleased to announce that we have an updated (January 2026) Hosting Manual that is expected to be posted on the Region 8 website prior to this Assembly. The manual is a major tool that offers a detailed step by step guide in the bidding process and hosting procedures. Also please know the Vice Chair, and the Board are always here to help a willing IG through the hosting process. It's not too early to think 2028!

As the board liaison to the PIPO committee, I am honored to work with such a passionate and committed group. The committee has implemented a number of projects and ideas that local Intergroup/NSBs can apply in their areas such as Letters to Higher Education, Faith Leaders, Health Professionals, Employee Assistance Programs, etc. There is much more to come throughout 2026.

Check out the PIPO Committee Report!

If I can help you or your Intergroup in any way, feel free to email me, vicechair@oaregion8.org or lonnacohen@gmail.com

Your Trusted Servant,
Lonna C.

Please note: At this Assembly we will be accepting nominations for Vice Chair and Secretary as our terms are coming to an end at the next Assembly in September. Please consider giving service and running for these positions.

Hello fellowship, and trusted servants,

A year ago, I was asked to step in and become SOAR8 Treasurer. I never expected to do service above the group level. I am glad I said, "Yes."

At first, I thought, sure this can be easy. I know from running my own business how to keep track of business expenses and work with an application for tracking deposits and expenses.

Being Treasurer of SOAR8 is much more than this. I have learned that I am responsible for protecting the funds received from the fellowship and how the board and the members of the assembly spend the fellowship's donations.

This required me to look at current expenses, donations, and prior years so that we create a balanced budget. Through a very honest mistake, our income was calculated wrong. With the help of the Board and past Treasurer, we were able to balance the budget, however adjustments had to be made for funding of committees. This was not an easy task.

With the help of the Board, we decided to appeal to you and all of SOAR8 to help us bring us to a more secure financial place, so that appeal was made.

I am so grateful to those that heard us and special donations started to come in. These came in via individual members and Intergroups. Your generosity is more than just appreciated.

My task now, with the help from the Board, is to categorize our expenses so that we know exactly where the 7th tradition money is wisely spent. I am carefully keeping track of every expenditure so that they match the budget allotted line items. When I sit down to do the budget and request from the assembly committees for funds I will be able to make appropriations to help Soar8 carry the message to those in and out of the rooms.

Again, I would like to thank each and everyone one of you for your special donations and your trust in me as a trusted servant.

In closing, I am much more comfortable in my board position as the Treasurer of Soar8. Sorry to not be here at the Assembly, however I will be at the 2nd Assembly and give personal hugs and thank yous.

Sending hugs from heart to all who share my compulsion.

Sherry A.

Region 8 Treasurer

Secretary Report
OA Region 8

First Assembly 2026

January 7th 2026

Life is good here in Florida. As secretary, it is a pleasure to be a part of OA service. I will be rotating out of the secretary position this September. It is not too early to be thinking about transitions. I write asking all SOAR 8 trusted servants (reps) to consider applying to the role as secretary.

The role of secretary is a considerable service commitment and the benefits are also considerable. I can honestly say, I feel a part of OA as a whole every day of my life. I have a sense of purpose, a way to be useful to HP and others. I also find myself connected to and communicating with many other OAers across the Region who take their program seriously. Conversations, which start about the business of OA, lead into conversations about life, the steps and finding HP's will.

This is brief summary of the Region 8 Secretary's role.

- Send email reminders for packet reports.
- Manage the certificates of eligibility and take roll call during assemblies.
- Collect all reports, applications, motions and combine to create the assembly packet. Add any additions or corrections to make the final updated packet of information.
- Assign new region reps to committees and mentors to Green Dots.
- Record the minutes of the board meetings and assemblies.
- Serve as a committee board liaison (contact person) throughout the year.
- Archive prior assembly minutes and approved motions at this assembly.

There are of course, more details. I recently created a "Useful Information" sheet for anyone joining the Region 8 board or committee chair service. I would of course be available to train someone and available later for questions or clarifications. If interested, please reach out to me via email or phone. The application for Board positions may be found on the Region 8 website under the assembly page.

I am excited to be back to face-to-face Region 8 recovery. I have met and stayed in contact with many OAers in Region 8. These friendships sustain me and support my recovery.

Thank you for the opportunity of giving service.

JC Devitt

Secretary
Region 8 OA

REGION 8 TRUSTEE LIAISON

ASSEMBLY REPORT

January 18, 2026

Submitted By: Laurie O’Leary

World Service Office

What’s going on at World Service? More than you can imagine! There are new podcasts, an updated “To the Man” pamphlet, reports on each region’s 7th tradition contributions and how they are spent, opportunities to contribute your thoughts for new literature, virtual workshop announcements, special OA-wide events, and an ever-evolving series of Lifeline stories. We are also actively recruiting for a new Managing Director to replace Dan Sandweiss who is retiring. Here is the link for A Step Ahead News: <https://oa.org/news/>. You can browse there as you wish or sign up to receive a link for email news updates.

Board of Trustees

The Board held its regular quarterly virtual meeting in November. These meetings offer opportunities for the World Service Office (WSO), Trustees, and Region Chairs to have productive dialogue about issues and opportunities facing the fellowship. Topics include finances, regional successes and concerns, membership trends, fellowship needs like literature and translation services, technology, and all manner of topics devoted to helping us carry the message.

At the November meeting the Board approved the 2026 budget of \$1,825,450 2026. Sadly, this represents a 10.9 percent decrease in revenue and spending compared to the 2025 budget. After cutting \$259,000 from planned expenses and still falling short of what is needed to meet our primary purpose, the Board decided to use \$178,600 of OA’s prudent reserve to help fund 2026 operations. (You can see more details including categories of expenses and region by region 7th tradition contributions in A Step Ahead News.) A new Unity with Diversity Checklist pamphlet was approved for consideration at World Service Business Conference 2026. The Board also voted to reschedule future virtual meetings to better accommodate worldwide time zones during waking hours. We are a global fellowship!

Around Region 8

As most of you know, Region 8 hosted in Orlando last August the first OA worldwide convention in nine years. Many of you volunteered and attended, so you know what a treat it was to get together with hundreds of your fellows from around the world. No doubt lifetime friends were made and affirmed, and many of you were able to meet face to face for the first time people you’ve only known through virtual events. We all got a huge recovery boost, and are hopeful for another convention in five years.

Outgoing Region Chair Susan B., International Committee Chair Pablo G. and I traveled in October to Dominican Republic for a weekend retreat with fellow members there. What a warm and gracious welcome we received! They provided lunch and a place for us to stay, making the trip very affordable, and it was well worth it. Where the hosting group typically only has a handful of attendees, the event drew a crowd of about 25, which is phenomenal for such a remote area. They are small but mighty in their determination to carry the message across the island. We continue to correspond via WhatsApp to keep the communication going.

In love and service,

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

	Adopted
	Amended
	Lost

TYPE OF MOTION

X Standard

Amendment

Emergency

SOAR8

Motion 1: Amend Region 8 Policy & Procedure Manual

Motion: Move to remove duty of administration of seed money requests from PIPO so that IGOR may have said duty.

CURRENT WORDING	PROPOSED WORDING
<p>XXII. Public Information/Professional Outreach Committee <i>A. Purpose</i> <i>B. Duties</i> 14. Approve applications for new face-to-face meetings and provide up to \$100 funding.</p>	<p>XXII. Public Information/Professional Outreach Committee <i>A. Purpose</i> <i>B. Duties</i> 14. Approve applications for new face-to-face meetings and provide up to \$100 funding.</p>

	Adopted
	Amended
	Lost

TYPE OF MOTION

X Standard

Amendment

Emergency

SOAR8

Motion 2: Amend Region 8 Policy & Procedure Manual

Motion: Motion to amend P&P to add financial policies and procedures regarding the administration of seed money requests.

CURRENT WORDING	PROPOSED WORDING
<p>XX. Intergroup Outreach Committee (IGOR)</p> <p>A. Purpose</p> <ol style="list-style-type: none"> To create cohesion, promote contact and foster unity within Region 8. To serve as a link between Region 8 and unaffiliated Groups. <p>B. Duties</p> <ol style="list-style-type: none"> Act as liaison between Region 8 and unaffiliated Groups. Help Groups who wish to affiliate with an Intergroup or form their own Intergroup. Help large Intergroups divide into smaller Intergroups, if they desire. Encourage Intergroups to send a Representative to Assembly, and a Delegate to WSBC. Encourage use of Twelve Traditions to promote and protect the growth of members, Groups, and Intergroups. Encourage communication, sharing of ideas, and support between Intergroups. Distribute WSO printouts to unaffiliated Groups. Communicate Region and WSO information (as received) to Intergroup chairs and IGOR Committee. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs as described below. Act as a liaison to maintain relationships with Latin America Groups. 	<p>XX. Intergroup Outreach Committee (IGOR)</p> <p>A. Purpose</p> <ol style="list-style-type: none"> To create cohesion, promote contact and foster unity within Region 8. To serve as a link between Region 8 and : <u>(a) registered Intergroups</u> <u>(b) unaffiliated Groups.</u> <u>3.To help establish new face-to-face meetings</u> <p>B. Duties</p> <ol style="list-style-type: none"> Act as liaison between Region 8 and unaffiliated Groups. Help Groups who wish to affiliate with an Intergroup or form their own Intergroup. Help large Intergroups divide into smaller Intergroups, if they desire. Encourage Intergroups to send a Representative to Assembly, and a Delegate to WSBC. Encourage use of Twelve Traditions to promote and protect the growth of members, Groups, and Intergroups. Encourage communication, sharing of ideas, and support between Intergroups. Distribute WSO printouts to unaffiliated Groups. Communicate Region and WSO information (as received) to Intergroup chairs and IGOR Committee. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs as described below. Act as a liaison to maintain relationships with Latin America Groups. <u>11. Approve applications for new face-to-face meetings and provide up to \$100 funding per meeting within budget constraints.</u>

	Adopted
	Amended
	Lost

TYPE OF MOTION

X Standard

Amendment

Emergency

SOAR8

Motion 3: Amend Region 8 Policy & Procedure Manual

Motion: Insert in item IX Financial policies the item E.

New words are underlined **in red**.

CURRENT WORDING	PROPOSED WORDING
	<p><u>E. Seed Money Fund for new Face-to-Face meetings</u></p> <ol style="list-style-type: none"> 1. <u>The purpose of the fund is to encourage growth in face-to-face meetings.</u> 2. <u>The Region 8 Seed Money Fund may allocate up to \$100 per new registered meeting as Region 8 budget allows.</u> 3. <u>Applicants will complete a “Request for Seed Money” form and forward it to the IGOR committee chair. (see https://oaregion8.org/business-documents/ for “Seed Money Fund” Request Form-Appendix F-form 19</u> 4. <u>Allocation of \$100 “Seed Money” shall be made by the funding committee with the following guidelines:</u> <ol style="list-style-type: none"> a. <u>IGOR committee establishes with Region 8 Treasurer that funds are available.</u> b. <u>Qualifying meetings are limited to face-to-face meetings within Region 8.</u> c. <u>Priority may be given to requests coming from under-served and/or financially disadvantaged areas.</u> d. <u>It is expected that the funds will be used to purchase/provide OA literature, pamphlets and books to help carry the message.</u> e. <u>It is understood that this is a one time only source of funding as meetings are expected to be self-supporting declining outside contributions.</u>

SUBMITTED BY:

- Position/Committee: IGOR COMMITTEE / IGOR CHAIR
- Name: Dora Prolungatti
- Email Address: dorapr8@gmail.com

INTENT: Insert seed money funds to the financial policies in Region 8 as an IGOR funds

IMPLEMENTATION: UPDATE P&P

COST: No cost

PRIMARY PURPOSE: Help new meetings to start and allow IGOR to work with the new meetings

If this is an **EMERGENCY MOTION**, please explain why:

Region 8’s Seed Money of up to \$100 is available to aid new Face-to-Face Meetings with start-up expenses.

The Region 8 IGOR Committee shall review and approve requests for seed money. Region 8 is seeking to support the growth of OA membership by encouraging the formation of Face-toFace meetings.

Please register your meeting on OA.org and record your assigned meeting number:

Meeting #:

INSTRUCTIONS: Please save this blank form to your own device first, before entering any data. Then open the saved file from your device. Proceed to complete the form and then save the file again with your entered data. Once you have completed this form and saved it, please attache it in an email and send to the following: igorchair@oaregion8.org and treasurer@oaregion8.org

Service Body Name (if applicable)		Service Body #	
Meeting Day of the Week		Meeting Time	
Type of Meeting (example; Speaker, Big Book, etc)			
Meeting address		City	
State/Province		Country	
Postal Code			
Meeting Contact Name		Telephone #:	
Email Address			
Service Body Officer Signature/Title (if applicable)			

Please detail the planned use of seed money:	
Amount contributed by Service Body (if any)	
Amount approved by Region 8 IGOR Committee	
IGOR Chair Signature (to be completed by IGOR Chair)	



Southeast Overeaters Anonymous Region 8



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

REGION 8 COMMITTEE PROGRESS REPORT

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

Committee: _____ Assembly: _____

Packet for Assembly _____
Date of Assembly

Progress Report _____
Date Period Covered

Specific objectives for the period: (Numbered List)

1.

2.

3.

4.

5.

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

1.

2.

3.

4.

5.

Projections for the next period:

1.

2.

3.

4.

5.

Expenditures for the period: \$ _____

Committee Chair: _____

Date: _____

Specific Objectives:

1). Finalize the outreach letters with translations to Spanish, Portuguese and Creole

Include draft of outreach letter to health professionals with already drafted EAP, Higher Education and Faith Leader letters

2). Place the letters on our website

3). Introduce the letters to all SOAR 8 via email

4). Finalize preparations for the Charlotte Assembly

5). Member survey to All SOAR 8, "How did you hear about OA?"

to gauge most effective ways of outreach to the public

Actions/ Activities conducted toward objectives:

1). Form subcommittee to create the letter to the health professional and obtain translation to 3 other languages

2). Work with Lonna and MJ to place the letters on our website

3). Draft email to All SOAR 8 members about the letters with suggestions about how individual members as well as Intergroups

can utilize them for no cost PIPO outreach

4). Purchase literature and other items for the PIPO display table in Charlotte

Ensure our presentation on direct marketing on streaming services is set to go

Purchase additional documents/pamphlets for the Professional Outreach folders

5). Draft survey for objective # 5

Projections for next period:

1). Explore the possibility of staffing a "warm" line for Region 8 to field calls about OA

2). Update our PIPO tab to get rid of outdated and duplicative material

3). Include on our website the outreach letters with translations

4). Include the presentation from the Charlotte Assembly on marketing through streaming services

5). Follow up on results of members who took the Professional Outreach folders in the Charlotte Assembly

Expenditures for the period:

Approximately \$200 to purchase literature for our PIPO display table and Professional Outreach packets at the Charlotte Assembly



Southeast Overeaters Anonymous Region 8



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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: _____



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

REGION 8 COMMITTEE PROGRESS REPORT

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Committee: _Bylaws-Electronic Documents_____ Assembly: _Charolotte-March 2026_____

Packet for Assembly ___March 13-14, 2026_____ Progress Report _____
Date of Assembly *Date Period Covered*

Specific objectives for the period: (Numbered List)

1. Monthly meetings of the Bylaws Committee

2. Update the PnP Manual to reflect previous passed motions and any adjustments in our organization to be in alignment with OA.ORG, Adjust any downloadable forms on the website to reflect current practice as outlined in the PnP Manual

3. Update the Bylaws to reflect any changes due to previous Business Assemblies

4. Update the Hosting Manual to reflect current practice as well as provide recaps from prior two assemblies

5. Work on the "Make a Motion" file to introduce an audio component

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

1. Monthly meetings were held, addressing each of the objectives outlined above as well as reviewing motions prepared for introduction at this Assembly. The Region 8 Newsletter was mailed out in February 2026
2. PnP Manual was updated. Downloadable documents were adjusted to reflect any changes. Updates were presented to the board, with any corrections or adjustments recommended. A revised document was finalized in February 2026. Of note is that the document which was presented contained a virus. This was rebuilt in hopes that the virus is eliminated.
3.
No changes were made to the Bylaws
4. Hosting Manual was updated with necessary information and documentation. A revised copy was submitted in February 2026
5. No appreciable work was done on the "Make a Motion" information.

Projections for the next period:

1. Continue to meet monthly, warmly welcoming any new members of our committee
2. Revise the PnP Manual and or Bylaws with any approved motions which may come out of our First Assembly 2026
3. Work on making the disseminating/editing/approving of the Newsletter more effortless. There are definitely growing pains which have been identified and we are committed to making this easier for future trusted servants.
4. Working on upcoming proposed motions for our second Assembly in a timely manner.
5. Finalize our "How to Make a Motion" document for posting on the Region 8 website

Expenditures for the period: \$ 0.00

Committee Chair: Debby H. Reg.8 Bylaws

Date: _____



Southeast Overeaters Anonymous Region 8



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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: _____



Southeast Overeaters Anonymous Region 8



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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	Julia S	Slidell, LA	985-788-3411	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	Bradenton, FL	941-993-9717	tswchair@oaregion8.org
Bylaws/Electronic Documents	Debby H	New Smyrna, FL	386-402-6631	bylawschair@oaregion8.org
Technology/Website 1	Claudia S	Springhill, FL	352-238-8777	techwebchair@oaregion8.org
Technology/Website 2	-	-	-	Techwebchair2@oaregion8.org
Intergroup Outreach (IGOR)	Dora P	Taubate – Sao Paul, Brazil	+55 1298845-2521	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	786-210-7977	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	Neil MC	Raleigh, NC	919-789-9402	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 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	Arkansas IG (CAIOA)	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 Abc 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	Juncab 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.cacostarica.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 Counties	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 Jacksonville)	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 Area	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 Largo	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 Natchitoches	318 564-4413	N/A
Louisiana	09281	Southwest Louisiana IG	Louisiana Parishes, including Allen, Beauregard, Cameron, Calcasieu, Jeff Davis and Jefferson and Vernon, Texas	337-317-1682	N/A
Mississippi	09304	Central Mississippi 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.triadao.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, Calabash, NC, more	843-315-4060	https://grandstrandoa.org
South Carolina	09080	Central Midlands IG	Central midlands area of South Carolina	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, And Sevierville	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