



Southeastern Overeaters Anonymous Region 8



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

## **Southeastern Overeaters Anonymous Region 8**

### **Second Business Assembly of 2026**

**September 25-26<sup>th</sup> 2026**

**Little Rock, Arkansas- Hybrid**

**Zoom Information Meeting Ids/Links TBA**

**All times are in Central Time**

**Green Dot Orientation – 09/18/26, 6:00 PM, Zoom, Meeting ID: 858 6245 0015 Passcode: 864194**

<https://us02web.zoom.us/j/85862450015?pwd=qMP30FGqMPigyLtsVU4vKoh2b4PbGM.1>

**Friday Board and Funded Chairs Meeting 2:00 PM Meeting ID: 871 1650 0404 Passcode: 636989**

<https://us02web.zoom.us/j/87116500404?pwd=J8JVSvnialPmRCoc1CLYzZLoZQ7cGk.1>

**Friday PM Assembly 6:30 Zoom setup, Convenes 07:00 PM Meeting ID: 858 6245 0015 Passcode: 864194**

<https://us02web.zoom.us/j/85862450015?pwd=qMP30FGqMPigyLtsVU4vKoh2b4PbGM.1>

**Saturday Assembly Convenes 08:30 AM Meeting ID: 813 6063 8539 Passcode: 525360**

<https://us02web.zoom.us/j/81360638539?pwd=aioqh89twbU98E68aYetULVzXfY5o6.1>

**Sunday Board and Funded Chairs Meeting 07:30 AM Meeting ID: 817 3040 0701 Passcode: 948356**

<https://us02web.zoom.us/j/81730400701?pwd=ZVS0kVfmLlcnPA1deKmHbMIAAmLXaU.1>

**Sunday Topic: IGOR Sharing Meeting 09:00 AM Meeting ID: 840 3814 3230 Passcode: 725528**

<https://us02web.zoom.us/j/84038143230?pwd=OnFzuZaL5s23bk77JNiva0WE9yUzah.1>

**Region 8 is now using an interpretation app in Zoom. Everyone using Zoom (including English Speakers) are to turn on the interpretation feature in Zoom before the Assembly. See directions in this packet and Zoom attendees please arrive 6:30 PM Friday for setup.**

**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.**

**Please note the Bylaws and PnP are included in this packet – be mindful when printing.**

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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](mailto: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](mailto: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](http://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](mailto:secretary@oaregion8.org) . If this is your first assembly or you are returning, please email the form to the Secretary at [secretary@oaregion8.org](mailto:secretary@oaregion8.org) when you register for the assembly.

**ASSEMBLY REGISTRATION FORMS** Registration forms for this assembly can be found at [www.oaregion8.org](http://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](mailto: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](mailto: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.

| Time<br>Central/Eastern | Item<br># | Description / Topic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30/10:30 AM           |           | <b>Board Meeting: R8 Board Only</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 2:00/3:00 PM            | 1.        | <b>BOARD MEETING CONVENES as per Bylaws Art. V, Section 10A Board and Funded Chairs Join – Open to All.</b>                                                                                                                                                                                                                                                                                                                                                                                               |
|                         | 2.        | <b>Old Business:</b> <ul style="list-style-type: none"> <li>a. Encouraging and mentoring Region 8 leadership</li> <li>b. Audits/Finances (Treasurer)</li> <li>c. OA Strategic Plan (Trustee)</li> </ul>                                                                                                                                                                                                                                                                                                   |
|                         | 3.        | <b>New Business:</b> <ul style="list-style-type: none"> <li>a. 2027 Assembly update</li> <li>b. Emergency Motions</li> <li>c. Secretary position</li> <li>d. Committee Chair terms</li> <li>e. This assembly's emphasis on P&amp;P/Bylaws. <ul style="list-style-type: none"> <li>1. In committee meetings please read the purpose and duties of your committee.</li> <li>2. Discuss if changes are needed to the P&amp;P or Bylaws.</li> </ul> </li> </ul>                                               |
|                         | 4.        | <b>Break (10 minutes) if needed</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                         | 5.        | <ul style="list-style-type: none"> <li>a. Check in &amp; update on Committee issues &amp; activities, questions, concerns – 10 min. each <ul style="list-style-type: none"> <li>1. Ways and Means</li> <li>2. Bylaws/Electronic Documents</li> <li>3. Intergroup Outreach (IGOR)</li> <li>4. Twelve Step Within (TSW)</li> <li>5. Public Information/Professional Outreach (PIPO)</li> <li>6. Technology (Tech)</li> <li>7. International</li> </ul> </li> </ul>                                          |
| 3:30/4:30 PM            | 6.        | <b>Close - Responsibility Pledge, followed by The OA Promise</b> <p><b>Responsibility Pledge:</b> Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.</p> <p><b>The OA Promise:</b> I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.</p> <p>We are all together now, reaching out our hands for power greater</p> |

|                         |           | than ours, and as we join hands we find love and understanding<br>BEYOND OUR WILDEST DREAMS!                                                                                                                                 |
|-------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Time<br>Central/Eastern | Item<br># | Description / Topic                                                                                                                                                                                                          |
| 6:30/7:30 PM            |           | <b>Support for Zoom connection and captions</b>                                                                                                                                                                              |
| 7:00/8:00 PM            |           | <b>ASSEMBLY CONVENES</b>                                                                                                                                                                                                     |
|                         | 1.        | <b>OA Readings</b><br>a. Serenity Prayer<br>b. Serenity Prayer Spanish<br>c. Serenity Prayer Portuguese<br>d. 12 Steps<br>e. 12 Traditions<br>f. 12 Concepts<br>g. Voices of Recovery                                        |
|                         | 2.        | <b>ZOOM Basics Refresh</b>                                                                                                                                                                                                   |
|                         | 3.        | <b>Appointment of Timer and Center Mic</b>                                                                                                                                                                                   |
|                         | 4.        | <b>Recognition of New Intergroups, New Reps<br/>(Green Dots), &amp; Visitors</b>                                                                                                                                             |
|                         | 5.        | <b>Introduction of Region 8 Board Members, Funded<br/>Committee Chairs, and Intergroup Chairs</b>                                                                                                                            |
|                         | 6.        | <b>Introduction of former Region 8 Board Members<br/>and Trustees</b>                                                                                                                                                        |
|                         | 7.        | <b>7th Tradition -</b><br>Please go to <a href="https://oaregion8.org">oaregion8.org</a> to donate or scan the QR code. Thank<br>You!<br> |
| 7:30/8:30 PM            | 8.        | <b>Convention attendees join the Business Assembly<br/>for Welcome Skit</b>                                                                                                                                                  |
|                         | 9.        | <b>Presentation and Discussion Panel</b>                                                                                                                                                                                     |
|                         | 10.       | <b>Announcements: We will reconvene tomorrow<br/>morning at 8:30 Central/9:30 Eastern.</b>                                                                                                                                   |

|  |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | 11. | <p><b>Recess - Responsibility Pledge, followed by The OA Promise</b></p> <p><b>Responsibility Pledge:</b> Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.</p> <p><b>The OA Promise:</b> I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.</p> <p>We are all together now, reaching out our hands for power greater than ours, and as we join hands we find love and understanding BEYOND OUR WILDEST DREAMS!</p> |
|--|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Time<br>Central/Eastern | Item<br># | Description / Topic                                                                                                                                                                                                                                              |
|-------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30/9:30 AM            | 12.       | <b>ASSEMBLY RECONVENES</b>                                                                                                                                                                                                                                       |
|                         | 13.       | <b>OA Readings</b> <ul style="list-style-type: none"><li>a. Serenity Prayer</li><li>b. Serenity Prayer Spanish</li><li>c. Serenity Prayer Portuguese</li><li>d. 12 Steps</li><li>e. 12 Traditions</li><li>f. 12 Concepts</li><li>g. Voices of Recovery</li></ul> |
|                         | 14.       | <b>Introduction of Center Mic &amp; Timer</b>                                                                                                                                                                                                                    |
|                         | 15.       | <b>Credentials Report</b>                                                                                                                                                                                                                                        |
|                         | 16.       | <b>Adoption of Agenda</b>                                                                                                                                                                                                                                        |
|                         | 17.       | <b>Introduction of Parliamentarian &amp; short parliamentary lesson</b>                                                                                                                                                                                          |
|                         | 18.       | <b>Adoption of Standing Rules</b>                                                                                                                                                                                                                                |
|                         | 19.       | <b>Approve Consent Agenda</b> <ul style="list-style-type: none"><li>a. Proposed Motion B</li><li>b. Proposed Motion A</li><li>c. Proposed Motion C</li><li>d. Proposed Motion 1</li><li>e. Proposed Motion 2</li><li>f. Proposed Motion 3</li></ul>              |
|                         | 20.       | <b>Approve minutes from First 2026 Assembly</b>                                                                                                                                                                                                                  |
|                         | 21.       |  <b>7<sup>th</sup> Tradition</b><br>Please go to <b>oaregion8.org</b> to donate or scan the QR code.<br>Thank you!                                                            |
|                         | 22.       | <b>Break</b>                                                                                                                                                                                                                                                     |
|                         | 23.       | <b>Board Reports (5 minutes for report and 5 minutes for questions)</b> <ul style="list-style-type: none"><li>a. Chair</li><li>b. Vice-Chair</li><li>c. Secretary</li><li>d. Treasurer</li></ul>                                                                 |

**Saturday, September 26, 2026 (All Times Central/Eastern)**

|               |     |                                                                                                                                                                                                                            |
|---------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               |     |                                                                                                                                                                                                                            |
|               | 24. | <b>Trustee Report (10 minutes for report and 5 minutes for questions)</b>                                                                                                                                                  |
| 10:30 AM      | 25. | <b>Committee Meetings 1.5 hours or until finished</b>                                                                                                                                                                      |
| 12:00/1:00 PM | 26. | <b>Lunch Break</b>                                                                                                                                                                                                         |
| 2:00/3:00 PM  | 27. | <b>ASSEMBLY RECONVENES</b>                                                                                                                                                                                                 |
|               | 28. | <b>Credentials</b>                                                                                                                                                                                                         |
|               | 29. | <b>Motions - Bylaws and P&amp;P</b>                                                                                                                                                                                        |
|               | 30. | <b>Break</b>                                                                                                                                                                                                               |
| 3:30/4:30 PM  | 31. | <b>Elections</b> <ul style="list-style-type: none"> <li>a. Vice-Chair</li> <li>b. Secretary</li> <li>c. WSBC delegates 2027</li> </ul>                                                                                     |
|               | 32. | <b>New Business</b> <ul style="list-style-type: none"> <li>a. Approve 2026-2027 Budget</li> <li>b. 2027 Assembly presentation</li> <li>c. Emergency motions</li> <li>d. Committee Chair selection announcements</li> </ul> |
|               | 33. | <b>Committee Reports</b>                                                                                                                                                                                                   |
|               |     | 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                                                                                                                                                                                                 |
| 4:55/5:55 PM  | 34. | <b>For the good of the order (time permitting)</b>                                                                                                                                                                         |
|               | 35. | <b>GREEN DOT CEREMONY</b>                                                                                                                                                                                                  |
|               | 36. | <b>Assembly Evaluation –</b>                                                                                                                                                                                               |
|               | 37. | <b>Announcements</b><br>Tomorrow<br>7:30/8:30 AM Region 8 Board & Committee Chairs Meeting<br>9:00/10:00 AM Intergroup Sharing Meeting (Everyone Invited)                                                                  |

|              |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:00/6:00 PM | 38. | <p><b>ASSEMBLY ADJOURNS- Responsibility Pledge, followed by The OA Promise</b></p> <p><b>Responsibility Pledge:</b> Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.</p> <p><b>The OA Promise:</b> I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.</p> <p>We are all together now, reaching out our hands for power greater than ours, and as we join hands we find love and understanding<br/><b>BEYOND OUR WILDEST DREAMS!</b></p> |
|--------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Sunday, September 27, 2026, Post Assembly (All Times Central/Eastern)

| Time<br>Central/Eastern | Item<br># | Description / Topic                                                                                                                                                                                                                                                                                 |
|-------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:30/8:30<br>AM         | 1.        | <b>BOARD MEETING CONVENES as per Bylaws Art. V, Section 10A Funded Chairs Join – Open to All.</b>                                                                                                                                                                                                   |
| 9:00/10:00<br>AM        | 2.        | <b>Intergroup Sharing Meeting</b><br><b>Open Meeting – Reps / Visitors / All IG Welcome!</b><br>a. Please fill out IGOR Intergroup (IG) Information & UpdateForm prior to meeting. Form is located at <a href="https://oaregion8.org/committees/igor/">https://oaregion8.org/committees/igor/</a> . |



## ***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.

## **Business Assembly Agenda**

**Friday, March 13, 2026** (All Times Eastern)

07:02 PM ASSEMBLY CONVENES

- OA Readings  
Serenity Prayer – Tami M  
Serenity Prayer Spanish- Stuart S  
Serenity Prayer Portuguese- Anne D  
12 Steps- Mark J  
12 Traditions- Tina S  
12 Concepts- Georgette V  
Voices of Recovery- Debby
- ZOOM Basics Refresh (~5 minutes)
- 07:14 PM Appointment of Timer Andrea K and Center Mike Gary
- 07:16 Recognition of New Intergroups, New Reps (Green Dots), & Visitors
- 07:18 Introduction of Region 8 Board Members, Funded Committee Chairs, and Intergroup Chairs
- Introduction of former Region 8 Board Members and Trustees
- 07:24 7th Tradition –
- Announcements – we reconvene tomorrow 08:30 AM EST, next will be speaker panels, passed around paper version of the unofficial intergroup contact list for reps to check off if correct, write in updated info, or email [secretary@oaregion8.org](mailto:secretary@oaregion8.org) with updated, asked that everyone has their credentials ribbon for voting
- 07:33 Convention attendees join the Business Assembly for Welcome Skit
- 07:39 PM Presentation and Discussion Panel – Three speakers. Assembly body joins the convention
- 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, 2026** (All Times Eastern)

- 08:36 ASSEMBLY RECONVENES
- OA Readings  
Serenity Prayer- Andrea K  
Serenity Prayer Spanish- John B  
Serenity Prayer Portuguese- Dora P  
12 Steps- Lucy  
12 Traditions-Terry  
12 Concepts- Gary D  
Voices of Recovery- Sarah G  
Introduction of Center Mike Gary D and Timer Andrea K

- 08:45 AM Credentials Report- 33 voting
- 08:55 AM Adoption of Agenda- Change to agenda, placed motions 1 and 2 on consent agenda- adopted
- 08:57 AM Credentials updated- 34 voting
- 08:58 AM Introduction of Parliamentarian & short parliamentary lesson
- 09:00 AM Andrea K is acting as Center Mike until Gary D returns
- 09:01 AM Adoption of Standing Rules Motion to accept Mark, seconded Sam- Adopted
- Approve Consent Agenda – already completed during adoption of agenda
- Approve minutes from Second 2025 Assembly- motion to accept Nancy, seconded by Lonna - accepted
- 09:03 AM 7th Tradition
- Board Reports
  - a. 09:05 Chair – Discussed the Strategic Plan this year: The Power of We, materials are available on Region 8 website, suggestion to ask and encourage others to step up to service roles, the need to mentor, next year is Solution is for Life.
  - b. 09:09 AM Vice-Chair – thank Piedmont who is hosting this assembly and convention, Next assembly is in Little Rock Arkansas, registration forms will be passed out today. Everyone is encouraged to register early. Next year working on Nashville by Center TN and Greater Atlanta IG, hosting manual will be posted with updates for any intergroup interested in hosting an assembly and convention. Face to face assemblies are hybrid.
  - c. Secretary- Spoke to autonomic reoccurring contributions, please volunteer to be a green dot, encouraging sponsee to complete service above the group level, question of how many intergroups are in OA – 50, In my 3 ½ year term I have seen at least 7 intergroups close and some that are open may not be in action
  - d. 09:32 AM Treasurer – amends for not being present in person, operating account \$32,726.73, savings account \$44,020.00, thank you to many intergroups which have made additional contributions, the average balance in about correct currently, during pandemic money was coming and no expenses, there a budge line error, an host mistake, we have a comfortable amount, the budget was cut this year, the donations are to support the fellowship, treasurer focuses on expenses, we pay for board, parliamentarian, committee chairs (this is only region that does that), spoke to mindful spending, spoke to Quicken vs Quickbooks, goal is for good transition for next treasurer and mentoring, budget was approved without amendments, it is posted on website, what items were cut? Chair traveling for outreach, IGOR support for reps attending Region 8 and WSBC, question about the savings – it is prudent reserve. Treasurer states we have found less expensive interpreters, the need to take inventory.
- 09:43 AM Trustee Report – Together We Can, WSBC is still open it is April , this region is only sending 16% of the number of delegates that are available, please consider asking you intergroup if they can send someone, you can register after the deadline, WSBC is a life changing experience, call for stories about secular experiences in recovery, deadline passed but you are encouraged to send in your submission, the Find A Meeting portion of website will be updated, encourage for people to go and check out OA.org to check out the resources, there are many podcasts available online, OA is looking for a vendor to offer digital literature, WSBC each year OR elects trustees, it is possible we will have

vacancies – then the board announces for people to apply as a one year appointment, requirements 7 years in OA, 5 years abstinent, attended 2 WSBC, etc. Laurie was appointed for one year and it was a great experience. Laurie is not part of Region 8, she lives in VA, when Dora rotated off the board, trustee board asked who is willing to be Region 8 liaison – Laurie stepped up. Trustee liaisons are assigned each year and may rotate. Question about trustees versus reps. Trustees represent OA as a whole, they are asked to not do service above the group level except as Trustee, delegates represent an IG or Region that represent at the World Service Business Conference. Question about not having a trustee for specific regions, there is a liaison for each region, Laurie brings the voice of Region 8 to the board but she votes for the benefit of OA as a whole, Question that IG can register for WSBC even now, Laurie states she confirmed OA has taken WSBC delegates up until the same day, it is not encouraged to wait, but you can still register

- 09:59 AM 7<sup>th</sup> transition report – for yesterday and today 310\$
- 10:00 AM PIPO Presentation – Nancy K, New freedom IG chair, has been part of PIPO for many years, Activities in PIPO have included: newspapers, bud stop ads, grocery cart ads – but they do not provide evidence based advertising, being able to know how many times a video has been viewed, watched, how many people then go to the websites. Nancy spoke about a specific marketing company that provides service through popular internet media. Real time streaming. Ad campaign ran 28 days June through July, 1000\$ for campaign and additional funds for ads. They used the OA WSO from with Stop sign and added a QR code specific to their intergroup website. Shared the results. You may reach out to Nancy K for the presentation.
- Secretary speaks to questions on Zoom, credentials 34, zip codes are not listed on service directly because full addresses for individuals are not posted on the internet- the full address for mailing contributions under donate treasurer PO Box, consent agenda was not separately voted on because it was addressed during adoption of agendas – please do not chat the board directly- go through tech committee
- Break 10:25 AM
- Committee Meetings
- 12:00 PM Lunch Break
- 2:00 PM ASSEMBLY RECONVENES
- Credentials – 31
- 02:08 PM Voting again to place motions 1 and 2 on consent agenda Motions – Passed
- Motion 3 -d discussion and debate
- Credential update 33
- Credentials update 34
- Motion 3, amendment one (amendment passed ) – motion failed
- 02:55 PM – ten minute break
- 03:07 PM- return
- New Business
  - a. Nominations for Second Assembly Board Member elections

1. Nominations for Vice-Chair Michelle D- accepted

2. Nominations for Secretary- Quinn C- not present, Lucy- declined

Applications are due to Secretary 07/27/2026

b. Committee Chair selection announcements- No changes

c. Emergency Motions – None

- Presentations for future assemblies- None

- Committee Reports

a. Ways & Means- Georgette- selling Tools Die, if you buy 12 and pick them up 75\$ they are 120\$ sold individually when sold in bulk at discount to be picked up at next assembly in Little Rock, Blue Tools, Yellow Tools with the International Convention Logo, plan to sell purple die with the principles of the step, planning to sell die at WSBC, journals, next assembly will ask for donations of costume jewelry to sell at Ways and Means table in Little Rock, has a new member – previously cost just under 4\$ and will be \$4.01, question is are there other fund raising activities, - currently Ways and Means is product focused, totes will be The Power of We

b. Bylaws/Electronic Documents-Debby – we are unclear and are not in compliance with bylaws for committee chair terms, make an effort to communicating and tracking terms possibly in a appendix in PnP, need to update the PnP with the motions that have been passed, work with webmaster to get things posted more quickly, working on a How to Make a Motion presentation and getting it translated into Spanish and Portuguese

c. Intergroup Outreach (IGOR)-Cari – trying to get numbers for intergroups contact, help unaffiliated meetings get involved with an IG, possible make a video to encourage people step up for board and committee chair positions, create a welcome/ introduce new meetings to resources, possible IGOR workshops, see if we can collect data on how many people attend meetings – to see how IGOR to support better, focus on first 12 days of abstinence potential project, mentor program for new IG chairs, IGOR meeting first Tuesday of the month 7 PM EST, question to expanding mentoring for other committees? Focus on mentors for IG and other committees can mentor in their areas, suggestion for pairing IGs as sister IGs

d. Twelve Step Within (TSW)- Tina- sends out 12<sup>th</sup> on the 12<sup>th</sup> emails each moth, focus on membership retention and relapse prevention, we have 3 new members

e. Public Information / Professional Outreach (PI/PO)- Andrea- - presentation on social media platforms program and information they get back, survey on how did you find out about OA, previously did outreach to higher education institutions – currently using this health care professionals, faith leaders, EAP organizations, question- can these letters be emailed? Yes and they have

f. Technology (Tech) – Claudia- we got the camera working, new members Justin, every assembly we learn new things and we process how to do things better, team supports each other, mentioned newsletter submission “The Tale of Two Techies”, focusing on the ability to think on her feet, thanking Michelle who is not on the committee for helping, thanking everyone on committee for help

g. International Committee- Stuart- issues with interpretations, technological problems with getting connected with other people on Zoom, missed messages because the committee usually meet on WhatsApp and today was on Zoom, packet was not translated during this period of transition, there are 27 members in the WhatsApp group but most do not attend the meeting, idea to reach out to them

and ask do you have an interest in attending, what are your needs and goals, how can we meet them, grateful to PIPO for translating letter for outreach to other languages, focus on improving attendance

- For the good of the order (time permitting): Intergroup Announcements (etc.) from the floor
  - Little Rock Assembly convention
  - Steps by the Sea November 6-8 retreat, New Freedom IG
  - Talked about experience of talking with the media with first name only, PIPO Dos and Don'ts, you can talk with journalists to pitch OA
  - Spring Retreat on Spiritaul Tools April 10-12 in Smokey Mountian area, OAnashville.org
  - Central FL IG – urban retreat in Deland November
  - Miami Dade and Keys- Day event, April 18, Island Marada Island, OAMiami.org
  - Vice Chair received, reviews and post fliers for events fore region 8 – needs to have logo and be certain the images are copyright legal
  - IGOR meeting is tomorrow
  - Rep JUNCCAB, even April and beginning of May – National Convention – September assembly, this year topic: Living in the now- the barrier is the language but COEs depend on others, even with language barrier we can understand with body language, a colleague states – before I lived this life, I had a dream, someone from USA will come and bring OA and founded OA there
  - PTI/ Gulf Coast Florida is having spiritual retreat in October, OAgulfcoastFL. org
- 04:28 PM GREEN DOT CEREMONY – Green Dots are no longer a newcomer, you can mentor next assembly
- 04:29 PM Assembly Evaluations- will be coming out
- 04:29 Recognition for those who served as Green Dot Mentors
- 04:30 PM Announcements
  - Tomorrow 8:00 AM Region 8 Board & Committee Chairs Meeting
  - Tomorrow 9:30 AM Intergroup Sharing Meeting (Everyone Invited) and it will be translated
- 04:30 PM 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 March 2026 Assembly**

### **Consent Agenda**

Motion 1- Update PIPO does not manage new face to face meeting funds - Adopted

Motion 2- Update IGOR manages new face to face meeting funds- Adopted

### **Individual Motions**

Motion 3- Financial Policies related to new meeting funds - Failed

## Report of Julia S., Chair

This spring and summer have been full of OA activities. In April I attended the World Service Business Conference (WSBC) in Albuquerque, NM. While there I met with the new Managing Director of OA, Rich Valdez. Rich is very enthusiastic and has lots of great ideas on how to grow OA.

I also attended the business meetings and spent time getting to know other Region 8 OA fellows. As the group conscience of OA, the WSBC charts the course for OA's future. I encourage you to attend WSBC if you get the opportunity!

At WSBC I also met with the other region chairs and the OA Board of Trustees. We spent the time with the Board of Trustees brainstorming ideas on the future of OA.

WSBC delegates also take part in committee work during the year. I sit on the Region Chairs Committee. The Region Chairs Committee is a bridge between the fellowship (i.e. groups, meetings, and service boards) and the strategic arm of OA. We do this by

- networking among the regions for the purpose of sharing resources, solutions, and support;
- providing channels of information and communication between the regions and the Board of Trustees,
- offering input to the Board of Trustees Strategic Plan; and
- developing a workshop annually that can be presented either virtually or face-to-face. The workshop will be made available to the fellowship and to region websites.

The region chairs are an enthusiastic group of dedicated OA fellows with lots of good ideas. I look forward to sharing some of these ideas with Region 8. An added advantage of my service to the Region Chairs Committee is that I am working with the Lifeline blog. Look for some exciting Lifeline news this year!

As you know, the OA focus during 2026 is "The Power of WE." During the Second Assembly of 2026 I will be focusing on an important part of our collective power – the Bylaws and the Policies & Procedure manual, the documents that define who we are and how we do things in Region 8. I have found that they help us to be consistent, transparent, and accountable – essential qualities to an organization such as OA whose volunteer leaders constantly change. These documents are part of the Assembly packet. I hope you will take a few minutes to review them.

Thank you for allowing me to serve as Chair. Please don't hesitate to reach out with questions, comments, or ideas!

## Vice Chair Report-September 2026

Dear Region 8,

Since our wonderful gathering this past March at the Charlotte Assembly and Convention, I have enjoyed working with the Little Rock Intergroup. Their hosting committee has shown incredible motivation from the start, and I am confident that this event will continue our tradition of success.

- The First Assembly in March 2027 will be held virtually. We look forward to welcoming a larger number of attendees from both the States and South America..
- It's official! For the Second Assembly in September of 2027 we will be going to Nashville TN!. Details are currently in the works!

To all you IG"s out there, think about hosting in 2028. It's not too early. Contact the new Vice Chair for help all along the way.

- For the first time at this Assembly, we will be using closed captions for translations! Experience has shown us this method has already worked great in all the languages of our Region at meetings and workshops.

It's been a privilege to work with the PIPO Committee as liaison during my term. I am in awe of the comitment they continue to make towards "Carrying the Message."

This will be my last Vice Chair report as I will be rotating out of service at the close of this Assembly. My term (4 years) has taught me so much about how our Region8 Board functions through both smooth and controversial issues and its connection to our members, intergroups, and the World Service office. In addition, this service has allowed me to personally have experienced great pleasure in meeting and working with an amazing group of individuals. Thank you Region 8 for the opportunity you gave me!

Your Trusted Servant  
Lonna C.

# **Treasurer's Report**

**Second Assembly  
September 25–27, 2026**

I want to first acknowledge the generosity of the Fellowship this past year. We made an appeal to the Fellowship in Region 8, and you came through to help make the Region more financially stable. Your donations were beyond generous. **We received \$9,520.**

The Board and I have voted to use some of these funds to help the Technology/Web Committee improve the technology needed to run a smooth hybrid Assembly. We also want to increase IGOR Representative Funding so that more Intergroups can participate and benefit from your generosity and support. In addition, we want to fund our efforts to carry the message through IGOR, as well as PIPO/Public Information, helping Region 8 reach and serve more people throughout our Fellowship.

I have also worked very hard to organize and properly categorize our Quicken platform so that it provides us with efficient and effective financial reports. These reports have helped us make sound financial decisions as we developed the 2026–2027 budget.

One of my goals was to create a Google Sheet for future Treasurers that would make creating the budget as simple as possible. Part of accomplishing that goal was to have the checking account platform match the categories on the budget. This should make it easier for future Treasurers to track our finances and prepare the Region's budget.

Lastly, this position has pushed me to reach out to my HP, whom I call Faith, to be patient and to wait for those intuitive thoughts that have helped guide my vision as Treasurer of Region 8.

The Seventh Tradition tells us that we need to be self-supporting through our own contributions. Financial responsibility and transparency help ensure that we can continue to support the Fellowship and carry the message to those who still suffer.

**In Service & Peace,  
Sherry S.  
SOAR 8 Treasurer**

Prepared August 21, 2026

Second Assembly 2026, September 25-27<sup>th</sup>, 2026  
Region 8 Secretary Report

It is with deep gratitude that I have served as the Region 8 Secretary for the past 4 years. This service has both allowed me to utilize my strengths and demonstrate my humanness in my weaknesses. The website has been updated in several areas to reflect the service bodies in OA more accurately, and the Policy and Procedures have been updated to reflect current secretarial practices. I also initiated adding action items to board meeting minutes. This is in alignment with our action plan tool. Please take time to read through this business assembly's motions regarding clarifying the committee chair's term of service. It is important we seek clarity to ensure that service work to support the fellowship is being addressed. Knowing when people rotate out of a position will allow us to better mentor others to feel comfortable standing for service positions.

Being on the board has been both challenging and very rewarding. I remember seeing the board up on the dais many years ago and thinking that those people are special. In truth, we are all equal in this fellowship. We simply answered the call to service, knowing our very lives depend upon the health and well-being of OA. There is still an opportunity for someone to be secretary. I am willing to speak to anyone about the position. I am also willing to mentor them. I have formed many special friendships over the years in Region 8 and have received many gifts only found when one volunteers to be of service. I do believe the adage that God does not call the equipped but rather equips those who are called. I invite everyone to take some quiet time or meditation to consider the gifts OA has given them and ask their HP what service they are called to.

Please email me if you have any questions. [secretary@oaregion8.org](mailto:secretary@oaregion8.org)

JC  
Secretary  
Region 8 OA

# Trustee Report

## Assembly II, September 25, 2026

**Gary Davis, Trustee Liaison to Region 8, [R8Trustee@oa.org](mailto:R8Trustee@oa.org)**

First off, thank you for accepting and welcoming me back to Region 8, my home region, after a four-year stint serving as trustee liaison to the Virtual Region. I grew up, in terms of recovery, in Region 8, and everything I know about the spirit of service I learned witnessing it in action here.

The 2026 World Service Business Conference (WSBC) was face-to-face and, as usual, a remarkable experience. Like most business meetings, it is tedious at times, but the love and respect for each member and for OA is so dramatic, so purposeful as to seem almost tactile. It's an event I pray each of us gets to experience some time.

This year the group conscious of OA voted to give conference approval to *The Plain Language Big Book* and a new OA publication *Healing the Mind, Body and Spirit: Mental Health and Recovery in Overeaters Anonymous*. The conference also elected three trustees to second terms of service (including me) and three new trustees replacing those who have termed out or stepped down. A motion to create a Virtual World Service Retreat was sent to the Convention Planning Committee for consideration, and a motion to allow individual groups to alter the pronouns and nouns in the steps and traditions was withdrawn. The motion to give Specific Focus designation to groups dedicated to Ethnically Jewish members did not pass. The conference also debated several Bylaw and Policy changes. A complete Wrap Up Report can be found at [OA.ORG](http://OA.ORG), search 2026 WSBC.

My own activities since conference have been extensive. I sit on the Executive Committee, the Region Chairs Committee, Strategic Planning, Conference Planning and participate with a few Region 8 committees. I've met with the Brazilian National Service Body and most of their intergroups, have started calling many of our intergroups (I plan on speaking with all our IGs at some point). Those of you who follow Overeaters Anonymous on Tic ToK or Instagram might have seen an avatar I created to discuss OA anonymously (see OAGuy7). Soon all trustees and region chairs will be making similar avatars.

The 2027 World Service Business Conference is going to be virtual. Frankly, Region 8 has not done an outstanding job showing up for conference. In 2026 19% of 48 possible delegates registered. WSBC is the effective group conscious for global OA. To be a true group conscious, your voice, your group, intergroup and service body needs to be included. Delegate support funding is available through both Region 8 and World Service, but you must apply early. If you let us know that you need interpretation early, interpretation will be provided. Jump in! If you're new or don't meet the requirements to be a delegate, most sessions are open to visitors.

If you'd like to discuss this, or if there is any way I can serve you or your service body, I can be reached at the email address heading this report.

TYPE OF MOTION: ASSEMBLY OUTCOME:

|           |         |  |
|-----------|---------|--|
| STANDARD  | ADOPTED |  |
| AMENDMENT | AMENDED |  |
| EMERGENCY | LOST    |  |

SOAR 8

Proposed Motion 1: Amend Region 8 Policy & Procedure Manual

**Motion:** Move to amend the Region 8 Policy and Procedure Manual Section IX. Financial Policies, Paragraphs A. General and Paragraph D. Funding for Additional Committees, clarifying the process of to whom budget requests are sent for consideration when creating a proposed budget.  
**Deleted words are lined out and new words are underlined in red.**

| CURRENT WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><b>IX. Financial Policies</b></p> <p><b>A. General</b></p> <p>1. The fiscal year is November 1 through October 31.</p> <p>2. Annually, at the Fall Assembly, the Ways and Means Committee shall present a proposed, balanced budget for the current fiscal year. Proposed budget is subject to the approval of the Assembly.</p> <p>3. Requests for budget increases shall be presented to the Treasurer and the Ways and Means Committee by the at least 60 days prior to the Fall Assembly prior to the fiscal year for which the increase is requested.</p> <p><b>D. Funding for Additional Committees</b></p> <p>1. The Ways and Means Committee shall make known in its regular report to the Assembly if it would be financially feasible to increase the number of funded Committees, and if so, the maximum number which would be appropriate. This recommendation would not imply that the Assembly should fund additional committees, only that it could do so responsibly.</p> <p>2. A committee requesting funding must submit a Region 8 Annual Budget Request (Appendix F-Forms) to the Ways and Means Committee Chair. A copy of this completed form must be submitted to Region Secretary at least sixty (60) days prior to the beginning of said Assembly, so that the request may be included in the reports packet distributed to the Assembly.</p> | <p><b>IX. Financial Policies</b></p> <p><b>A. General</b></p> <p>1. The fiscal year is November 1 through October 31.</p> <p>2. Annually, <del>at the Fall Assembly, the Ways and Means Committee</del> <u>at the Second Assembly, the Treasurer</u> shall present a proposed, balanced budget for the current fiscal year. Proposed budget is subject to the approval of the Assembly.</p> <p>3. Requests for budget increases shall be presented to the Treasurer <del>and the Ways and Means Committee</del> by the at least 60 days prior to the Fall <u>Second</u> Assembly prior to the fiscal year for which the increase is requested.</p> <p><b>D. Funding for Additional Committees</b></p> <p>1. The <del>Ways and Means Committee</del> <u>Treasurer</u> shall make known in its regular report to the Assembly if it would be financially feasible to increase the number of funded Committees, and if so, the maximum number which would be appropriate. This recommendation would not imply that the Assembly should fund additional committees, only that it could do so responsibly.</p> <p>2. A committee requesting funding must submit a Region 8 Annual Budget Request (Appendix F-Forms) to the <del>Ways and Means Committee Chair</del> <u>Treasurer</u>. A copy of this completed form must be submitted to Region Secretary at least sixty (60) days prior to the beginning of said Assembly, so that the request may be included in the reports packet distributed to the Assembly.</p> |

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SUBMITTED BY:

- Position/Committee: Region 8 Board
- Name: JC Devitt
- E-mail contact: [secretary@oaregion8.org](mailto:secretary@oaregion8.org)

INTENT: This change clarifies the current process that the board and funded committee chairs send their budget requests to the treasurer for consideration in creating a proposed budget for the assembly’s review and approval.

IMPLEMENTATION: Immediately upon approval.

COST: None

PRIMARY PURPOSE: Clarify to accurately reflect the Region 8 current and long standing process



TYPE OF MOTION:      ASSEMBLY OUTCOME:

|   |           |         |  |
|---|-----------|---------|--|
| x | STANDARD  | ADOPTED |  |
|   | AMENDMENT | AMENDED |  |
|   | EMERGENCY | LOST    |  |

SOAR 8

Motion 2: Update Policy and Procedure Manual to better reflect duties:  
XXVI. International Committee

Changes are printed in red.

| CURRENT WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>XXVI. International Committee</b></p> <p>A. <i>Purpose:</i> Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language.</p> <p>B. <i>Duties</i></p> <ol style="list-style-type: none"><li>1. Announce time of meetings and chair the meetings</li><li>2. Encourage and invite non-English speakers to participate</li><li>3. Create an agenda for each meeting</li><li>4. Facilitate each meeting</li></ol> | <p><b>XXVI. International Committee</b></p> <p>A. <i>Purpose:</i> Provide a place for non-English speakers to give service, and to organize recovery and business events, workshops, speakers and sponsorship lists in their native language.</p> <p>B. <i>Duties</i></p> <ol style="list-style-type: none"><li>1. Announce time of meetings and chair the meetings</li><li>2. Encourage and invite non-English speakers to participate</li><li>3. Create an agenda for each meeting</li><li>4. Facilitate each meeting</li><li>5. Update the Spanish and Portuguese versions of the Bylaws and P&amp;P to reflect any changes after each Assembly.</li><li>6. Encourage, aid and support Service Bodies from Central and South America and the Caribbean Islands in their attempts to participate in Region 8 business and events.</li></ol> |

SUBMITTED BY:

- Position/Committee The International Committee
- Name: Stuart Stewart
- E-mail contact: [pepperlady10@icloud.com](mailto:pepperlady10@icloud.com)

INTENT: To provide consistency and clarity in updating the Spanish and Portuguese interpretation of Region 8 Bylaws and Policy and Procedures

IMPLEMENTATION: Immediately upon approval

COST: None

PRIMARY PURPOSE: To better carry the message.

TYPE OF MOTION: ASSEMBLY OUTCOME:

|   |           |         |  |
|---|-----------|---------|--|
| x | STANDARD  | ADOPTED |  |
|   | AMENDMENT | AMENDED |  |
|   | EMERGENCY | LOST    |  |

SOAR 8

Motion 3: Amend XXI. Bylaws/Electronic Documents Committee, C.  
Documents Sub-Committee, 2. Duties, b:

Changes are printed in red.

| CURRENT WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>XXI. Bylaws/Electronic Documents Committee</b></p> <p><b>C. Documents Sub-Committee</b></p> <p><b>1. Purpose</b></p> <p>a. The purpose of the Documents Subcommittee is to ensure that all Region 8 publications are up-to-date and reflecting the most recent changes; are consistent within and between documents; are in compliance with OA, Inc. Bylaws; and are accurate in regard to formatting, grammar, and spelling.</p> <p>b. Foster a greater awareness for the uses and purpose of our Bylaws and Policies and Procedures</p> <p><b>2. Duties</b></p> <p>a. Continuously review and propose changes to Region 8’s current Bylaws and Policy and Procedure Manual (the P&amp;P). Edit all Region 8 official documents including corrections to spelling, punctuation, and wording so electronic documents have clarity and internal consistency.</p> <p>b. Within four (4) weeks after each assembly, enter all revisions that were voted on at the Assembly (obtain exact text from the Secretary, to confirm) to the P &amp; P Manual and Bylaws. Send the draft revisions to the Board for review.</p> | <p><b>XXI. Bylaws/Electronic Documents Committee</b></p> <p><b>C. Documents Sub-Committee</b></p> <p><b>1. Purpose</b></p> <p>a. <del>The purpose of the Documents Subcommittee is to</del> <b>To</b> ensure that all Region 8 publications are up-to-date and reflecting the most recent changes; are consistent within and between documents; are in compliance with OA, Inc. Bylaws; and are accurate in regard to formatting, grammar, and spelling.</p> <p>b. <b>F To</b> foster a greater awareness <del>for</del> <b>of</b> the uses and purposes of our Bylaws and Policies and Procedures</p> <p><b>2. Duties</b></p> <p>a. Continuously review and propose changes to Region 8’s current Bylaws and Policy and Procedure Manual (the P&amp;P). Edit all Region 8 official documents including corrections to spelling, punctuation, and wording so electronic documents have clarity and internal consistency.</p> <p>b. Within four (4) weeks after each assembly, enter all revisions that were voted on at the Assembly (obtain exact text from the Secretary, to confirm) to the P &amp; P Manual and Bylaws. Send the draft revisions to the Board for review. <b>Upon Board Approval, the revised document(s) are formatted into PDF files and e-mailed to the Vice Chair for electronic posting and to the International Committee Chair for updating the foreign language versions.</b></p> |

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SUBMITTED BY: International Committee/Bylaws Committee Chair

- Position/Committee International Committee/Bylaws Committee
- Name: Stuart Steward/ Debby Hughes
- E-mail contact: pepperlady10@icloud.com/bylawschair@oaregion8.org

INTENT:  
**to clearly indicate how adopted and approved changes to the Bylaws and Policy and Procedure Manual are posted, translated and implemented.**

IMPLEMENTATION: As outlined in the Policy and Procedure Manual

COST: None

PRIMARY PURPOSE: To carry the message!

TYPE OF MOTION: ASSEMBLY OUTCOME:

|  |           |         |  |
|--|-----------|---------|--|
|  | STANDARD  | ADOPTED |  |
|  | AMENDMENT | AMENDED |  |
|  | EMERGENCY | LOST    |  |

SOAR 8

Proposed Motion A: Amend Region 8 Bylaws  
Motion: Intends to clarify length of service for Region 8 Board members,  
ARTICLE V-THE REGION BOARD-Section 6 B & C

| CURRENT WORDING:                                                                                                                                                                                                                                                                                        | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>ARTICLE V – THE REGION 8 BOARD</b> Section 6--Term of Office</p> <p>B. Board members shall serve no more than two (2) consecutive terms in the same position, whenever possible.</p> <p>C. After an interval of two (2) years, they may again be eligible for election to their prior office.</p> | <p><b>ARTICLE V – THE REGION 8 BOARD</b> Section 6--Term of Office</p> <p>B. Board members shall serve no more than two (2) <b>elected</b> consecutive terms in the same position, whenever possible.</p> <p>C. After an interval of two (2) years <b>since serving two elected consecutive terms</b>, they may again be eligible for election to their prior office.</p> |

SUBMITTED BY:

- Position/Committee: Region 8 Bylaws
- Name: Debby H., Chair
- E-mail contact: [bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

INTENT: To better clarify term limits when filling unexpected vacancies.

IMPLEMENTATION: upon adoption

COST: \$.00

PRIMARY PURPOSE: To clarify lengths of service terms to enable better compliance with the Bylaws.

TYPE OF MOTION: ASSEMBLY OUTCOME:

|  |           |         |  |
|--|-----------|---------|--|
|  | STANDARD  | ADOPTED |  |
|  | AMENDMENT | AMENDED |  |
|  | EMERGENCY | LOST    |  |

SOAR 8

Proposed Motion B: Amend Region 8 Bylaws

Motion: Intends to clarify length of service for Region 8 Board members,

ARTICLE V-Section 9-Filling Vacancies

| CURRENT WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                      | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>ARTICLE V – THE REGION 8 BOARD</b></p> <p><b>Section 9 – Filling Vacancies</b></p> <p>A vacancy on the Region 8 Board may be filled by vote of a majority of the Board remaining in office at the time of the effectiveness of the vacancy. The Board Member appointed in this manner must meet the qualifications for office as set forth in the Bylaws and shall hold office until the next regularly scheduled election.</p> | <p><b>ARTICLE V – THE REGION 8 BOARD</b></p> <p><b>Section 9 – Filling Vacancies</b></p> <p>A vacancy on the Region 8 Board may be filled by vote of a majority of the Board remaining in office at the time of the effectiveness of the vacancy. The Board Member appointed in this manner must meet the qualifications for office as set forth in the Bylaws and shall hold office until the next regularly scheduled election. <b>Such appointment shall not be considered as an elected term under ARTICLE V, Sections 3-C, 6-B and 6-C.</b></p> |

SUBMITTED BY:

- Position/Committee
- Name:
- E-mail contact:

INTENT:

IMPLEMENTATION:

COST:

PRIMARY PURPOSE:



|   |           |         |  |
|---|-----------|---------|--|
| X | STANDARD  | ADOPTED |  |
|   | AMENDMENT | AMENDED |  |
|   | EMERGENCY | LOST    |  |

SOAR 8

Proposed Motion C: Amend Region 8 Bylaws  
Motion: Intends to clarify length of service for Region 8 Committee Chairs,  
ARTICLE VIII-COMMITTEES, Section 1-B-4, C

| CURRENT WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | PROPOSED WORDING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>ARTICLE VIII – COMMITTEES</u></b></p> <p><b>Section 1</b></p> <p>B. To be eligible for appointment, a person must:</p> <ol style="list-style-type: none"><li>1. Be a past or present Region 8 representative.</li><li>2. Have served on the Committee for which they are being appointed chair.</li><li>3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.</li><li>4. Have arrested their compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.</li><li>5. Committee chairs must be full time residents within the geographic boundary of Region 8.</li></ol> <p>C. Region 8 Committee Chairs shall serve no more than four consecutive years (each term to be 2 years in length) in the same position, whenever possible. The committee chair shall have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.</p> | <p><b><u>ARTICLE VIII – COMMITTEES</u></b></p> <p><b>Section 1</b></p> <p>B. To be eligible for appointment, a person must:</p> <ol style="list-style-type: none"><li>1. Be a past or present Region 8 representative.</li><li>2. Have served on the Committee for which they are being appointed chair.</li><li>3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.</li><li>4. <del>Have arrested their compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.</del> Have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.</li><li>5. Committee chairs must be full time residents within the geographic boundary of Region 8.</li></ol> <p>C. Region 8 Committee Chairs shall serve no more than <del>four consecutive years</del> two consecutive terms (each term to be 2 years in length) in the same position, whenever possible. <del>The committee chair shall have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.</del> Any appointment to complete the term of a vacated Chair shall not count towards these two consecutive terms.</p> |

SUBMITTED BY:

- Position/Committee Region 8 Bylaws Committee
- Name: Debby H. Chair
- E-mail contact: [bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

INTENT: To better clarify term limits when filling unexpected vacancies.

IMPLEMENTATION: Upon Adoption

COST: \$0

PRIMARY PURPOSE: To clarify lengths of service terms to enable better compliance with the Bylaws.



39

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

1. We have approximately 200 Tool Dies left. We have sold over 500 of them but we have not had much successful last assembly. We will not order anymore at this time
2. The journals have gotten more expensive so we raised the price. We are working how to reduce the cost again.
3. Did not discuss a new product but to emphasize the product should encourage and support recovery
4. P&P says chair and treasurer work together. Want to come up for the best way to do that
5.  
After 4 years it is time to set down. Thanks for the opportunity to serve.

Projections for the next period:

1. elect new chair
2. new product?
3. work more with treasurer
- 4.
- 5.

Expenditures for the period: \$ \_\_\_\_\_

Committee Chair: Georgette

Date: 7.22.2026

#### Specific Objectives:

- 1). Update PIPO Region 8 website
- 2). Place all outreach letters on the website
- 3). Send AllSoar8 email calling attention to website changes and availability of new features
- 4). Take the results of the published "How did you hear about OA?" survey and turn it into Assembly presentation
- 5). Nancy K. to repeat the Direct Marketing via streaming services presentation and mentor other IG's  
who want to initiate that campaign
- 6). Create a new and improved Region 8 Facebook page

#### Actions/ Activities conducted toward objectives:

- 1). Worked with Lonna on instructions to MJ for website updates
- 2). Finalized all outreach letter drafts in multiple languages
- 3). Draft email to All SOAR 8 members about the letters with suggestions about how individual members as well as Intergroups  
can utilize these letters for a virtually no cost PIPO outreach
- 4). Create a presentation of survey results with a Carry the Message theme
- 5). Laya will continue to generate content to make a useful and attractive Region 8 Facebook page

#### Projections for next period:

- 1). Continue to support Intergroups with PIPO efforts

- 2). Co-fund more ambitious PIPO projects
- 3). Finalize revisions to the website, including outreach letters
- 4). Follow up on effectiveness of Professional Outreach folders distributed to members at the Tybee Island and Charlotte Assemblies

Expenditures for the period:

Approximately \$300 to purchase literature for our PIPO display table and Professional Outreach folders

at the Charlotte Assembly

Requested \$5,000 for PIPO budget to assist Intergroups with more expensive campaigns such as

the Direct Marketing through streaming services

report



## REGION 8 COMMITTEE PROGRESS REPORT

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Committee: Technology

Assembly: Second 2026 Sept 24-26, 2026

☐ Packet for Assembly

☒ Progress Report

Date of Assembly

Date Period Covered

Specific objectives for the period: (Numbered List)

1. List cost of Zoom including translation service, cost of professional tech company service and replacement of equipment.
2. Tech committee focused on preparing for the upcoming assembly and the equipment needs, two computers (old computers are over 5 years old) and a camera (we have one that works).
3. Improve business assembly communication between Zoom attendee and in-person attendees.
4. Perform checklist of preparations.
5. Help vice-Chair with the Green-Dot Presentation

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

- 1. Submit the 2027 budget for Tech Committee to treasurer.
- 2. Discuss with specific team members that are able to assess our needs and choose affordable, dependable equipment to purchase
- 3. For SOAR 8 Business conference September 25-27, Liaison to the Board will convey our concerns to the chairperson. Chairperson will
- 4. Polls and break-out rooms will be set up by one host Claudia.
- 5. Discuss Green Dot presentation-Lonna and Claudia usually run that along with participation by the parliamentarian. It would be good to get an additional tech member to attend for future knowledge.

Projections for the next period:

- 1. Budget will be submitted for 2026.
- 2. We will buy two new computers, at least, we have \$500 for equipment in this year's budget.
- 3. Chairperson and Tech Team will work together to assure the needs of Zoon attendees will be met: voting and discussion when appropriate. Chat will be disabled except to the D.J. who is attending in person. She was work with a page to get chairperson's attention.
- 4. Tech Committee Liaison will discuss that issues that occured last assembly and make the chairperson aware of our planes to make it better.
- 5. Have Tech Chairperson recruit a member of the tech team to help with Green Dot presentation Friday, September 18, 2026

Expenditures for the period: \$ 565.00

Committee Chair: Claudia Smith

Date: 08/13/26





## REGION 8 COMMITTEE PROGRESS REPORT

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Committee: Bylaws and Electronic Documents Assembly: 2nd Assembly 2026-Little Rock

☐ Packet for Assembly \_\_\_\_\_ ☐ Progress Report \_\_\_\_\_  
*Date of Assembly* *Date Period Covered*

Specific objectives for the period: (Numbered List)

1. Work on Motions for the PnP addressing discrepancies arising in documenting funded chair/board members service terms not being in compliance with the Bylaws. This will be done in a thorough and timely manner in anticipation of presenting this for consideration at the Fall Assembly in Little Rock 2026.
2. Update the PnP to reflect any changes necessary due to any passed Motions during the Spring Assembly in Charlotte 2026
3. Work on narrated script for the How to Make a Motion button on the Website.
4. Work with the webmaster to be certain that the updated Hosting Manual and Policy and Procedure Manuals are posted on the website.
5. Streamline the Board's editing of the Newsletter procedure to facilitate the processing and posting of the Newsletter after the Editor submits her final copy to the Board. We will ask the Board members to send their edits to the Bylaws Chair by a reasonable date to assure the prompt posting of the Newsletter.

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

1. We worked on the issue of bringing our appointment of Funded Chairs into compliance with the Bylaws. Several avenues were explored and the Motions which we are presenting to this Assembly represent our earnest efforts to address this issue.
2. The Policy and Procedure Manual has been updated and posted to the Soar 8 website
3. We have not finished the work on the "How to Make a Motion" narration for the Soar 8 website. This is a very important tool which still needs addressing
4. We updated the Hosting Manual with the help of Lonna. This has been posted to the Soar 8 website
5. The Newsletter continues to be a challenge. We have not found a volunteer willing to take on this service opportunity. At least two attempts were made to solicit a volunteer through the all soar 8 mailing list and through other avenues as well. Prayers and needed!

Projections for the next period:

1. Update the Policy and Procedure Manual and the Bylaws with any adopted Motions which arise from the 2nd Assembly in Little Rock
2. Continue to meet monthly to do the work of Bylaws and Electronic documents to continue to elevate the clarity and consistency of our governing documents.
3. To better provide guidance to our fellows in what steps need to be taken in order to present Motions for consideration to the Assemblies.
4. Find someone who is willing to undertake the job as Newsletter coordinator/editor/
5. Have fun as a team...pray for guidance...try our best...embrace failure as opportunity!

Expenditures for the period: \$ none

Committee Chair: Debby Hughes

Date: \_\_\_\_\_



## REGION 8 COMMITTEE PROGRESS REPORT

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Committee: TSW Assembly: 2nd Assembly - September 25 - 27, 2026

☒ Packet for Assembly September 25 - 27, 2026  
*Date of Assembly*

☒ Progress Report March - September 2026  
*Date Period Covered*

Specific objectives for the period: (Numbered List)

1. Continue monthly meetings.
2. Continue sending out the 12th on the 12th.
3. Continue with the sponsor matching list.
4. Create a Zoom workshop for the fellowship.
- 5.

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

1. Met on Zoom the first Sunday of the month at 8 pm ET to brainstorm and review projects.
2. Sent out inspirational writings from members of Region 8 on the 12th of each month with the exception of July when we sent out a reminder email about the workshop taking place on August 2nd.
3. Continued to respond to people who use the Region 8 website's red button signing up to be matched with sponsors/sponsees..
4. Hosted a Zoom workshop entitled, "The Joy of Abstinence", featuring 3 speakers and open sharing.
5. Had a training session on how to use the Zoom translation feature using the Legends App.

Projections for the next period:

1. Continue meeting monthly on the first Sunday of the month using Zoom. Brainstorm ideas on how to improve what we are already doing and/or create new projects.
2. Continue sending out the 12th on the 12th to inspire others.
3. Re-evaluate our sponsor matching program and our speaker's list.
4. Host another workshop on Zoom.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: Tina Selinsky

Date: 8/11/2026

## **International Committee report 7/31/26**

The International Committee has been meeting monthly since the Assembly. Attendance has been small, mostly Stuart, Pablo, John (SC), Anne (FL) and Laurie (WSBC Liaison); occasionally Veronica (Brazil) and Marta (Colombia).

Our April meeting was conducted in English and ran very smoothly. Even Pablo, our sole native Spanish speaker, commented on how much more fruitful our interactions were since we did not have to do translations. This meeting was very informal.

Our May meeting was more structured and was attended by non-native English speakers. I had asked Dani, who speaks Portuguese, to come and help with translation for Veronica. We began the meeting with the Serenity Prayers in 3 languages and the daily reading from Voices of Recovery in 3 languages. Participants were asked to share on one tool of recovery that helped them maintain their abstinence this week.

Stuart noted that she was going to make a request to Region 8 for money for interpreters for our monthly meetings.

It was announced by Anne that the Twelfth Step Committee is putting together a workshop on abstinence in August, time and date forthcoming.

Gary joined us for the first time as liaison between Region 8 & WSBC. He shared a bit about his past activities and said he was willing to do whatever he could to help this committee become more active.

Dora attended the June meeting of our committee to do training for translation on Legends software. She brought Renata from Brazil who wanted to get the training also. There was a bit of trouble with the program at first, but in the end, the written translations were working perfectly in Spanish and Portuguese.

John continues his work with area medical groups and told of an upcoming presentation to them about OA. Stuart shared OA info with her hip doctor.

Veronica from Brazil shared about her recovery and talked about her group that meets monthly to discuss the 7th tradition. Marta from Colombia sent info on an upcoming July workshop for treasurers.

Stuart submitted a budget request to Sherry for purchase of the deepL software and miscellaneous expenses.

Pablo has done the translations of bylaws amendments into Spanish and Portuguese. Stuart thanked him profusely for his work.

Gary suggested translation of the hosting manual at some point to enable the possibility of a region assembly in Central or South America.

Marta expressed interest in attending the upcoming assembly in Little Rock. Gary encouraged her to make plans and said that Region 8 would find the funding for her to come. A travel budget was submitted to Sherry and Dora for their consideration.

Gary spoke of AI avatars to help reach younger audiences on platforms like Instagram and Tik Tok.

He later sent an avatar of himself to the group. Pablo discussed organizing an event using AI in recovery. He spoke of the benefits and the challenges, the latter which might promote more isolation.

I am looking forward to our next meeting on August 9th when we can use the Legends software.



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: IGOR Assembly: 2ND ASSEMBLY

☒ Packet for Assembly 09/25-27 , 2026 ☐ Progress Report .  
*Date of Assembly* *Date Period Covered*

Specific objectives for the period: (Numbered List)

1. Collaborate with intergroups throughout Region 8.
2. Conduct meetings with intergroups representing all three languages to address: "How can we better support intergroups across Region 8?"
3. Share materials and foster connection via Google Groups: strength, hope and willingness .
4. Support unaffiliated meetings.
5. Provide guidance/steps from the IGOR Chair regarding working with closed captions.

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

- 1. Objective 1 & 2: Hosted separate intergroup meetings in Portuguese, English, and Spanish.
- 2. Objective 3: Maintained and engaged the Google Group (currently at 13 active participants).
- 3.
- 4.
- 5.

Projections for the next period:

- 1. Continue collaborating with the Trustee, the Chair, and the International Committee to reach out to Portuguese and Spanish-speaking members.
- 2. Partner with U.S.-based intergroups to determine how we can best support their needs.
- 3. Conduct direct outreach to intergroups.
- 4.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: DORA P

Date: 08/11/2026



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## Region 8 Board Application

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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 Michelle Dowell Phone 501-580-6120

City Little Rock State AR Zip 72211 Email mdquark@gmail.com

Years in OA 18 Current Service Body Arkansas Overeaters Anonymous

Are you a past Rep? yes If so, which Service Body? Arkansas Overeaters Anonymous

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.

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### BRIEF ACCOUNT OF OA STORY

See attached.



Use separate sheet for additional space, if needed)

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

Central Arkansas Intergroup (CAIOA) Treasurer 2009-2011  
CAIOA Region 8 Rep 2011-2015  
CAIOA Chair 2015-2019  
Region 8 TechWeb committee member 2011-2015, 2017-2018  
Region 8 TechWeb Chair 2015-2017  
Region 8 Treasurer 2018-2024  
CAIOA ViceChair 2021-2022  
CAIOA Treasurer 2023-2025  
OA Arkansas Region 8 Rep 2026-present

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

Educator - professional communicator  
Technology adventurous  
Organized  
Problem solver  
Experienced in Region 8 service

**Why do you want to be a Region Board Member?**

I genuinely relish opportunities for service. A position such as Region 8 Vice Chair would challenge and stretch me, but I have learned that my recovery grows strongest in that space of productive discomfort—where I am called to trust, learn, and serve beyond what feels familiar.

I am passionate about carrying the message and sharing my experience, strength, and hope with others who still suffer. I would be honored to serve Region 8 and support my fellows in Overeaters Anonymous in any way I can, giving back a small portion of what this program has so generously given to me.

**Date** June 8, 2026

**Signature** Michelle Dowell



I came into OA in the summer of 2008 wearing a size 28 and weighing nearly 300 pounds. Food had become both my refuge and my prison, and I arrived desperate for a different way to live.

My current abstinence began on February 14, 2024. Today, I am maintaining a 130-pound release and can shop in a “normal” clothing store—something that once felt impossible. While I am grateful for the physical changes, the greatest gifts of recovery have been freedom, serenity, and a new way of relating to myself and the world around me.

I have completed all Twelve Steps with sponsor(s) and continue to work the Steps daily as a way of life. Recovery is not something I achieved and set aside; it is a living practice that shapes how I think, act, and grow each day.

The most meaningful Step for me has been Step Two. When I completed it for the second time, I developed a lasting relationship with a power greater than myself. I understand my Higher Power as all matter and energy in the Universe. I call my HP “Aurora”—not as a deity, but inspired by the Aurora Borealis and Aurora Australis: luminous plasma created by charged particles dancing in Earth’s atmosphere, that beautiful boundary between the celestial and the terrestrial. Through Step Two, I came to believe not only that recovery was possible, but that I did not have to carry the burden of life alone.

The Step that gave the greatest boost to my recovery was Step Five. It is a profound relief to live with integrity. It is a profound relief to be freed from perfectionism. It is a profound relief to stop fighting reality and to let go of the exhausting effort of managing appearances. In sharing my truth, I found acceptance, humility, and peace.

I currently sponsor four people who walk beside me on this journey as I walk beside them. Sponsorship continually reminds me that recovery flourishes through connection, honesty, and mutual support.

Each day, I read OA literature, meditate, check in with my sponsor and sponsees, exercise, and work the Steps as needed. These practices keep me grounded and help me remain spiritually fit, one day at a time.

A vital part of my continued recovery is service. I would not have the recovery I have today—nor be able to maintain it—without this component. Service keeps me connected to the fellowship, strengthens my gratitude, and allows me to give away what was so freely given to me. In helping others, I strengthen my own recovery and remain mindful of where I came from and the life I have been given today.



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# 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](mailto: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:** WSBC 2026

---

Name Dora Prolungatti Phone +5512988422521

City Taubaté State SP Zip 12050187 Email

Years in OA 16 Current Service Body region 8

Are you a past rep? yes If so, which Service Body? JUNCCAB NSB and ccaonline intergroup

---

**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.)*

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## BRIEF ACCOUNT OF OA STORY

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My name is Dora, and I am a recovering compulsive eater. I first found OA through an unofficial email list on May 17, and my first day of abstinence was June 19 or 20, following my very first virtual evening meeting. I have remained abstinent ever since.

I arrived at OA 16 years ago weighing 115 kg (253 lbs). My journey began after a visit to my gynecologist: I told her I was afraid of dying of cancer, and she gently replied, "You should be more afraid of dying from all the food you eat." Her words struck a chord, and right after that, I found Overeaters Anonymous.

In my first year, I lost 28 kg (61 lbs), eventually reaching a total weight loss of 46 kg (101 lbs). Before my first meeting, I already knew I had an emotional relationship with food, that I couldn't stop eating on my own, and that I had to avoid triggers like sugar. Yet, no matter how many times I visited professionals and told myself, "This time will be different, this time I'll stop," nothing worked—until that first OA meeting. Someone shared about Step One, and everything clicked. I admitted that I was powerless over food and that my life had become unmanageable.

*(Use separate sheet for additional space, if needed)*

---

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

Intergroup Level

Chair, Secretary, Treasurer, Webmaster, Tech Support, Zoom Host, PIPO (Public Information/Professional Outreach), Welcome Committee.

Intergroup Delegate (2018) & Region 8 Representative (2017, 2025).

National Service Board

Designated Downloader / Document Coordinator

WSBC Delegate (2014–2017)

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

Service is my lifeline in OA. As Dr. Bob wrote in Alcoholics Anonymous ("Dr. Bob's Nightmare"), I give service for four key reasons:

Out of a deep sense of duty.

Because it brings me genuine joy and pleasure.

Because by doing so, I pay my debt to those who took the time to pass this message on to me.

Because every time I give service, I take out a little more insurance against a relapse.

Date \_\_\_\_\_

Signature Dora Prolungatti

---

# Region 8 Delegate to WSBC Application

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**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](mailto: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:** May 4 - 8, 2027

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

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**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.*)

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## BRIEF ACCOUNT OF OA STORY

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I came into OA at 25 years old. I was 100 lbs overweight and miserable in almost every aspect of my life. I got very involved with program, found my people and lost 100 lbs, Life really opened up. I started dating, eventually got engaged and was in recovery and abstinent until about 31 years old. In a bakery in Canada I ate something which led to a relapse cycle of more than 25 years. I did not leave OA but did not go to meetings as often nor do any step work. Then in my 50's I went to a treatment center for eating disordered patients. That intense focus and guidance led to me current rcovery of the past 13 years.

I have worked through the steps several times and have felt the promises of the 9th srep come true. My life is better in every way. I am free from compulsive eating and have improved all my relationships. I have been maintaining about a 75 lb weight loss and am still obese but very content with my progress on every level OA has to offer.

*(Use separate sheet for additional space, if needed)*

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

Over the past 35 yearsI have taken on all the Board positions at my Intergroup except Treasurer. I have been a Representative at Region 8 Assemblies numerous times and a delegate to World Service twice. I am currently Chair of the PIPO Committee of Region 8.

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

I would like to contribute my service experience wherever needed at World Service. I think this helps me to contribute more broadly and I really enjoy the international experience that World Service Business Conventions offer.

I would also like to speak pro to a motion I am hoping my Intergroup will agree to send in for inclusion in the WSBC agenda,

Date 09/07/2026

Signature Andrea Katz

Budget not ready at publishing date



# SOAR 8 RECOVERY CONVENTION AND BUSINESS ASSEMBLY

## Final Financial Report of Hosting Committee Charlotte, NC – March 13-15, 2026

Focus: We made decisions to focus on giving people the opportunity to hear as many different speakers as possible, to get a hotel with free shuttle service from the airport. We decided not to have a boutique as a fund raiser for several reasons. Our intergroup has been having a yearly retreat where people bless each other with clothes at no cost. Any space would at the hotel would be remote from the other activities or too public and the ad hoc chair was concerned about tax issues over selling products. We did not focus on fund raising activities; we focused on people letting participants hear other people’s recovery stories.

We took multiple forms of payment for registration and meals – credit cards (CC) which incurred a .03 transaction fee, Zelle and checks which did not have a fee, scholarships and payments by the Region thru Zelle. The majority of payments were by credit card. There were no additional fees when a credit card payment was refunded. I am making one chart for counts of registrations and types and a different report on dollars collected and spent.

Financial Notes: The contract with the hotel estimated \$7,277.24 and it specified us paying for all charges by January 27, 2026. The hotel took a deposit of \$500.00 in July of 2025 and didn’t take the rest of the money until March 12-13, 2026. The total that went to the hotel was \$7,711.04.

Please note: The hotel contract was based on us achieving a certain number of lunch and dinner meals. While we put 30 rooms in our hotel block – a mix of rooms with one king and two queen beds, we were not penalized if we did not use the rooms. We ended up using all the rooms in our block and more people registered after the block was filled. There was not a significant price difference for those that got the convention rate and those that didn’t.

We rented the ballroom for the recovery convention and two rooms for the business assembly. The rooms were free if we met our food commitment. The room charges without the meals were \$675 a day for Earhart (where the convention met) and \$325 a day for Kitty Hawk (where the business assembly met) and \$175 for the Wright Brothers Board Room. We only rented Kitty Hawk for Friday and Saturday and rented the other two spaces for all three days.

We also charged more money for each meal than the hotel had quoted and we encouraged people to bring friends to the meals.

The contract with the hotel was for 80 lunches and 80 dinners on Saturday. We allowed three meal choices for the banquet entrees and each had a different price point – for the hotel and what we charged. We encouraged people to register by identifying those that had not chosen meals and sent them a separate form letting them know there was still time. This was useful as more meals were purchased.

Most people paid and attended. A few cancelled in time for a refund. Some cancelled after the refund. Most were fine with donating their payments to anyone who needed it. Two people registered, didn’t attend and didn’t pay. At least one person paid and didn’t attend. A few people bought additional meals, either to give as a scholarship or because they did not understand how to fill out the form.

Not all of the meal cards were made were used for dinner due to issues above. I didn’t keep a final count of meals eaten.

A few people registered the night before the convention on line.

Anyone who asked for a scholarship received one for the registration fee. Only one person asked. We used some scholarship money to pay for meals including lunch for the taper and those that requested help with meals We paid one person’s shared hotel room because to avoid issues with the hotel for parking a camper at the hotel parking lot.

We failed to collect a 7<sup>th</sup> tradition except near the end of the event. It was a failure on our part to realize it was a requirement. This could have been prevented with a through reading and comprehension of the convention manual and experience at other conventions / assemblies.

Statistics

|                                                                                                             | Count | \$ Value before CC fees |
|-------------------------------------------------------------------------------------------------------------|-------|-------------------------|
| # Registered Early Convention @ \$50                                                                        | 35    | \$1,750                 |
| # Registered Early Convention @ \$50, cancelled and got refund                                              | 3     | (\$150)                 |
| # Registered Early @ \$50 and cancelled too late for refund                                                 | 5     | N/A                     |
| # Registered Late @ \$65                                                                                    | 43    | \$2,795                 |
| Two didn't pay and didn't attend, amount based on money they paid for registration and meals                | 2     | \$115                   |
| # Registered for Saturday only Early @ \$35                                                                 | 7     | \$245                   |
| # Registered for Saturday only Late @ \$40                                                                  | 13    | \$520                   |
| On-site walk-ins Saturday only without booklet @ \$50                                                       | 1     | \$50                    |
| On-site walk-ins three days with booklet @ \$75                                                             | 1     | \$75                    |
| On-site walk-ins three days without booklet                                                                 | 1     | \$70                    |
| People registering on line the night before the convention started (                                        |       |                         |
|                                                                                                             |       |                         |
| Business Assembly Early @ \$50                                                                              | 20    | \$1,000                 |
| Business Assembly Late @ \$65                                                                               | 10    | \$650                   |
| Business Assembly Virtual @ \$40                                                                            | 7     | \$280                   |
| Total Number Registered (Not all attended)                                                                  | 146   |                         |
|                                                                                                             |       |                         |
| No show?                                                                                                    | 1     |                         |
| Late Arrival                                                                                                | 1     |                         |
| Scholarships given                                                                                          | 2     | \$211                   |
| Scholarship (Saturday and Recovery) Donated                                                                 | 17    | \$440                   |
| Region offered to pay for tech costs.                                                                       |       | \$1,400                 |
| 7th Tradition (Cash )                                                                                       | 2     | \$40                    |
| Paid Using Zelle                                                                                            | 13    |                         |
| Zelle Payments by Region for 10 funded participants. Note there were four Zelle payments made by the region | 2     |                         |
| Paid with Credit Card                                                                                       | 99    |                         |
| Paid with Check                                                                                             | 3     |                         |

| Meal            | # Meals Purchased        | Hotel Charge | Convention Charge |
|-----------------|--------------------------|--------------|-------------------|
| Dinner - Salmon | 48                       | \$32         | \$50              |
| Dinner - Steak  | 29                       | \$42         | \$55              |
| Dinner - Vegan  | 11                       | \$26         | \$45              |
| Total Dinner    | 88 Purchased / 80 needed | -            | -                 |
| Lunch           | 85 Purchased / 80 needed | \$35         | \$45              |

|                                            |                           |
|--------------------------------------------|---------------------------|
| <b>Expenses</b>                            |                           |
| Holiday Inn (Meal Charges)                 | \$7,711.04                |
| Sound Equipment for Earhart and Kitty Hawk | \$3,000.00                |
| Booklet Printing Costs                     | \$1,021.14                |
| Pens for Booklet                           | \$154.78                  |
| Insurance                                  | \$390.90                  |
| Taper Hotel Room and Lunch                 | \$320.40                  |
| DJ                                         | \$500.00                  |
| Jewish News Article                        | \$264.00                  |
| Decorations and Pompoms                    | \$297.90                  |
| Supplies and Signs                         | \$122.46                  |
| Scholarships                               | \$211.00                  |
|                                            | <b><u>\$13,993.62</u></b> |

|                                                                |                           |
|----------------------------------------------------------------|---------------------------|
| <b>Income (Registrations, Meals, Donations, 7th Tradition)</b> |                           |
| Cash                                                           | \$83.00                   |
| Checks                                                         | \$130.00                  |
| Credit Cards                                                   | \$13,328.71               |
| Zelle                                                          | \$2,109.00                |
| Due from Region (Tech Support and Funded Meal)                 | <u>\$1,495.00</u>         |
|                                                                | <b><u>\$17,145.71</u></b> |

|                |                   |
|----------------|-------------------|
| Profit Total   | <b>\$3,152.08</b> |
| For Region     | \$1,576.04        |
| For Intergroup | \$1,576.04        |

|                                                 |  |
|-------------------------------------------------|--|
| <b>Not Included as Costs Donated by Members</b> |  |
| Website / Email System shared by IG             |  |
| Bank Charges                                    |  |
| Utilities on Website (tables, form builder)     |  |
| Printing Costs Donated                          |  |
| Materials for Name Badges Donated               |  |
| Cards for Dinner Donated                        |  |
| Labor                                           |  |
| Software Programs Used to Create Material       |  |
| Signage Held by Intergroup from Past Events     |  |
| Fuel Costs to Visit Facility, Pick Up Material  |  |
| Natural Awakenings Article                      |  |

| Hotel Charges                 | Count     | Hotel Base Charge per person | Cost                     |
|-------------------------------|-----------|------------------------------|--------------------------|
| Lunch                         | <b>85</b> | \$35                         | \$2,975.00               |
| Dinner - Salmon               | 48        | \$32                         | \$1,536.00               |
| Dinner - Steak                | 28        | \$42                         | \$1,176.00               |
| Dinner - Vegan                | 11        | \$26                         | \$286.00                 |
| Taxes, Tips, Surcharges, Misc |           |                              | \$1,738.04               |
| <b>Total Hotel Costs</b>      |           |                              | <b><u>\$7,711.04</u></b> |



## Chair Report

What worked well was to find people that had interests in a particular area and support them. Having a theme is very helpful to stimulate ideas that will provide integrated solutions. Have as many people as possible see the hotel. The convention/assembly experience is embedded in a particular place and having people spend time imagining how it will work in the space chosen is great. It is very helpful to have been to a business assembly and a recovery convention and observe the needs of each before doing your own. There were at least four areas that our group didn't have enough support/time to address adequately.

1) Database Technology Support, 2) Hotel Management, 3) Volunteer Coordination and 4) Expertise in the needs of the Business Assembly.

SOAR provided a hosting manual and the Region Vice Chair provided support but we did not assign someone to develop expertise with the manual. Spending a lot of time understanding the hosting manual and the needs of the business assembly will pay off. In addition to reading the manual, talking to others will help sort out what is a suggestion and what is necessary. I found myself frustrated when I tried to imitate parts of the manual without knowing that the business assembly and the convention each have their own time tables. I think understanding how and when the two functions come together and separate will make planning much easier.

I wished I had understood the Audio-Visual needs sooner and understood the equipment that was needed. Other than the hotel, the audio / visual equipment was the costliest and most complicated. Our costs would have been more but the hotel's sound system in Earhart short-circuited the day before our event and they rushed in equipment. It helped that we had spent a lot of time making sure they understood what we needed and that took a lot of communication.

We needed someone that understood how hotels manage their staff and these types of events to be focused solely on ensuring the hotel was prepared for the influx of people on Friday and had staffing for their restaurants. The last two hotels the conventions have been at do not serve food on the weekend and were unprepared for the volume. We thought insisting the restaurant be open all weekend would solve the problem. It did not. I didn't communicate the volume of traffic the hotel needed to support to feed us.

We didn't have enough people on our team that were skilled in using spreadsheets and databases to manage data and we relied on a form management system embedded in our website to collect information from the diverse participants. The system was great and it would have been a huge help **if** we either had programs or a person that would transfer the information into a database for easily accessible reports.

When we started the convention process, we already had a proven technology for registering people for events and collecting credit card payments. Even though there is a fee to use the credit cards, it is much easier to get payments done easily.

Volunteer Coordination – There are multiple ways to get the volunteers needed on site to run the event. I think it goes more smoothly at the actual convention and gets more people involved if people are assigned to jobs before the convention. However, this is a huge undertaking and requires knowing about people's schedules, arrivals and departure times, interests, capabilities, and availabilities plus have a defined schedule with a list of jobs that are needed throughout the convention. Either automation can help with this or someone can call every person and talk to them individually to collect information. Another approach is to ask for volunteers as they are needed from the people available. This is a decision your committee needs to make. I did like that we gave people their job assignments and put them in the back of their name badges and had them look at the jobs when they checked in. I did notice the one meeting I subbed for someone, the workshop was 15 minutes late getting started because there was no one around that ensured all the people assigned to roles were ready.

I was very fortunate to have a group of people I have worked with on other projects and knew their interests and values. We did have to change course with individual “assignments” when I didn’t have clarity about what was needed and how it was to be done. Nothing like experience to fix that.

We don’t spend all of our business meetings on business. We also spend time getting to know each other, meditating, and thinking about traditions and concepts.

I think it was helpful that I had a clear vision for the convention and could reach for opportunities when HP presented them. Like an artist registering for the convention and being willing to create a booklet for our convention.

## Recommendations by Hospitality Chair

1. Hotel happenings- Be sure they understand that, if our first session will begin at 4:00, then our people will descend upon the hotel at the earliest opportunity to check in. Please be fully staffed to have rooms cleaned and ready and to get our people checked in. As for restaurant hours, be sure, hotel understands that there will probably be 10 to 20 fellows wanting to sit down and eat at whatever time we get out of a session so that they will be staffed appropriately to handle restaurant guests as opposed to preparing the luncheon buffet that was ordered in advance. Explain how we are serious water drinkers and that we need a refill every few hours in the water stations. Review with a fine tooth all of the requests for room setup and find out who the point person is to go over it on morning of to be sure everything is in place. For instance, if we're asking for 30 extra chairs at back of room make sure it happens.
2. Put the info board together before coming to the Convention.
3. Someone on committee needs to be the volunteer coordinator. Some of their duties would be as follows: Prior to registration going out, make suggestions on areas of service that people can check off. While waiting for completed registrations to come in, start finding out the number of volunteers and hours needed for each area at Convention. Get ready to fill in these positions once registration forms come in. If needed, first reach out to everyone and find out their available days and hours of giving service in that particular area or areas.
4. Once the schedule is figured out, send a confirmation along with volunteer instructions to fellows for their area of service at least one week prior to Convention \* At event- as fellows check in, be there at the table to then check off the person for volunteer assignment. Or if Check-in person does this, have system in place for assignments they can't do versus ones they'd be willing to do on the info board or however it can work out best \* Have a list at the podium of who volunteered to do the service positions per meeting for speaker, facilitator, timer, reader, etc. \*Assign someone the job of texting the people who signed up to do the above service job the morning of their duty .
5. Pre- Convention correspondence between Region 8 liaison and convention chair- Get a more thorough list from Region 8 on their requirements/requests from the intergroup host so we are aware of what to expect far in advance. Some examples would be their need for and size of a PIPO table, a Ways and Means table, and whatever volunteers they are requesting. Also, if they tell us what they are displaying on their tables we can be sure not to have the same items.

## Hotel Liaison

No-one volunteered to take on this job so it was a collective effort between our hospitality chair and the ad hoc chair. Both of us were exhausted at the convention and it would have been great if someone onsite could have the one task of looking out for the convention and communicating needs to the hotel and ensuring they were addressed.

## Registration/Statistician

We did not have a dedicated person for this as we needed an intermediary process to make the data collected easier to process. One of the people that had volunteered for this job was unable to see the email system correctly on her computer. It would be nice to have set up and keep updated multiple email lists for the registrants. – Business Assembly, # Day Recovery Convention, Saturday Recovery Convention, Virtual Business Assembly.

## Treasurer

We did not have a dedicated person for this role. Since so much of the payments were set up electronically as credit card payments the treasurer needed to be skilled with managing and creating ad hoc report from spreadsheets and multiple systems. Our intergroup had a surplus of money before the convention and had negotiated the hotel to reasonable costs and the team was creative and frugal about spending resources.

## Programming

We were clear on this. The group made decisions on the topics and the speaker seeker found and negotiated with the volunteers to get the positions filled and to communicate expectations and send reminders to each of the speakers.

Each speaker was asked to text the speaker seeker when they arrived at the convention so she knew they were there. Before the time of each session, the speaker seeker located the speaker or texted to make sure they were ready. Each session was for 45 minutes with 15 minute breaks in between. There were between 1-3 speakers depending on the topic.

Another person created the meeting formats and found topic specific meeting readings for each of the sessions so they were cohesive, and all contained in one book. All the release forms were put in the same book and we talked through this process as a group and implemented the plan.

We identified the schedule and topics early in the process. This was the most efficient and effective area of our convention.

We considered doing a skit but ran into copyright and timing issues and then HP suggested using the talents of our OA members and we invented our own songs for the convention and it was fabulous. We discovered in order to use characters to create our own skit, the characters needed to be in the public domain. For instance Mary Poppins as portrayed by Disney is not in the public domain but Winnie the Pooh as portrayed by A.A. Milne is in the public domain. One of our songs used music that was in the public domain, *Take Me out to the Convention* and the other had original music and words. We also had one of our members create original art work for our images.

We were able to find a local DJ and someone suggested we bring pom poms for our *Welcome Song of Take Me Out to the Convention*. The pom poms were also used at the dance. It was joyful.

## Souvenirs (Booklet)

Our intergroup is used to giving away something for each participant as we do at our Mountain of Miracles retreat. We discussed the idea of having something with the convention picture/theme on it and printing shirts seemed too complicated and expensive so we thought of creating a booklet. HP provided the perfect creative person and we made it happen.

All images, clip art and pictures used were researched and documented that they were obtained from sources that fell under public domain that were not subject to copyright and they were free to be used. Verbiage used



in conjunction was handled in the same manner along with referring to oa.org to properly cite the source from OA literature. Not only was it informational and convenient to take notes in, but it reflected the theme of soaring in a hopeful and thought-provoking way to coincide with the workshop titles.

## Taping / Recording

We used the same company that taped last year's assembly convention. We had several discussions about this topic and considered two vendors, created release forms and discussed what to do with material after the convention.

## Intellectual Property Issues

We discovered that we need a license to play music – even music we as individuals had purchased. We discovered the hotel had a license to play music and we didn't need to get one for the night. We worked with oa.org to discern how much or what we could print and how to cite it to give credit to the sources.

## EVALUATIONS Summary

We used the same form builder that we used to create registration forms and mailed these out. It would have been nice if they were available immediately after the convention or if we had left a few minutes on Sunday morning for people to fill out on their cell phones.

The evaluations were favorable. I am including the convention survey and the business assembly survey. Please note that I asked both groups if they flew to the convention assembly and of those that flew I asked if it was important to have a free shuttle to the hotel. For the respondents it was very important or important. We used the questions from the handbook for the business assembly and created our own questions based on we wanted to know to inform us for the next convention.

## Importance of a Shuttle to the airport

Thirty-seven people responded to the survey. Nine said they flew to Charlotte. Eight of the nine indicated it was very important to have a free shuttle from the airport to the hotel and one indicated it was not important.

## What did you like best about the convention?

- Your PI display and all the ,all the take away art items, all were fantastic. Great job. Also really enjoy having the notebook for notes. Speakers were excellent.
- All good
- Everything in one room.
- Helping to organize the convention, watching fellows spontaneously offer help with set up on day-of-event, meeting fellows from nearby intergroups.
- I loved the timing of the sessions and the 15-minute breaks in between. Since I traveled from out of town, I liked having time to chat with my friends. The days felt full but not overcrowded.
- The speakers
- Everything. Speakers were excellent. Camaraderie was great. Made new friends. The hotel rm was comfy. The reception people were slow in getting people registered. Needed extra hands.
- Wonderful variety of recovery stories. Really trying to stay on time with the workshops. The booklet is amazing! Appreciated everyone's hard work and talents to put them event together.
- The connections with my fellows; all the speakers; the workshops; the materials.
- schedule pacing
- speakers, dance, location, i.e. NC
- Loved the location so that I could see my OA friends from all over. Loved the workshops. I actually liked that there was only one workshop session instead of several at the same time. I know that our Region 8 conventions are smaller these days, but it made it easier to stay in one place and see friends and really take part in the workshops. I used to get a bit overwhelmed in the past with the different workshops and locations. made it feel cozier!
- I was very impressed with the programming.
- I enjoyed hanging out with everyone. I liked being at a face to face event. I loved the recovery.
- lots of speakers, great buffet lunch
- I did not have to choose a workshop from two others. I was able to hear it all
- face to face
- The speakers were awesome! I think the format of having 20 mins for them to speak allowing time for Sharing and have a break is good
- Speakers and sharing, Booklet Good

- Definitely the speakers, being genuinely welcomed and the calmness with which the committee members went with the flow to solve some technical issues. Also enjoyed meeting most all of the members in person.
- The speakers and fellowship.
- Talking to others
- The quality of the speakers; the comradery; the intimacy re: the size of the group; getting to know people; well organized. Experiencing the assembly
- The variety of topics for each of the sessions. A very convenient location for me.
- Fellowship
- Speakers
- The dance was fun. The food was great. It was welcoming and well organized. I always felt comfortable and accepted.
- Personal stories
- The Dance
- The speakers and being with other fellows.
- Speakers
- I attended the Recovery Convention. I enjoyed all of the workshops I attended. I also attended the Regional 12th step within committee meeting and benefitted from it.
- Meetings
- Speakers and socializing with other attendees.
- Great workshops. Speakers and fellowship.
- I thought the Business assembly was very well run and the recovery part had interesting speakers and good topics
- Meeting my friends
- being face to face

## What would you like to see improved?

- More meetings per hr. In the past there were at least two per hr that you had a choice of attending. I know its hard but food costs for meals was very high.  
In the past there was also a room for a boutique and sales of items as fundraisers and raffle items of literature etc. (another way to raise funds for hosting IG/Region
- All good.
- Nothing.
- n/a
- Needed a pot of hot water for tea!
- Can't think of anything!
- Meal Cost and quality.
- Nothing I can think of. Loved the hotel and affordability and location.



- The hotel was not the best, I'm guessing the committee went with that venue, because it helped with the cost of the event.
- The hotel staff was very kind and worked to accommodate us. However the staffing levels were not adequate at times. The registration desk was overwhelmed on Friday and the restaurant team always seemed short staffed at meal times.
- Door to meeting room was locked during meetings so you had to go around more people to get out to bathroom etc. more disturbing. Soar 8 have more items to sell. I.e. Question jar or tee shirts
- Venue.
- There was only 1 employee handling both the buffet and the restaurant. I ended up waiting until the 2:00 break to eat lunch in the dining room
- Hesitate even mentioning because there was no way of knowing ahead, however, the confusion around and delay of lunch buffet in a rather crowded location wasn't received well. Several of the front desk staff were curt and unprofessional. On the bright side I got to see how program has helped tremendously with acceptance and patience. Plus I got to meet some awesome fellows as we waited in line.
- The hotel. It was not well run.
- Location. Restaurant was closed often.
- Perhaps a few more breaks to stretch our legs. Better service by hotel staff- they were very unprepared for a group our size staff-wise.
- The venue staff seemed a bit overwhelmed. Perhaps a better site next year.
- Food. The dinner was very lacking.
- I have been to a convention with break-out rooms that had specific topics or activities. That is nice if there are enough to support it. It allows more voices to be heard.
- More movement in between
- My only complaint was the hotel needed more staff for the Friday night dinner, and have adequate food for all who ate that night.
- Food
- The hotel accommodations were not entirely satisfactory but no big problem, just a few small problems. A boutique would have been fun but no big deal one way or the other. Otherwise, can't think of anything.
- Location and or venue . Airplanes and high traffic area was not the best especially if you didn't prepay for food and had to leave to get food.
- I thought there was a lot of good attention to detail, and the speakers I heard and the flow were great. The bathroom facilities were poor, but nothing about the program itself.
- A better hotel, but the issues with them were not your doing.
- The hotel. Check-in in was disorganized and took 30 mins. When we called for the Shuttle we were told it was 15 mins away. When driver didn't come after half hour we were told it would be another 25 mins. The breakfast buffet was too expensive. I would not recommend this hotel in the future
- better direction to newcomers. I had many coming up to me explaining they were exhausted and had no time to rest. I did my best to explain that they could take time for themselves.

## Do you have any additional comments or suggestions for us?

- Should have filled this out earlier. I know at the time I had thoughts (both pluses and suggestions) but don't remember now.
- Really enjoyed the dance. Have more literature available for purchase.
- You all did an awesome job with putting on the convention!! Everyone deserves an A-plus!! It was nice being given a little booklet to take home and I appreciate all the effort putting it together. It looks very professionally done and I like the words inside. The signs decorated in the lobby were beautiful! The table with the handmade recovery free items to take home was very special! I enjoyed volunteering at the literature table. Thank you for putting on such a fantastic convention!!!
- \*Print the Serenity, 3rd & 7th step prayers and the OA promises Inside the program book . Sell t-shirts or something that has the convention logo on it that can be worn or used, like a keychain
- I would have liked a group meditation session in the morning, instead of a meeting on the topic of meditation.
- n/a
- Ironed kinks out Alice. It was a meaningful weekend. Thank you
- My only suggestion is, when stating the hotel rate, please specify the rate is for each night, (i understand that not everyone stays both nights), but my original roommate and I both understood the rate was for both nights. It was our misunderstanding, but stating nightly rate is \$\*\*. \*\* per night would be helpful.
- I am a Region 7 member, but I love being with my Region 8 friends!!! Thank you for all the hard work that goes on behind the scenes. Your service is invaluable to me.
- None!
- I don't think so.
- Great convention.
- Maybe have prices for literature written in pencil, not ink. Lower prices on well worn/written in books. Card mentioned at free craft table available to sign, I looked several times and never saw it. Really wanted to thank him.
- I think the event was very well organized. It was one of the best I have been to. It was smaller which made it more intimate.
- It would be nice to have a breakout session for a men's meeting and a meeting for people in program for less than 2 years.
- It was truly a wonderful experience.
- No.
- No, thank you for a wonderful weekend.
- Well planned.
- Soooo very proud of Piedmont Intergroup!!!!
- Many thanks to all who collaborated to make this event very successful. I so appreciate your service.

- You did a great job. Everything was very well done except for the hotel
- I wasn't there at the closing, but I hope it was explained how important it is to show love and care to those who were at home while we were at convention getting what we need, and also how important it is to get to a meeting asap to reconnect with self-care.

## Why you would attend another convention?

- Always want to come for the recovery and seeing old friends.
- Learned a lot
- It was great!!!!
- There's great recovery to be experienced at a convention. It gives me a boost to my program. I want to be where the action is happening,, in the middle of the herd.
- Need the fellowship of like minded OA people. Workshops helps u grow.
- I was most interested in the workshops, as I had not attended any sort of retreat in many years.
- I would come to a Region 8 event if all you were doing was sitting around reading the phone book.
- Recovery booster shot. Meeting (new and old) fellow travelers. Sharing recovery. New approaches
- Conventions - especially face to face events - always energize my recovery.
- I learned a lot.
- The speakers were so motivational.
- I totally enjoyed my time at the convention. I heard wonderful speakers and the fellowship was incredible. The night of dancing was fun and there were so many resources available.
- Great convention. Fantastic organizers.
- Connecting with members that I would not normally be able to due to proximity. I attend majority of virtual meetings so meeting in person is so much more personal. It also gave a boost to my program.
- Love the fellowship
- I'd like to be there if I can.
- I love going to conventions and retreats. Always great recovery and love being with other members.
- Just as there is no substitute (for me) for f2f weekly meetings, there is no substitute (for me) for larger gatherings of OA's sharing experience, strength, and hope. I will attend any and every larger gathering every time I have the opportunity. Well worth the investment of time, energy, effort and funds.



- It's a great way to have face-to-face contact when I go only to Zoom meetings. I love the fellowship there and hearing recovery from such a diverse group of people.
- The convention was very inspiring and I came back motivated. Really enjoyed it
- I'm always grateful to reconnect, and hear the stories/recovery of others.

## Why wouldn't or might not you attend another convention?

- Location would determine if I am able to attend.
- Distance ( Not interested in flying). Cost, esp for meals
- It would depend on where the next one was located,
- Traveling is too expensive for me.
- Depends on distance. And time
- Struggle with crowds.
- I find that my energy drops after a few speakers. Have you thought of doing it every couple of years instead of every year
- Purely my travel limitations.
- If it were close enough that didn't have to spend the night
- I am more heavily involved with Al-anon and Piedmont Intergroup. I volunteer heavily in other organizations and I am limited with time and commitment
- They are usually too far away.
- I was stuck in the airport overnight. Will not fly for a long time. Will attend closer to home.
- I only attend when the spirit moves. Not every year.

## Responses To Rating Scale Questions

|                                           | N/A  | poor  | fair  | good  | excellent  |
|-------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Assembly Format                           |                                                                                       |                                                                                        |                                                                                          | 5<br>36%                                                                                 | 9<br>64%                                                                                      |
| SOAR 8 Board's service to me was..        | 2<br>14%                                                                              |                                                                                        |                                                                                          | 2<br>14%                                                                                 | 10<br>71%                                                                                     |
| Meeting rooms                             | 1<br>7%                                                                               | 1<br>7%                                                                                | 1<br>7%                                                                                  | 5<br>36%                                                                                 | 6<br>43%                                                                                      |
| Pre-publicity and flyer                   |                                                                                       |                                                                                        |                                                                                          | 5<br>36%                                                                                 | 9<br>64%                                                                                      |
| PI/PO display was information and helpful | 1<br>8%                                                                               |                                                                                        |                                                                                          | 4<br>31%                                                                                 | 8<br>62%                                                                                      |
| Cost of registration                      | 1<br>7%                                                                               |                                                                                        |                                                                                          | 5<br>36%                                                                                 | 8<br>57%                                                                                      |
| Green Dot mentoring / Information         | 6<br>43%                                                                              |                                                                                        | 1<br>7%                                                                                  | 4<br>29%                                                                                 | 3<br>21%                                                                                      |

14 Answered

0 Skipped

## Responses to Y/N Questions

Question: Did You fly to charlotte

- No Answer – 1
- Yes -10
- No -3

For Those that flew to Charlotte, How important was it to have a free airport shuttle?

- Very Important 60% rated importance 5 of 5
- Important 20% Rated importance 4
- Neutral – 10% Rated Importance 3

Was this your first business Assembly?

13 No

1 Yes

Will you attend another business assembly

14 yes

0 No

Why wouldn't you attend another assembly – not relevant to previous responses.

Did you feel free to contact any SOAR 8 Board member at any time.

Why didn't you feel free to contact any SOAR 8 Board member at anytime?

A- not relevant based on previous responses.

Do you have a copy (or know where to find the) the SOAR 8 Bylaws?

14 yes

0 No



## SOAR 8 2026 1<sup>st</sup> Business Assembly Evaluation Results.

Do you have a copy (or know where to find) SOAR 8 Policy and Procedures Manual?

13 Yes,

1 No

Do you have a copy of (or know where to find) OA Handbook for Members, Groups and IGs (SKU 120)?

13 Yes,

1 No )

Do you have a copy of (or know where to find) PI/PO Service Manual (SKU 765)? 14 Y

14 yes

0 No

Do you have a copy of (or know where to find) Twelfth Step Within handbook (SKU 485)?

13 yes

1 No

## Longer Responses to SOAR 8 Business Assembly Questions

Question: How can we help you find the manuals and handbooks you do not have?

Responses:

- I am assuming all of theses manuals can be accessed through the SOAR 8 website
- Advertise with pictures through allsoar8 \)
- Can you send a link? Thanks!

## SOAR 8 2026 1<sup>st</sup> Business Assembly Evaluation Results.

Other Comments:

Responses:

- I was at assembly by zoom. I have been attending assemblies since before Covid. This was the hardest one to see anything positive for me. Zoom participants could not hear anything going on with the in person speakers. I felt less than equal. We missed out on information. Knowing that IGOR committee had a 2 hour session on Sunday, which we had been doing for several assemblies, I thought it was unnecessary that intergroups were allowed to share on Saturday. At previous Sunday IGOR meetings, we would have over 35 people. At this one, we had 8. I am sorry I cannot give you anything positive, but maybe things will change.
- Food was mediocre. Hosting IG very helpful.
- The best hotel I saw at the assemblies.
- Could hear very little of the assembly on zoom
- Thank you for your service! (
- Thanks! Missed the thrift sale

*OA Region 8 Virtual*

**FIRST ASSEMBLY**

*March 12-14, 2027*

*“OA is the Solution for Life”*

Register at [oaregion8.org](https://oaregion8.org)



**--Appendix A: Region 8 Service Directory**

| <b>Position</b>                          | <b>Name</b> | <b>Location</b>            | <b>Phone</b>     | <b>Email</b>                    |
|------------------------------------------|-------------|----------------------------|------------------|---------------------------------|
| <b>Chair</b>                             | Julia S     | Slidell, LA                | 985-788-3411     | chair@oaregion8.org             |
| <b>Vice Chair</b>                        | Lonna C     | Deerfield Beach, FL        | 305-338-0423     | vicechair@oaregion8.org         |
| <b>Treasurer</b>                         | Sherry S    | Deerfield Beach, FL        | 818-398-4160     | treasurer@oaregion8.org         |
| <b>Secretary</b>                         | JC D        | Palm Harbor, FL            | 813-240-8572     | secretary@oaregion8.org         |
| <b>Trustee</b>                           | Laurie O    | Portsmouth, VA             | 757-375-3304     | trustee@oaregion8.org           |
| <b>Parliamentarian</b>                   | Ellen F     | Germantown, TN             | 901-647-3587     | parliamentarian@oaregion8.org   |
| <b>12th Step Within (TSW)</b>            | Tina S      | Bradenton, FL              | 941-993-9717     | tswchair@oaregion8.org          |
| <b>Bylaws/Electronic Documents</b>       | Debby H     | New Smyrna, FL             | 386-402-6631     | bylawschair@oaregion8.org       |
| <b>Technology/Website 1</b>              | Claudia S   | Springhill, FL             | 352-238-8777     | techwebchair@oaregion8.org      |
| <b>Technology/Website 2</b>              | -           | -                          | -                | Techwebchair2@oaregion8.org     |
| <b>Intergroup Outreach (IGOR)</b>        | Dora P      | Taubate – Sao Paul, Brazil | +55 1298845-2521 | igorchair@oaregion8.org         |
| <b>Ways &amp; Means</b>                  | Georgette P | Gainesville, FL            | 352-870-4454     | waysandmeanschair@oaregion8.org |
| <b>Public Info/Prof Outreach (PI/PO)</b> | Andrea K    | Miami, FL                  | 786-210-7977     | pipochair@oaregion8.org         |
| <b>International</b>                     | Stuart S    | Baton Rouge, LA            | 225-975-8859     | ICR8Chair@oaregion8.org         |
| <b>TSW Sponsor List</b>                  | Lillian M   | Stockbridge GA             | 770-313-1853     | sponsors@oaregion8.org          |
| <b>TSW Speaker List</b>                  | Neil MC     | Raleigh, NC                | 919-789-9402     | speakers@oaregion8.org          |
| <b>Region 8 Webmaster</b>                | -           | -                          | -                | webmaster@oaregion8.org         |

### Appendix B: Decorum In Debate

Robert's Rules of Order Newly Revised, 11<sup>th</sup> 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, etc ....\*\*only 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 G. 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      | <a href="https://oacentralalabama.blogspot.com/">https://oacentralalabama.blogspot.com/</a>     |
| 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     | Buenos Aires ARGBA IG                             | All of Argentina                                                                                                                                                                                           | 54 911 57505020   | <a href="https://oa-argentina.org/">https://oa-argentina.org/</a>                               |
| Arkansas           | 09138     | Arkansas IG                                       | Arkansas                                                                                                                                                                                                   | 501-425-5781      | <a href="https://oa-arkansas.org/">https://oa-arkansas.org/</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                                                                                                                                                                                  | 55 19 8320 3810   | N/A                                                                                             |
| Brazil             | 09507     | Integrupo de MG (Minas Gerais)                    | Minas Gerais                                                                                                                                                                                               | 55 31 3464 4791   | N/A                                                                                             |
| Brazil             | 09560     | Intergrupo Abc de CCA                             | Maua, Sao Bernardo 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               | <a href="https://ccaonline.com.br/">https://ccaonline.com.br/</a>                               |
| Brazil             | 09679     | IG Virtual Serenidade Online                      | Virtual                                                                                                                                                                                                    | N/A               | N/A                                                                                             |
| Brazil             | 09704     | Rio de Janeiro IG                                 | Rio de Janeiro state                                                                                                                                                                                       | N/A               | <a href="https://cca.org.br/">https://cca.org.br/</a>                                           |
| Brazil             | 09962     | Juncab NSB                                        | MG Brazil                                                                                                                                                                                                  | 55-21-2532-5174   | <a href="https://cca.org.br/">https://cca.org.br/</a>                                           |
| Colombia           | 09688     | CCA Colombia IG                                   | All of Colombia                                                                                                                                                                                            | 57-32-0821-5476   | <a href="https://comedorescompulsivoscolombia.org">https://comedorescompulsivoscolombia.org</a> |
| Costa Rica         | 09604     | Costa Rica IG                                     | All of Costa Rica                                                                                                                                                                                          | 506 85243106      | <a href="http://www.cacostarica.org">http://www.cacostarica.org</a>                             |
| 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, Brevard, Citrus, Lake, Marion, Orange, Seminole Sumpter, Osceola and Volusia Counties                                                                                                  | via website       | <a href="http://www.oacfi.org/">http://www.oacfi.org/</a>                                       |
| Florida            | 09065     | Suncoast IG                                       | Tampa Bay And Pinellas And Hillsborough Counties<br>Area Included: Tampa Bay Hillsborough County<br>Parts of Pasco and Citrus Counties                                                                     | 813-378-7275      | <a href="http://www.oasuncoast.org/">http://www.oasuncoast.org/</a>                             |
| Florida            | 09089     | New Freedom IG                                    | Northeast Florida And Southeast Georgia (200 mi. radius of Jacksonville)                                                                                                                                   | 516-286-1888      | <a href="http://www.oanfig.org/">http://www.oanfig.org/</a>                                     |
| Florida            | 09095     | Gold Coast IG                                     | South Florida, Fort Lauderdale, Boca                                                                                                                                                                       | 954-546-0348      | <a href="http://www.oabroward.org/">http://www.oabroward.org/</a>                               |
| Florida            | 09179     | Highlands Ridge IG (Florida Ridge)                | Highlands Ridge, Polk, Hardie, and Desoto Counties                                                                                                                                                         | 727-310-5760      | <a href="https://oahri.org/">https://oahri.org/</a>                                             |
| Florida            | 09231     | Southwest Florida IG                              | Lec, Hendry and Collier Counties Area                                                                                                                                                                      | 760-464-4399      | <a href="http://southwestfla.org/">http://southwestfla.org/</a>                                 |
| Florida            | 09233     | Palm Beach County IG                              | Palm Beach County                                                                                                                                                                                          | 561-820-9242      | <a href="http://www.oapalmbeachfl.org/">http://www.oapalmbeachfl.org/</a>                       |
| Florida            | 09240     | Manasota IG                                       | Sarasota and Manatee Counties                                                                                                                                                                              | 941-556-1293      | <a href="http://www.oamanasota.org/">http://www.oamanasota.org/</a>                             |
| Florida            | 09386     | Miami-Dade and the Keys IG                        | Miami, Dade and part of Monroe, Keys County                                                                                                                                                                | 305-857-5627      | <a href="http://oamiami.org/">http://oamiami.org/</a>                                           |
| Florida            | 09412     | Gulf Coast of Florida IG                          | Pinellas, Hernando, Pasco                                                                                                                                                                                  | NA                | <a href="https://ogulfcoast.org/">https://ogulfcoast.org/</a>                                   |
| Georgia            | 09114     | Greater Atlanta IG                                | Atlanta Metro Area                                                                                                                                                                                         | 404-634-3314      | <a href="http://atlantaoa.org/">http://atlantaoa.org/</a>                                       |
| 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      | <a href="https://www.oaneworleans.org">https://www.oaneworleans.org</a>                         |
| Louisiana          | 09064     | Baton Rouge IG                                    | Baton Rouge, Donaldsonville, New Roads, Plaquemine, Lafayette and Carencro                                                                                                                                 | 205-267-8759      | <a href="http://oabatonrouge.org/">http://oabatonrouge.org/</a>                                 |
| Louisiana          | 09213     | North Louisiana IG                                | Northern half of LA, above Cofax, 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      | <a href="https://www.greaterozarksoa.org">https://www.greaterozarksoa.org</a>                   |
| North Carolina     | 09185     | Piedmont IG                                       | 50 Mile radius of Charlotte                                                                                                                                                                                | 803-493-6870      | <a href="http://piedmontintergroup.org/">http://piedmontintergroup.org/</a>                     |
| North Carolina     | 09314     | Triangle IG                                       | Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties                                                                                                                                      | 919-406-9300      | <a href="http://triangleoa.org/">http://triangleoa.org/</a>                                     |
| Puerto Rico IG     | 923       | Puerto Rico IG                                    | Puerto Rico                                                                                                                                                                                                | NA                | NA                                                                                              |
| South Carolina     | 09431     | 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 | 540 664 6507      | <a href="https://grandstrandsoa.org">https://grandstrandsoa.org</a>                             |
| South Carolina     | 09080     | Central Midlands IG                               | Central midlands area of South Carolina                                                                                                                                                                    | 803-466-8853      | <a href="https://www.centralmidlandsoa.com/">https://www.centralmidlandsoa.com/</a>             |
| South Carolina     | 09220     | Central Savannah River Area IG (CSRA)             | Central Savannah River area                                                                                                                                                                                | 803 221 1530      | N/A                                                                                             |
| Tennessee          | 09126     | Smoky Mountain IG                                 | Knoxville And East Tennessee, Smoky Mountains, Maryville, La; Follette, Morristown, Greenville, And Sevierville                                                                                            | 865-599-1402      | <a href="https://oasmokymtn.org/">https://oasmokymtn.org/</a>                                   |
| Tennessee          | 09228     | Middle Tennessee IG                               | Middle Tennessee, Nashville And Surrounding Counties                                                                                                                                                       | 615 856 7370      | <a href="http://oanashville.org/">http://oanashville.org/</a>                                   |
| Tennessee          | 09165     | Greater Memphis Area IG                           | Western TN, Northern Mississippi                                                                                                                                                                           | 901-860-4990      | <a href="http://www.oamemphis.com/">http://www.oamemphis.com/</a>                               |
| Tennessee          | 09260     | Unity IG                                          | Chattanooga, Tennessee And Northern Georgia                                                                                                                                                                | 423-503-6851      | <a href="http://www.oaunity.org/">http://www.oaunity.org/</a>                                   |
| Venezuela          | 09634     | IG Esperanza Venezuela                            | Gran Caracas, Centro Oriente De Venezuela                                                                                                                                                                  | 005-841-4302-7205 | N/A                                                                                             |

# Attention

Region 8 is using a new technology for interpretation. Everyone using a device during the assembly must set up their Zoom account to allow for voice to text translation. Note this includes all members. English speakers need to set up the interpretations to understand those not speaking English.

Please go to the Region 8 Website current assembly page to find the instructions in English, Spanish, and Portuguese. Someone at the assembly will read out interpretations if needed.

<https://oaregion8.org/r8-assemblies/soar8-assembly-2nd-assembly-2026/>





**Southeastern Overeaters Anonymous Region 8**





Southeastern Overeaters Anonymous Region 8

HOW CAN WE  
UNDERSTAND EACH  
OTHER IN REGION 8?





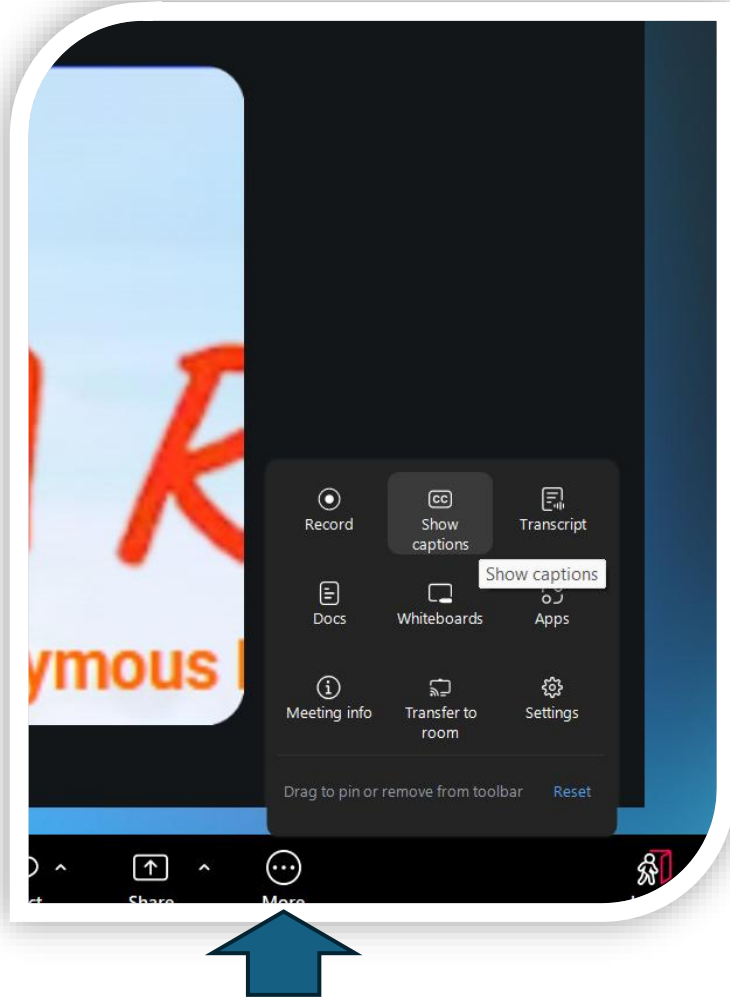


Southeastern Overeaters Anonymous Region 8



YOU MUST SELECT YOUR  
SPEAKING LANGUAGE TO  
BE UNDERSTOOD.

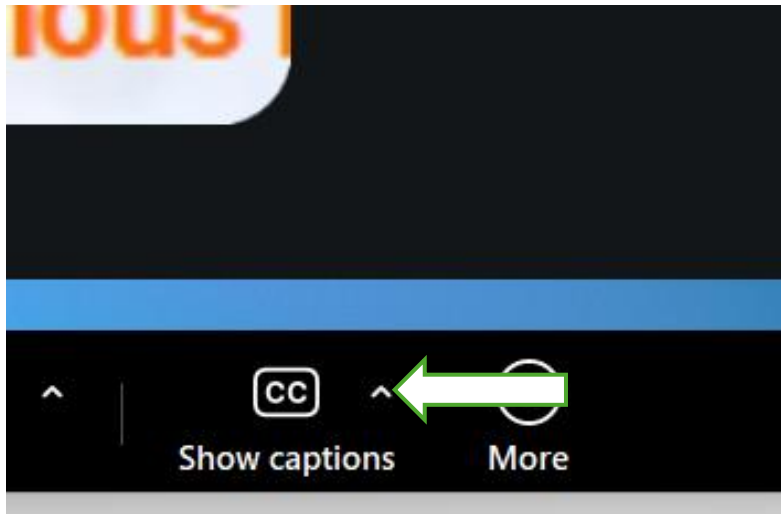
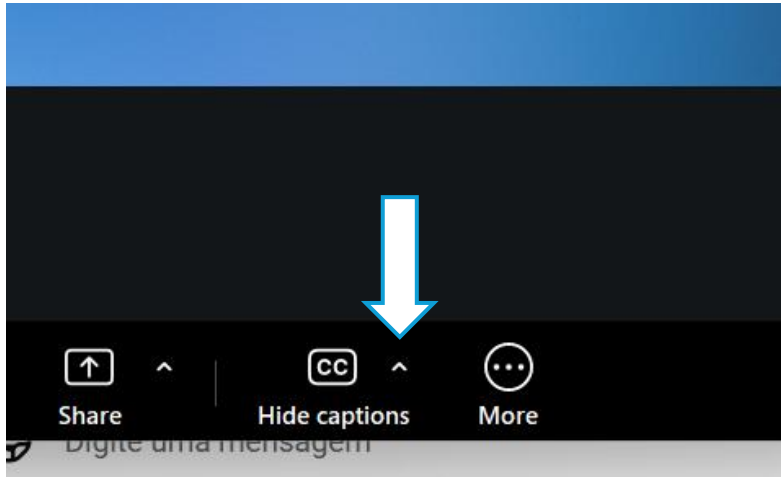




1. AT THE BOTTOM OF YOUR ZOOM SCREEN,  
SELECT **[MORE]**
2. SELECT **[CAPTIONS]**
3. SELECT **[SHOW CAPTIONS]**

1. AT THE BOTTOM OF YOUR ZOOM SCREEN,  
SELECT **[MORE]** or ...

**Southeastern Overeaters Anonymous Region 8**



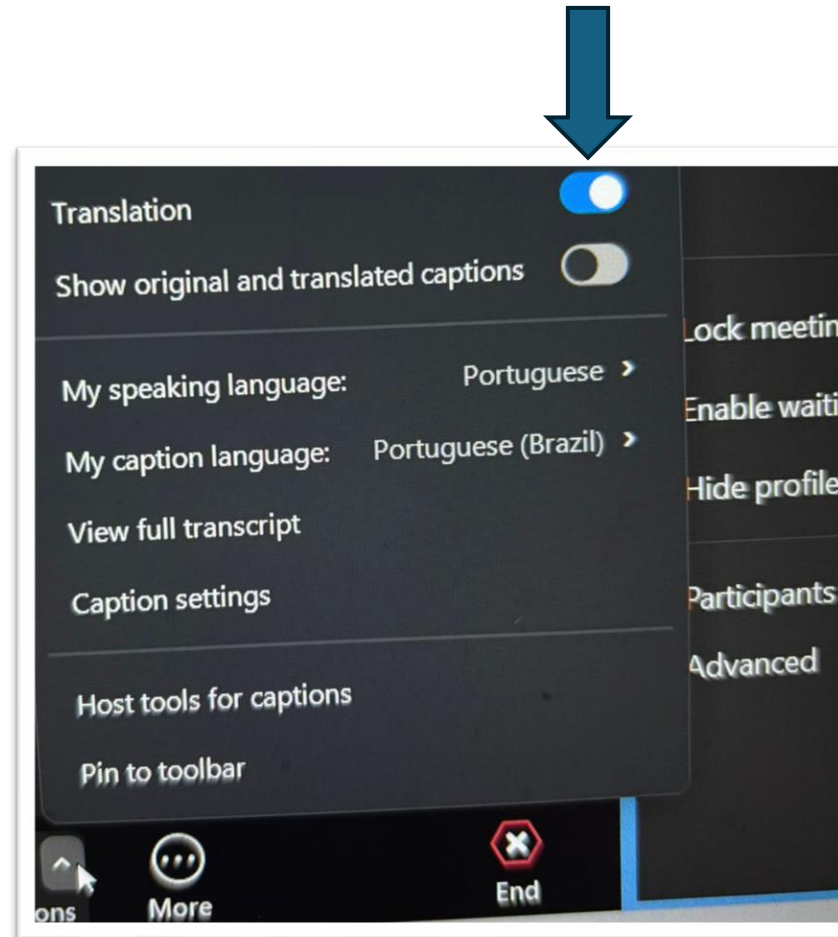
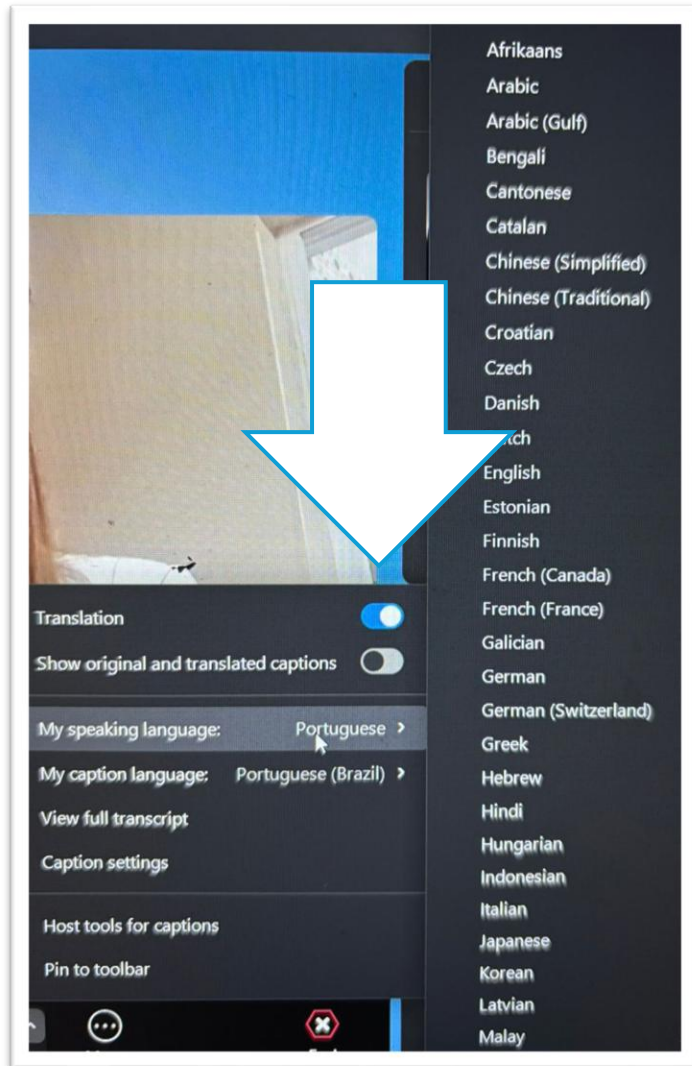
1.SELECT THE SMALL ARROW NEXT TO IT



Southeastern Overeaters Anonymous Region 8

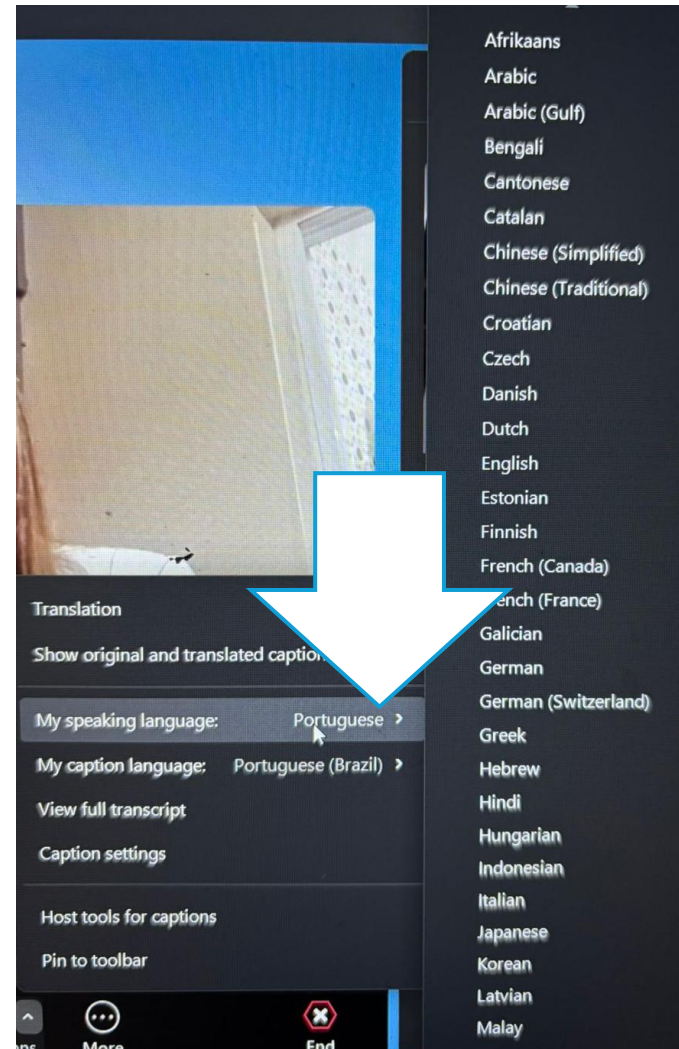


# TURN ON TRANSLATIONS



**Southeastern Overeaters Anonymous Region 8**

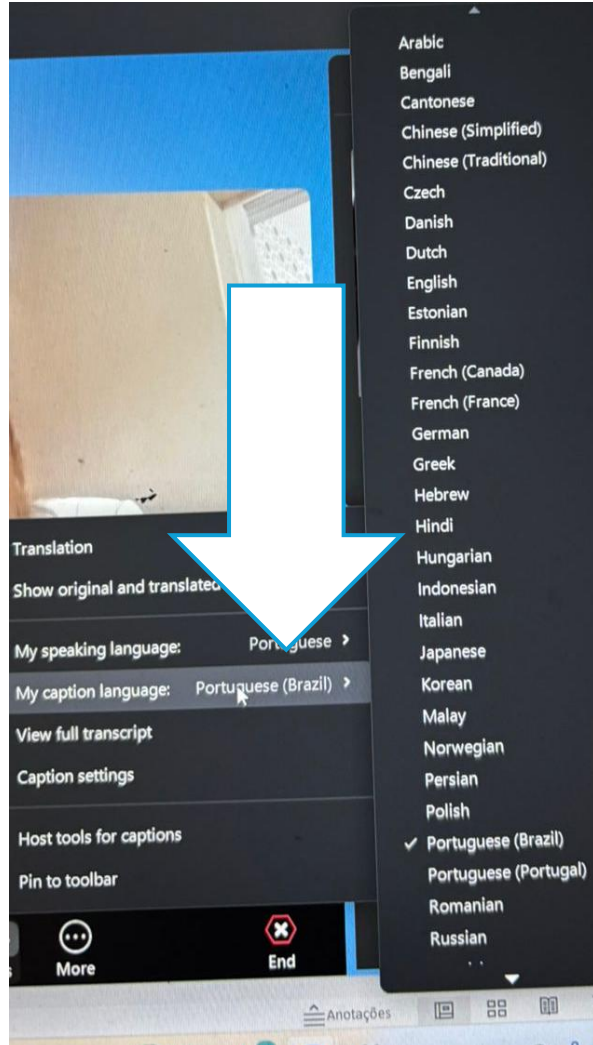




1.SELECT YOUR CAPTION LANGUAGE  
FOR **SPEAKING** (THE LANGUAGE YOU WILL SPEAK)-  
ENGLISH

YOU MUST SELECT YOUR SPEAKING  
LANGUAGE TO BE UNDERSTOOD.

**Southeastern Overeaters Anonymous Region 8**



SELECT YOUR **CAPTION LANGUAGE**  
FOR **READING** (THE LANGUAGE YOU  
WANT TO READ)- English

**Southeastern Overeaters Anonymous Region 8**



# ENGLISH

## How to turn on Zoom Live Captions (Desktop)

1. At the bottom of your Zoom screen, select **[More]**
2. Select **[Captions]**
3. Select **[Show Captions]**
4. Select the small arrow next to it
5. Select your caption language for **reading** (the language you want to read)
6. Select your caption language for **speaking** (the language you will speak)



**You MUST select your speaking language to be understood.**

**Southeastern Overeaters Anonymous Region 8**

# How to turn on Zoom Live Captions ENGLISH (Mobile/Tablet)

1. At the bottom of your Zoom screen, tap [ · · · (More)]
2. Tap [Captions]
3. Tap [Settings]
4. Tap [Captions & Translation]
5. Select your caption language for **reading** (the language you want to read)
6. Select your caption language for **speaking** (the language you will speak)



You MUST select your speaking language to be understood.



**Southeastern Overeaters Anonymous Region 8**





**Southeastern Overeaters Anonymous Region 8**





**Southeastern Overeaters Anonymous Region 8**





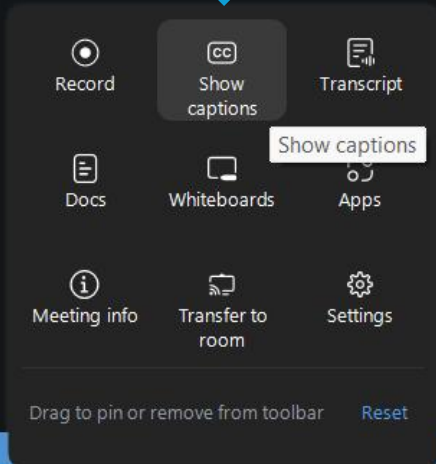
Southeastern Overeaters Anonymous Region 8

DEBE SELECCIONAR SU  
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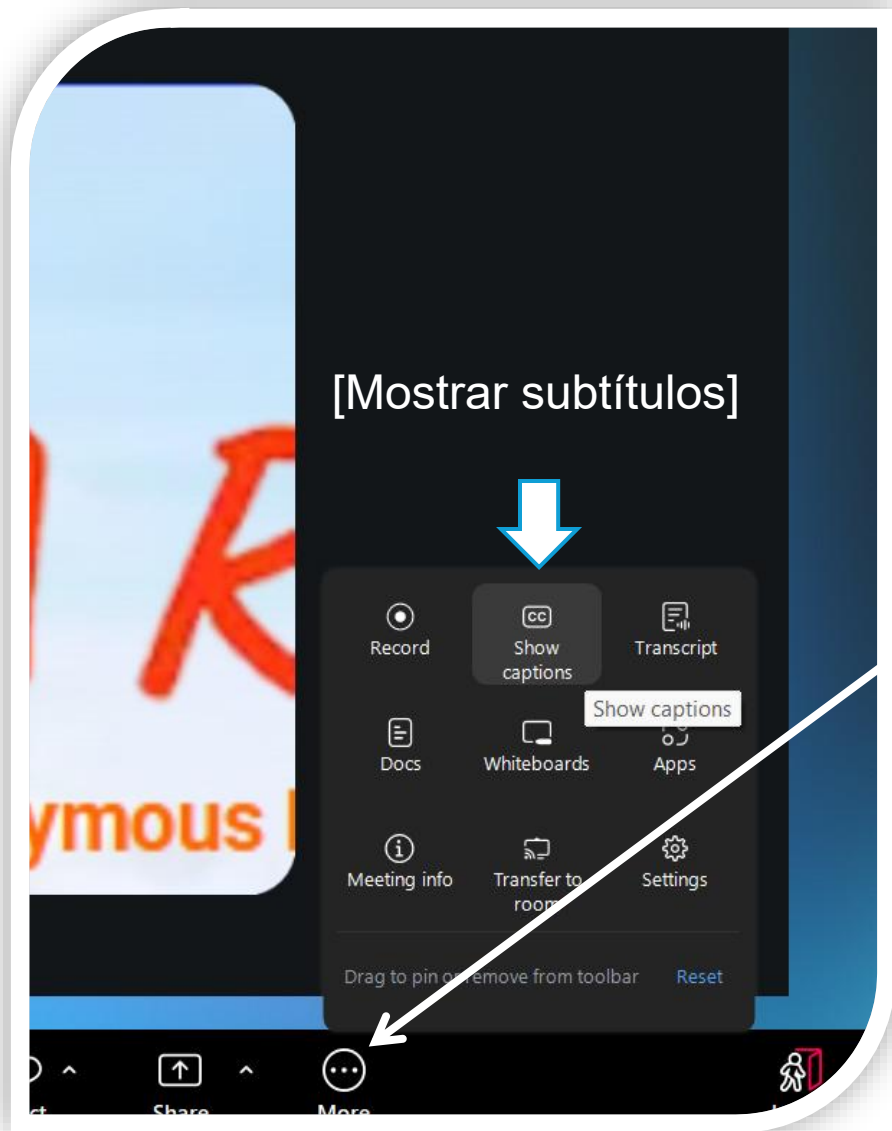
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## CÓMO ACTIVAR LOS SUBTÍTULOS EN VIVO DE ZOOM (DESKTOP)

**Southeastern Overeaters Anonymous Region 8**





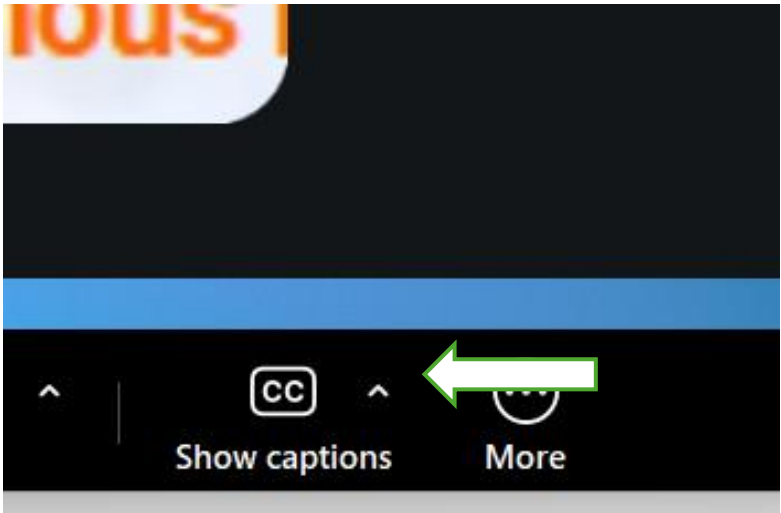
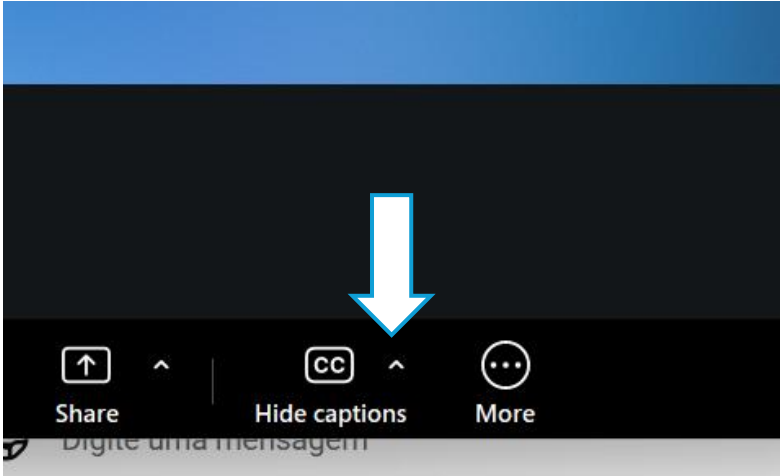
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3. SELECCIONE [MOSTRAR SUBTÍTULOS] ( SHOW CAPTIONS )

**Southeastern Overeaters Anonymous Region 8**

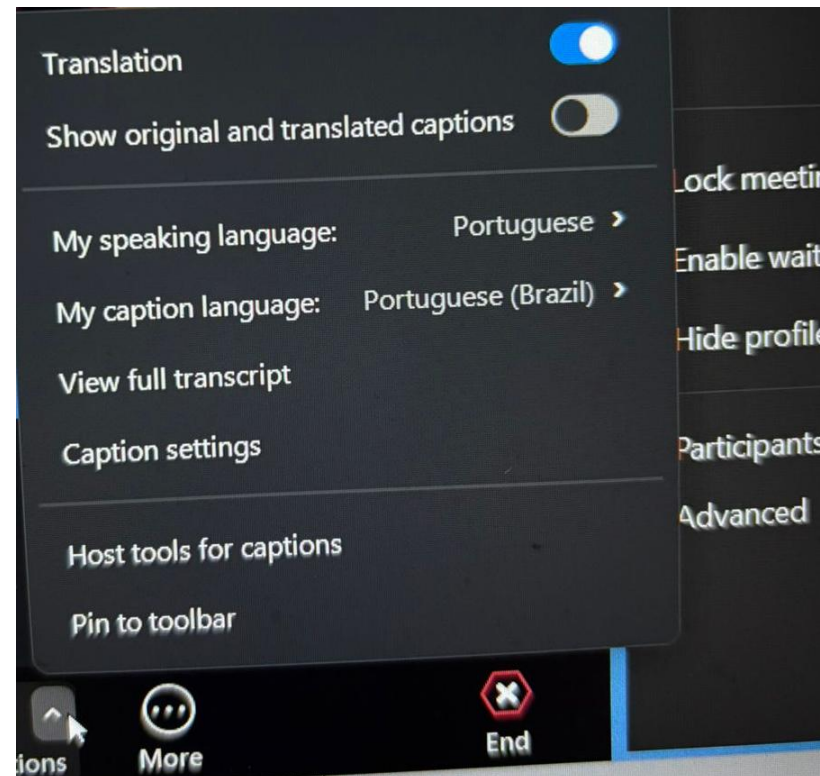
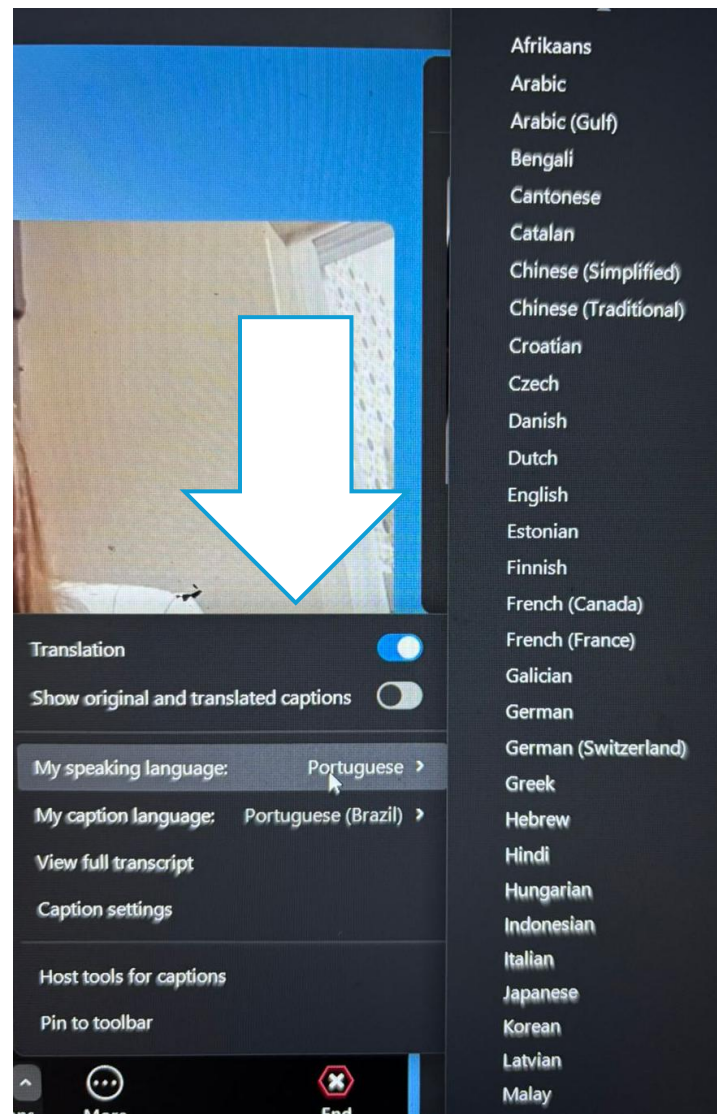


# 1.SELECCIONE LA PEQUEÑA FLECHA JUNTO A ÉL ^



**Southeastern Overeaters Anonymous Region 8**

# ACTIVAR LAS TRADUCCIONES (TRANSLATION)



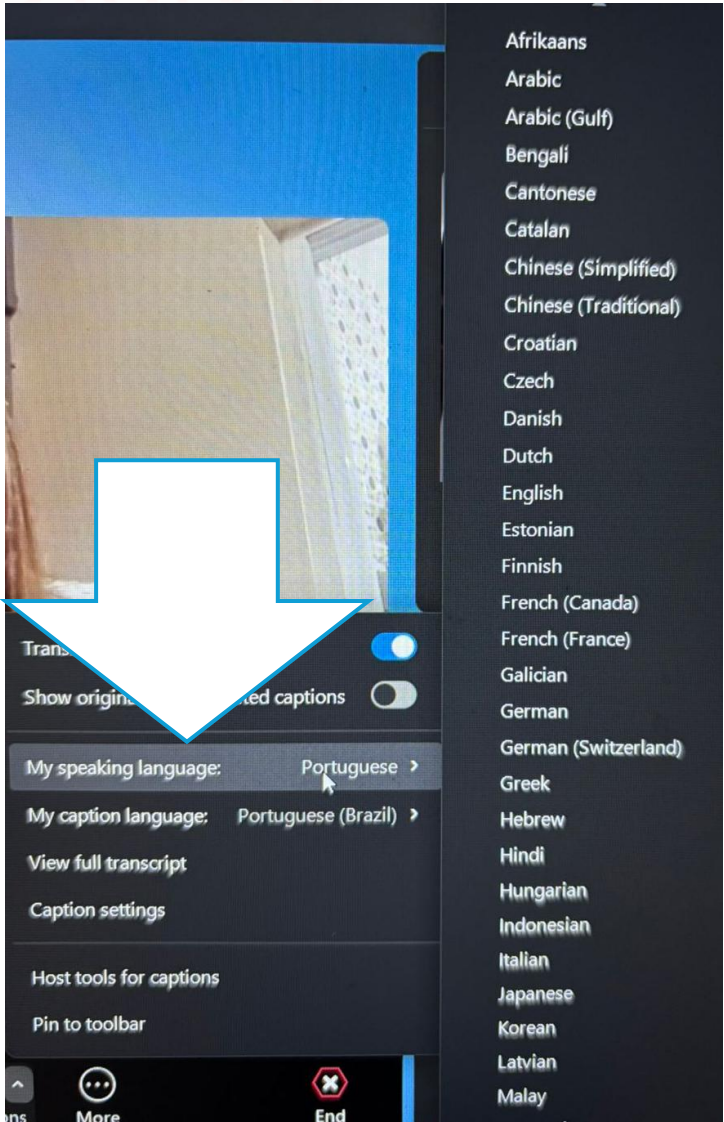
**Southeastern Overeaters Anonymous Region 8**

1.Select your caption language for **speaking** (the language you will speak)

## SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA HABLAR (EL IDIOMA EN EL QUE VA A HABLAR)



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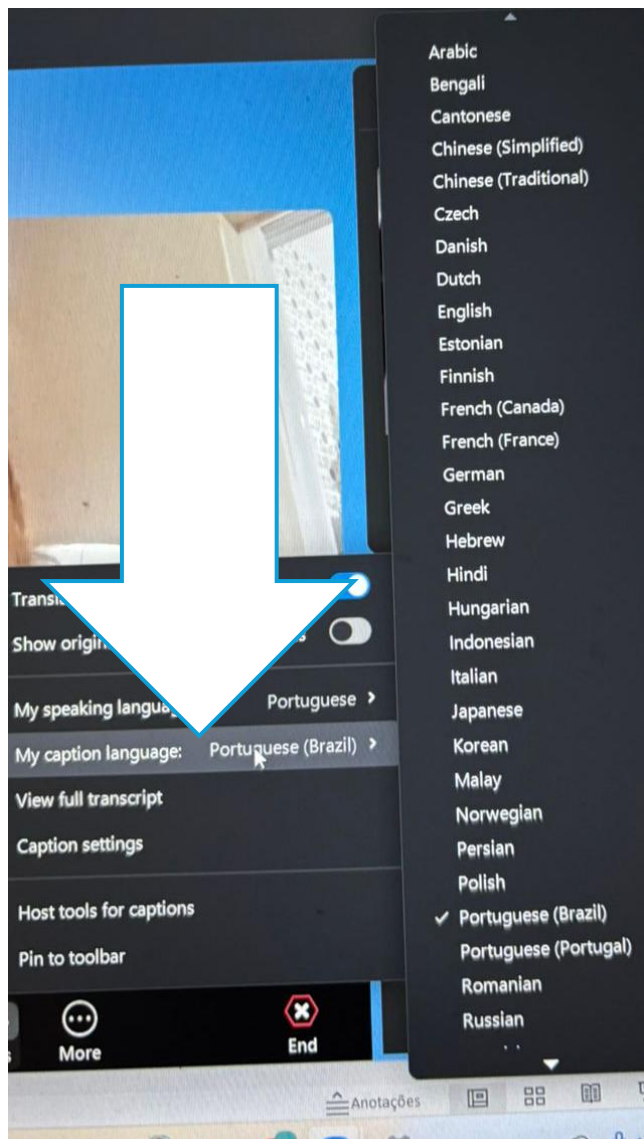
**Southeastern Overeaters Anonymous Region 8**





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# SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA LECTURA (EL IDIOMA QUE DESEA LEER)

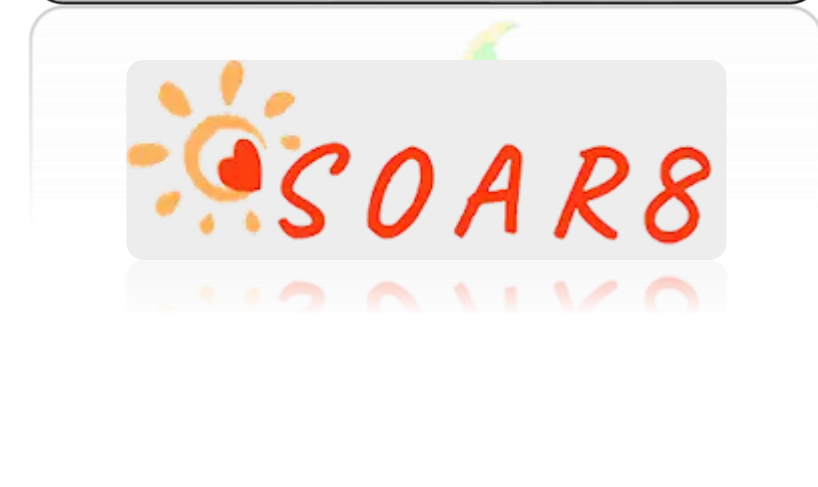


**Southeastern Overeaters Anonymous Region 8**

# SPANISH

CÓMO ACTIVAR LOS SUBTÍTULOS EN VIVO DE ZOOM  
(DESKTOP)

- 1.EN LA PARTE INFERIOR DE SU PANTALLA DE ZOOM, SELECCIONE [MÁS]
- 2.SELECCIONE [SUBTÍTULOS]
- 3.SELECCIONE [MOSTRAR SUBTÍTULOS]
- 4.SELECCIONE LA PEQUEÑA FLECHA JUNTO A ÉL
- 5.SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA LECTURA (EL IDIOMA QUE DESEA LEER)
- 6.SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA HABLAR (EL IDIOMA EN EL QUE VAA HABLAR)  
DEBE SELECCIONAR SU IDIOMA HABLADO PARA SER COMPRENDIDO(A).



**Southeastern Overeaters Anonymous Region 8**



# SPANISH

## CÓMO ACTIVAR LOS SUBTÍTULOS EN VIVO DE ZOOM (MÓVIL/TABLET)

1. EN LA PARTE INFERIOR DE SU PANTALLA DE ZOOM, TOQUE [ · · · (MÁS)]
2. TOQUE [SUBTÍTULOS]
3. TOQUE [CONFIGURACIÓN]
4. TOQUE [SUBTÍTULOS Y TRADUCCIÓN]
5. SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA LECTURA (EL IDIOMA QUE DESEA LEER)
6. SELECCIONE EL IDIOMA DE SUBTÍTULOS PARA HABLAR (EL IDIOMA EN EL QUE VAA HABLAR)

**Southeastern Overeaters Anonymous Region 8**



**Southeastern Overeaters Anonymous Region 8**







**Southeastern Overeaters Anonymous Region 8**



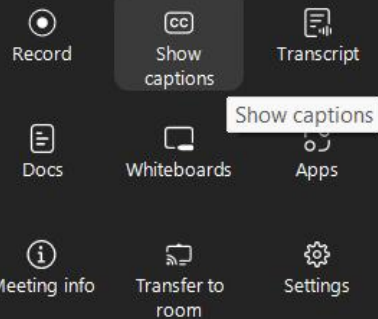


Southeastern Overeaters Anonymous Region 8

**Você DEVE selecionar seu idioma de fala para ser compreendido(a).**



[MOSTRAR LEGENDAS]

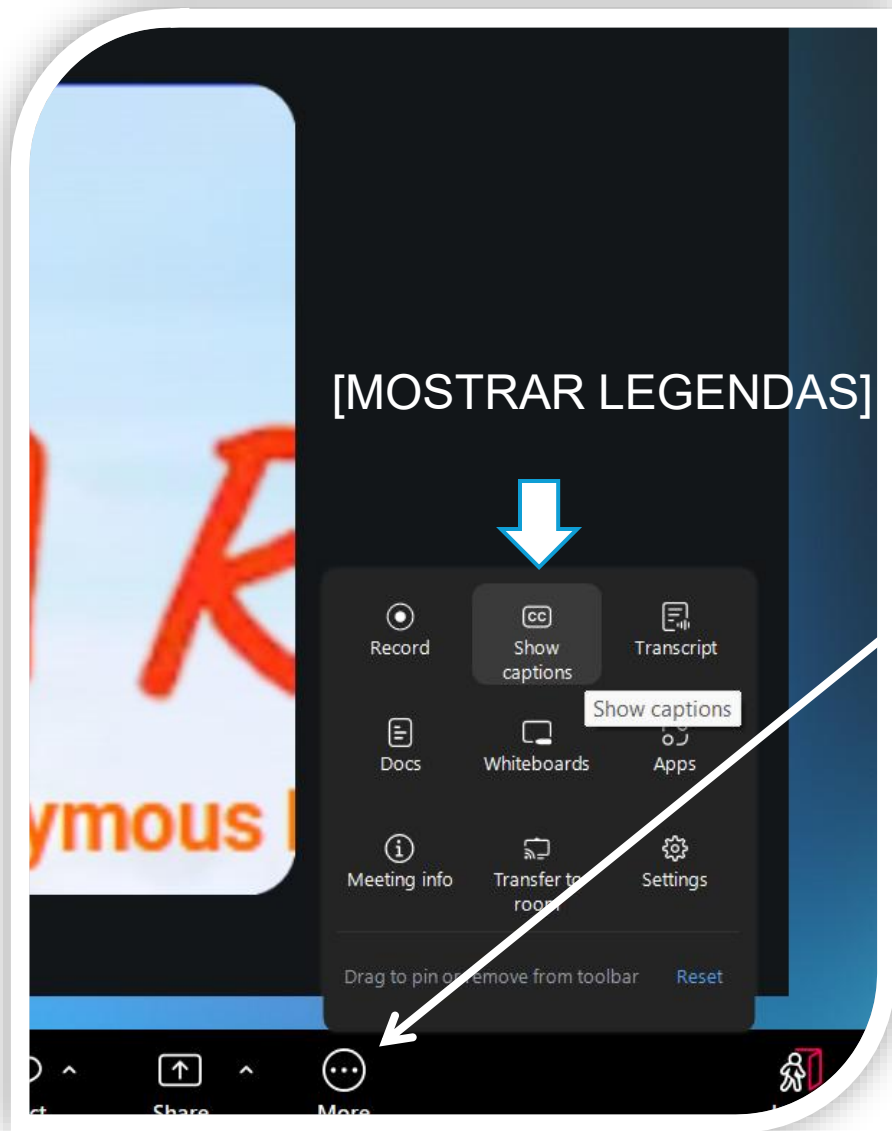


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## Como ativar as legendas ao vivo no Zoom (Desktop)



**Southeastern Overeaters Anonymous Region 8**

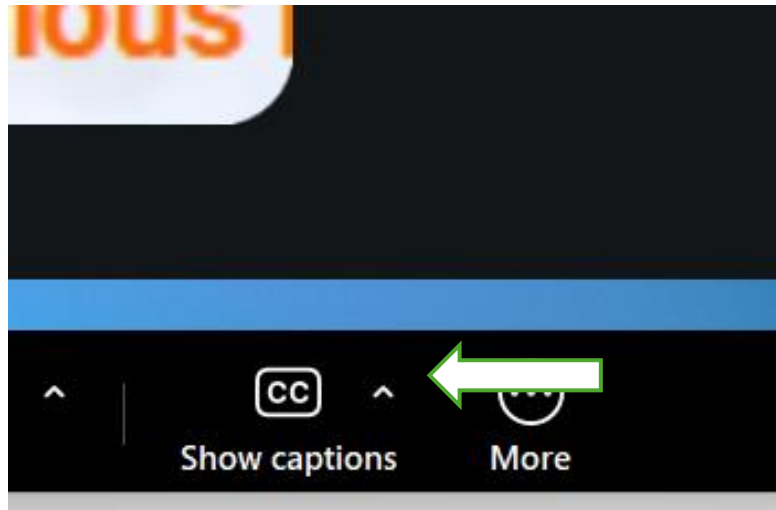
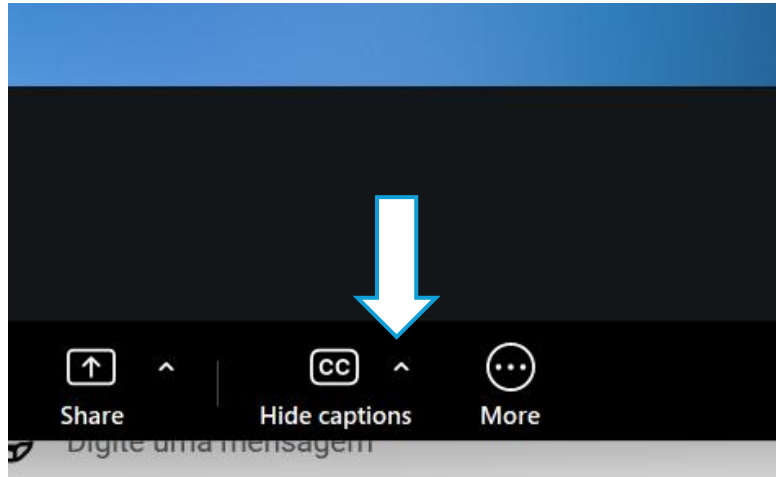


## Como ativar as legendas ao vivo no Zoom (Desktop)

- 1-NA PARTE INFERIOR DA TELA DO ZOOM, SELECIONE [MAIS]
- 2- SELECIONE [LEGENDAS]
- 3- SELECIONE [MOSTRAR LEGENDAS]

**Southeastern Overeaters Anonymous Region 8**



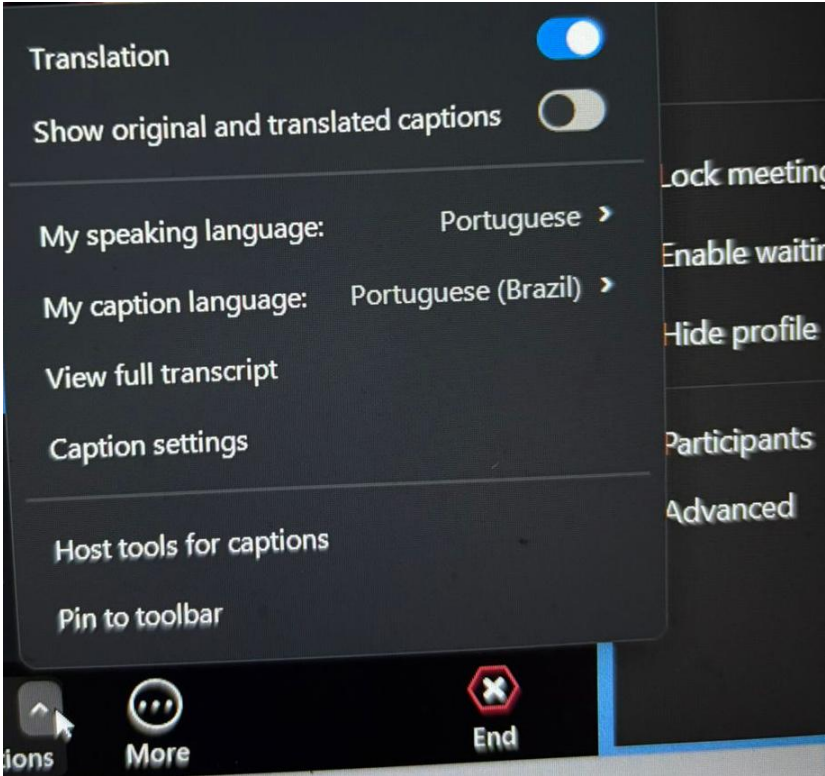
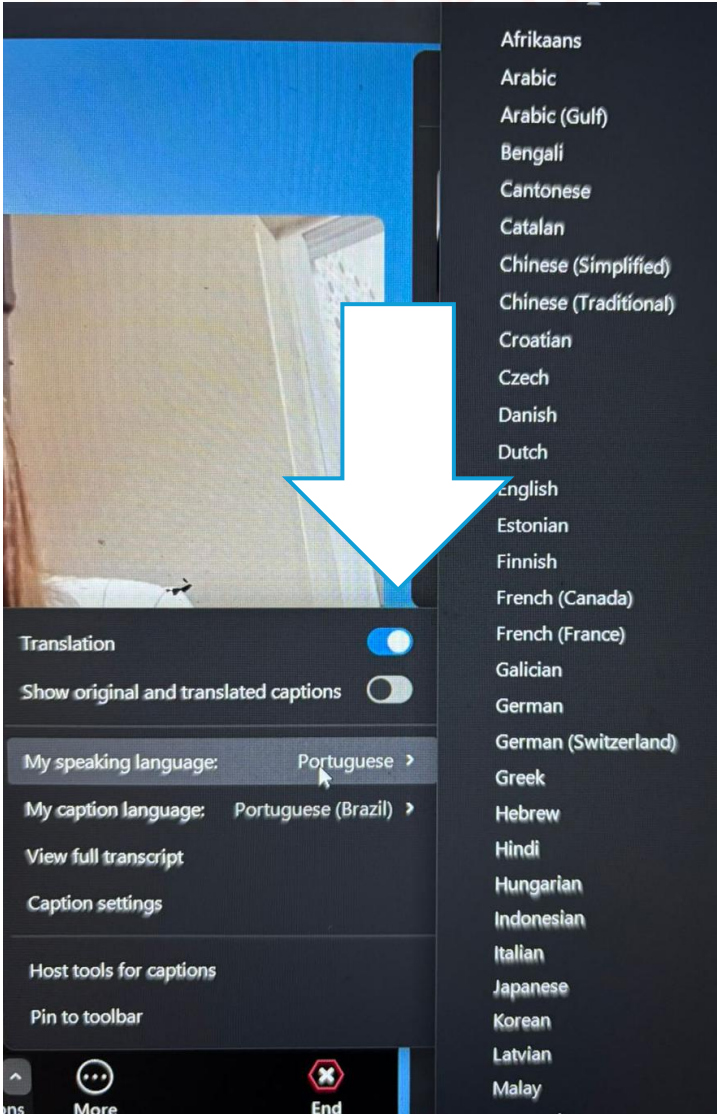


1. Selecione a pequena seta ao lado^

**Southeastern Overeaters Anonymous Region 8**



# ATIVAR AS TRADUÇÕES ( TRANSLATION )



Southeastern Overeaters Anonymous Region 8

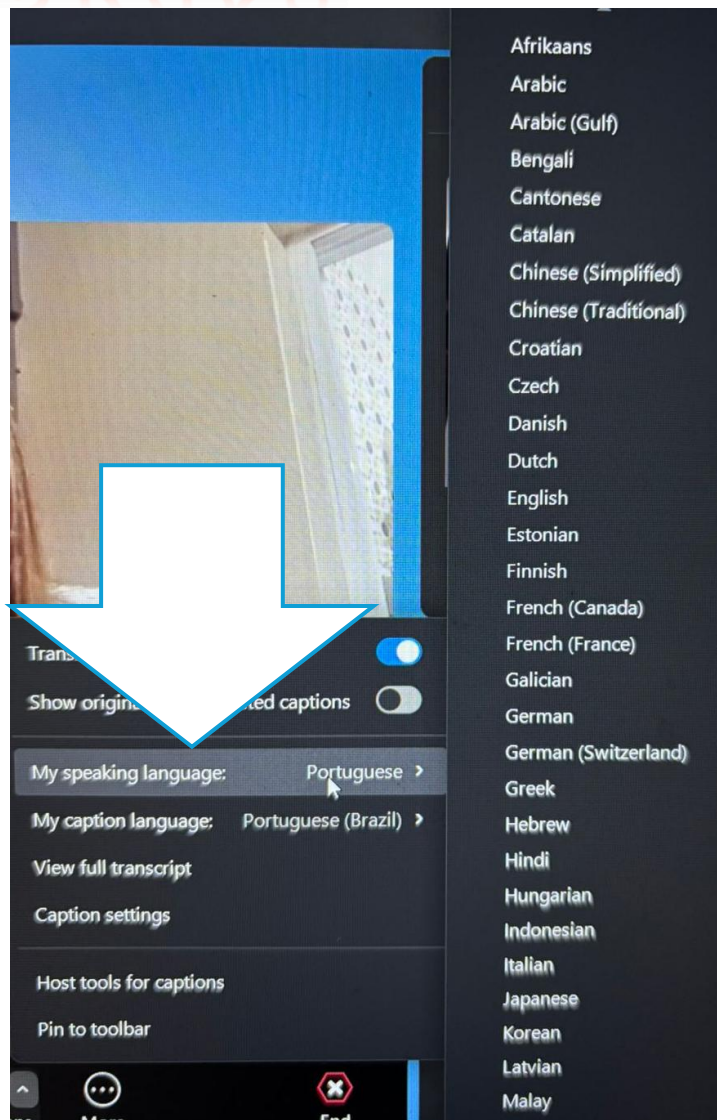
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Você DEVE selecionar seu idioma de fala para ser compreendido(a).

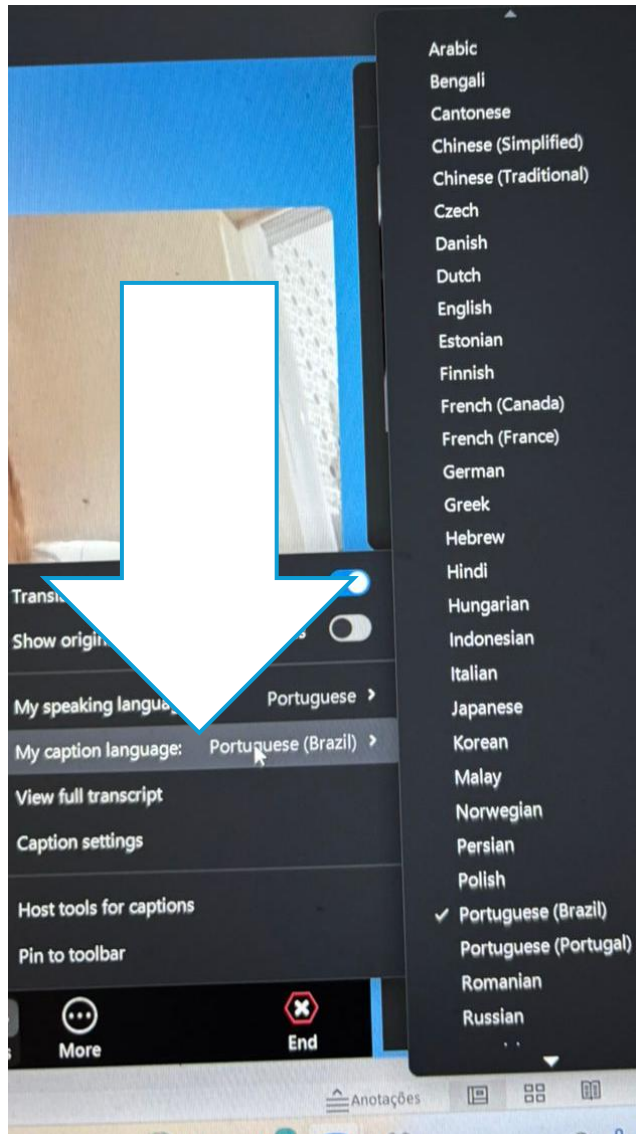
**Southeastern Overeaters Anonymous Region 8**





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# SELECIONE O IDIOMA DAS LEGENDAS PARA LEITURA (O IDIOMA QUE VOCÊ QUER LER)



**Southeastern Overeaters Anonymous Region 8**





# PORTUGUÊS 🙏

## COMO ATIVAR AS LEGENDAS AO VIVO NO ZOOM (DESKTOP)

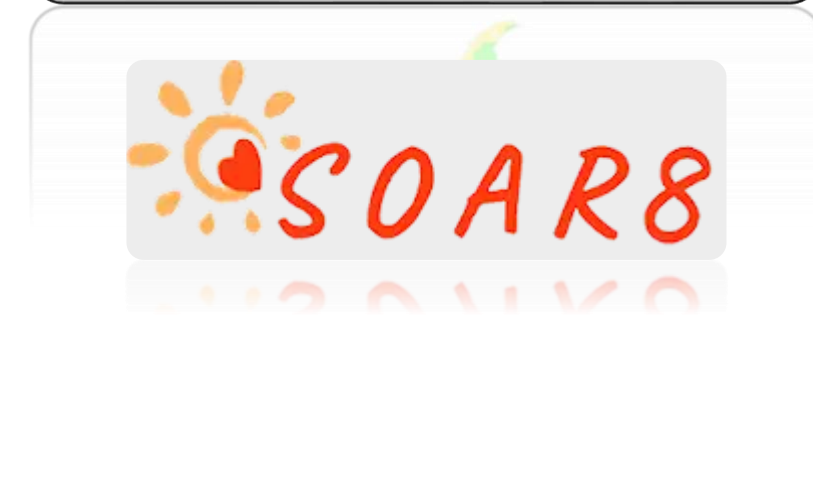
1. NA PARTE INFERIOR DA TELA DO ZOOM, SELECIONE [MAIS]
2. SELECIONE [LEGENDAS]
3. SELECIONE [MOSTRAR LEGENDAS]
4. SELECIONE A PEQUENA SETA AO LADO
5. SELECIONE O IDIOMA DAS LEGENDAS PARA FALAR  
(O IDIOMA EM QUE VOCÊ VAI FALAR)
6. SELECIONE O IDIOMA DAS LEGENDAS PARA LEITURA  
(O IDIOMA QUE VOCÊ QUER LER)

**Southeastern Overeaters Anonymous Region 8**

# PORTUGUÊS

## COMO ATIVAR AS LEGENDAS AO VIVO NO ZOOM (MOBILE/TABLET)

1. NA PARTE INFERIOR DA TELA DO ZOOM, TOQUE EM [ . . . (MAIS)
2. TOQUE EM [LEGENDAS]
3. TOQUE EM [CONFIGURAÇÕES]
4. TOQUE EM [LEGENDAS E TRADUÇÃO]
5. SELECIONE O IDIOMA DAS LEGENDAS PARA FALAR (O IDIOMA EM QUE VOCÊ VAI FALAR)
6. SELECIONE O IDIOMA DAS LEGENDAS PARA LEITURA (O IDIOMA QUE VOCÊ QUER LER)



**Southeastern Overeaters Anonymous Region 8**



**Southeastern Overeaters Anonymous Region 8**



# **BYLAWS OF SOUTHEASTERN OVEREATERS ANONYMOUS REGION 8, INC.**

**Revised:** 11/2024

**Approved by Board:** 11/2024

**Approved by Assembly:** Reflecting motions passed at the September 2024 Business Assembly



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# Bylaws of Southeastern Overeaters Anonymous Region 8, Inc.

## **ARTICLE I – NAME**

The name of this organization shall be Southeastern Overeaters Anonymous Region 8, Inc. herein referred to as Region 8, or SOAR 8.

## **ARTICLE II – PURPOSE**

### **Section 1**

The specific primary purpose of this organization is to aid those with the problem of compulsive eating and compulsive food behaviors through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA Intergroups, National Service Boards, and Language Service Boards from which the Assembly is formed in accordance with the Twelve Traditions and Twelve Concepts of OA service.

- A. Region 8 is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954.
- B. Region 8 shall maintain communication virtually for the transactions of its business. The Executive Board and Standing Committee Chairs will be accessible by telephone, email, and virtual means of communication.

### **Section 2 – The Twelve Steps<sup>1</sup>**

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

1. We admitted we were powerless over food --- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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<sup>1</sup> Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc. The Steps cannot be amended by the Region.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all of our affairs.

### **Section 3 – The Twelve Traditions<sup>2</sup>**

The Twelve Traditions of Overeaters Anonymous are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose, there is but one ultimate authority --- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose --- to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be full self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues, hence the OA name ought never be brought into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

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<sup>2</sup> Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Traditions cannot be amended by the Region.



12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

#### **Section 4 – The Twelve Concepts of OA Service:<sup>3</sup>**

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The Right of Decision, based on trust, makes effective leadership possible.
4. The Right of Participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a. no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c. no OA member shall ever be placed in a position of unqualified authority; all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;
  - d. no service action shall ever be personally punitive or an incitement to public controversy; and
  - e. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

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<sup>3</sup> Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous Inc. The Twelve Concepts of OA Service cannot be amended by the Region.

## **ARTICLE III – MEMBERS**

### **Section 1 – Membership**

The membership of this association shall consist of the following:

- A. Region 8 Representatives or Alternates from each Intergroup and other Service Bodies within the geographic boundaries. Region 8 shall consist of the Caribbean Islands, Central America, and South America; and the U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, North Carolina, Mississippi, Puerto Rico, South Carolina, Southern Missouri, Tennessee, and the U.S. Virgin Islands.
- B. Region 8 Board Members
- C. Chairs of Region 8 Standing Committees

### **Section 2 – Representative Qualifications**

- A. Representatives to Region 8 Assemblies must:
  - 1. Be a member of an Intergroup, National Service Board, or Language Service Board within the geographic definition of Region 8;
  - 2. Be a member of an Intergroup, National Service Board, or Language Service Board 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.
- B. Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region 8 Business Assembly for each ten (10) groups or parts thereof as participants. Region 8 Representatives shall not be bound by the wishes of their Intergroup or National/Language Service Board but vote for that which is in the best interest of Overeaters Anonymous as a whole.
- C. No Intergroup or National/Language Service Board may be registered with or be a member of another region.
- D. Qualified Representatives as described in Article III, Section 2, A, above, may attend Region Assemblies either in person or virtually.

### **Section 3 – Region 8 Representatives**

- A. Region 8 Representatives shall be selected by the group conscience of the Intergroup or National/Language Service Board they represent. Each Region 8 Representative shall serve for a period designated by their Intergroup or National/Language Board always subject to recall by those whom they represent. Each Service Body shall be free to designate an Alternate to serve as Representative when the necessity arises.
- B. Region 8 Representatives should be selected for sound judgment, experience, stability,

*Approved: November 2024*

willingness to serve and for faithful adherence to the program of the Twelve Steps of Overeaters Anonymous and the Twelve Traditions. A Region 8 Representative should have a minimum of 6 month's current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.

- C. The primary responsibility of the Region 8 Representative or Alternate is:
1. to represent their local Service Body at all meetings of the Region 8 Business Assembly.
  2. to act as liaison between the Region 8 Business Assembly and their respective Service Body.
  3. to ensure that all communications pertaining to Region 8 are made available and where requested, read aloud to their Service Body.

#### **Section 4 – Attendance of Region 8 Representatives**

The Region 8 Secretary shall notify Intergroups and National/Language Service Boards and those Service Bodies represented at the previous Business Assembly session at least 45 days prior to an upcoming Region 8 Business Assembly.

#### **Section 5 – Attendees Who May Speak to the Assembly, But Have No Vote**

Upon recognition by the Chair pertinent information may be shared with the assembly by:

- A. Any member of the Fellowship who is not listed in Article III, Section 1
- B. The Region 8 Trustee Liaison
- C. Any employee
- D. Individuals requested to do so by the Chair

### **ARTICLE IV – REGION 8 WORLD SERVICE BUSINESS CONFERENCE (WSBC) DELEGATES**

If Region 8 was represented by less than forty percent (40%) of its intergroups and service bodies at the prior year's WSBC, it may send up to five additional delegates to WSBC. Preference shall be given to delegates selected from intergroups and service bodies which would not otherwise be represented by delegates. WSBC delegates/alternates selected under this article shall be selected in accordance with OA, Inc., Bylaws, Subpart B, Article X, Section 3a and the Region 8 Policy and Procedure Manual, Section XV. Region Delegate to WSBC.

## **ARTICLE V – THE REGION 8 BOARD**

### **Section 1 – Composition**

- A. The Region 8 Board shall consist of a Chair, a Vice Chair, a Secretary and a Treasurer.
- B. In the event the Chair of the Board should be unable to attend any meeting of the Board or Business Assembly, the succession to serve as chair for that meeting shall be as follows:
  - 1. Vice-Chair
  - 2. Treasurer
  - 3. Secretary

### **Section 2 – Qualifications for the Region 8 Board**

- A. Qualifications for Region 8 Board are:
  - 1. Two years in the Fellowship;
  - 2. Two years of service beyond the meeting level;
  - 3. Have attended at least two (2) prior Region 8 Assemblies as a voting member; and
  - 4. One year of continuous recovery in Overeaters Anonymous as evidenced by:
    - a. one year of current continuous abstinence;
    - b. maintenance of a healthy body weight for at least one year; and
    - c. emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
  - 5. Region Board members must be full time residents within the geographic boundary of Region 8
- B. Qualifications for Region 8 Board member that must be met at the time the application for Region 8 Board Position is submitted to Region 8. Specifically, such nominees must have:
  - 1. Worked through all Twelve Steps;
  - 2. Declared themselves as practicing the Twelve Steps to the best of their ability and;
  - 3. Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
  - 4. an awareness and an understanding of the Twelve Concepts of OA Service
- C. Upon election, each Region 8 Board Member shall make a commitment of:
  - 1. Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
  - 2. Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.



3. Compliance with all the terms and provisions of the prevailing Region 8 Bylaws.

### **Section 3 – Nominations to the Region 8 Board**

- A. The member must file a written application for the service position by sending completed application to the Region Secretary sixty (60) days prior to the Business Assembly at which the election is to be held.
- B. A copy of the completed application shall be mailed emailed by the Region Secretary to all Registered Intergroups, National/Language Service Boards, Region 8 Representatives, Standing Committee Chairmen, Region 8 Board Members and the Region 8 Trustee Liaison.
- C. In the event that no application for an office has been filed, nominations for the office will be accepted from the floor followed by an election. If no one is elected to the office the Board may appoint a member to fill the position. The appointee must meet all qualifications for office and be ratified by the Assembly at the next business meeting after which the appointee will have a voice and a vote as a Board Member.

### **Section 4 – Election of Region 8 Board Members**

- A. Elections shall be held at the second meeting of the Business Assembly and at least 90 days prior to the World Service Business Conference.
- B. Notification of election shall be made to all Service Bodies, Region Representatives, Board Members, Standing Committee Chairmen and the Region Liaison at least 30 days prior to the meeting at which the election(s) are to take place.
- C. Candidates must be present and address the assembled body 3-5 minutes answering questions that may be asked.
- D. Elections are to be by written ballot.
- E. Candidate must receive a majority vote of those persons voting.

### **Section 5 – Resolving Tie Votes**

If no candidate receives a majority vote due to a tie, the candidate receiving the lowest number of votes will be dropped from consideration and another vote will be taken.

### **Section 6 – Term of Office**

- A. Board members shall be elected for a period of two (2) years.
  1. During the odd years, the Chair and Treasurer will be elected. During the even years, the Vice Chair and Secretary will be elected.

2. Newly elected officers will begin service immediately following the close of the Current Business Assembly.
- B. Board members shall serve no more than two (2) consecutive terms in the same position, whenever possible.
- C. After an interval of two (2) years, they may again be eligible for election to their prior office.
- D. Upon election to Board, members shall cease to be a Representative of their local Service Body and that Service Body shall elect another Region 8 Representative.
- E. Past Region 8 Board members may serve as ex officio when appointed by the Region 8 Chair and with the approval of the Board. Ex officio Board members shall perform duties as agreed upon and assigned by the Region 8 Board. Duties may include attendance at Region 8 Board meetings, virtual attendance at Region 8 Assemblies, etc.

## **Section 7 – Responsibilities of the Region 8 Board**

The Region 8 Board shall serve as the Region 8 Service Office and be responsible for all related duties of Region 8.

- A. Chair
  1. Shall preside at all regular and special meetings of the Region 8 Business Assembly and Region 8 Board.
  2. Shall appoint or hire a parliamentarian with the approval of the Board for each Business Assembly.
    - a. The parliamentarian shall advise as to proper parliamentary procedures for conducting the business of the Assembly.
    - b. The parliamentarian shall perform duties as agreed upon and assigned by the Region 8 Board.
    - c. The parliamentarian shall remain neutral and not have a vote.
  3. May cast the deciding ballot to break a tie vote.
  4. Shall perform all duties prescribed in the Region 8 Policy and Procedure Manual for job descriptions.
- B. Vice Chair
  1. Shall serve in the absence of the Chair.
  2. Shall perform all duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.
- C. Treasurer
  1. Shall maintain bank accounts as necessary for dispersal of Region 8 funds.
  2. Shall perform all other duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.

- D. Secretary
  - 1. Shall maintain a file of all minutes of past meetings.
  - 2. Shall serve as archivist of all Region 8 Business documents.
  - 3. Shall perform all other duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.

### **Section 8 – Resignation or Removal of Region Board Members**

- A. Any Region 8 Board Member may resign effective upon giving written notice to the Region 8 Chair, the Region 8 Secretary or the Region 8 Board. Unless the notice specifies otherwise, its acceptance by Region 8 shall not be necessary to make it effective. Any Board member who advised the Board that they have returned to compulsive overeating will be deemed to have resigned as of the time of the receipt of such notice by the Region 8 Board or Board member. The Region 8 Board may declare vacant the office of a Board Member who has been declared of unsound mind by a final order of court or convicted of a felony.
- B. Any Board member may be removed by a three fourth ( $\frac{3}{4}$ ) vote of the Region 8 Representatives present and voting at a Business Assembly.
- C. The Region Board may recommend removal of a Board member by a three fourth ( $\frac{3}{4}$ ) vote of the Board. The Business Assembly must approve the recommendation by a three fourth ( $\frac{3}{4}$ ) vote at the next Business Assembly following the Board vote.
- D. An individual removed from a position may appeal/petition to rescind his/her removal and thus be reinstated. Appeal/petition shall be presented at the next Business Assembly during the unexpired term of office.

### **Section 9 – Filling Vacancies**

A vacancy on the Region 8 Board may be filled by vote of a majority of the Board remaining in office at the time of the effectiveness of the vacancy. The Board Member appointed in this manner must meet the qualifications for office as set forth in the Bylaws and shall hold office until the next regularly scheduled election.

### **Section 10 – Meetings of the Region 8 Board**

- A. Immediately preceding and immediately following each Business assembly the board shall hold a regular meeting to transact such business as deemed necessary. Minutes of the meeting shall be sent to each service body, registered intergroup representative, board member, standing committee chair, and the Region 8 Trustee Liaison within 30 days of the meeting.
- B. Notice of time and place of meetings shall be made known to all service bodies, representatives, standing committee chairs, board members, and the Region 8 trustee liaison by electronic means and/or first class mail at least seven (7) days prior to any

- such meeting. Meetings shall be open to all members of OA. Members may have a voice but not a vote on issues.
- C. Three-fourths of the board shall constitute a quorum for the transaction of business. The unanimous agreement of board members in attendance shall determine any and all issues under consideration.
  - D. Any unresolved issue may be taken to the floor of the Business Assembly at its next meeting.
  - E. Meetings of the Board shall be governed by the Region's Bylaws and the latest edition of *Robert's Rules of Order, Newly Revised* insofar as such rules are not inconsistent with or conflict with these bylaws, with the Articles of Incorporation, with law or special resolutions the Region 8 Business Assembly may adopt.

## **ARTICLE VI – REGION 8 TRUSTEE LIAISON**

### **Section 1**

To be ratified by Region 8 as a nominee to World Service Business Conferences of Overeaters Anonymous, Trustee Applications are to be submitted on a World Service form to the Region 8 Secretary, postmarked six weeks prior to the Second Region 8 Business Assembly. The Second Assembly nominees will be nominated by a majority vote of Region 8 Representatives.

### **Section 2**

At least 120 days prior to the opening of the annual World Service Business Conference of Overeaters Anonymous all Groups within Region 8 shall be notified by the Region 8 Officers of the forthcoming Conference with a request to all qualified members of the fellowship of Overeaters Anonymous from Region 8 to submit nominations to Region 8.

### **Section 3**

At least 90 days prior to the annual World Service Business Conference of Overeaters Anonymous Region 8 shall choose up to three (3) qualified nominees from the Region. Resumes of these nominees must be sent to the Board of Trustees within one (1) week of their selection according to the directions from World Service.

### **Section 4**

Qualifications for the Region Trustee Liaisons shall be set by each Region and by World Service Business Conference but in no case shall the nominee have less than seven (7) years in the fellowship five (5) years of service above the Group meeting level; and five (5) years of continuous abstinence prior to the date of submitting application. Region 8 Trustee Liaison nominees must have been active in Region 8 Business Assemblies. Trustee nominees must have



also given away a Fourth Step Inventory, completed all Twelve Steps, declared themselves practicing the Twelve Steps to the best of their ability, and be committed to the Twelve Traditions of Overeaters Anonymous, which should be affirmed on their Region Trustee application form.

### **Section 5**

- A. Up to three (3) nominees may be chosen at a Region 8 Business Assembly and submitted to the World Service Business Conference for consideration.
- B. Nominees will be funded to the World Service Business Conference whenever possible.

### **Section 6**

The most recent past Region 8 Trustee Liaison may serve as ex officio at Region 8 Board Meetings.

## **ARTICLE VII – MEETINGS OF THE BUSINESS ASSEMBLY**

### **Section 1 - Regular Meetings**

- A. Region 8 shall hold regular Region 8 Recovery Convention and Business Assemblies two (2) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region 8 Business Assembly one year previous.  
(Approved Nov, 2015 Assembly)
  - 1. Special consideration for hosting a Region 8 Recovery Convention and Business Assembly shall be given to areas and states which:
    - a. have not previously been visited by the Region 8 Recovery Convention and Business Assembly.
    - b. have not hosted a Region 8 Recovery Convention and Business Assembly for at least a two-year period.
  - 2. If no bid is presented by the start of the Region 8 Recovery Convention and Business Assembly, the location will be decided by the Region 8 Board. The Region 8 Board may assist a new area in hosting the Region 8 Recovery Convention and Business Assembly if requested, excluding any financial assistance.
- B. The Agenda will be published at least 30 days prior to next Region 8 Business Assembly and submitted to the Region 8 Secretary at least 45 days prior to Region 8 Business Assembly in order to meet the 30-day notification.

### **Section 2 - Special Meetings of Region 8 Business Assemblies**

- A. A special Region 8 Business Assembly may be called at any time by a majority vote of the Board. A special meeting may (also) be called at any time, by a majority vote of the registered Region 8 Representatives as long as representatives from at least two (2)

*Approved: November 2024*

different states, countries or territories are making the request. When these conditions are met the Board will set the time and place for the special meeting.

- B. Notification of special meetings shall consist of notices prepared by the Region 8 Secretary and distributed to all Service Bodies, Standing Committee Chairmen, Board Members and the Region 8 Trustee Liaison. Distribution is to be made 45 days prior to the date of the meeting.

### **Section 3 - Method of Notification**

Notification of regular Region 8 Business Assemblies shall consist of **written or emailed** notices prepared by the Region 8 Service Office to **notify** each registered service body and Region 8 Representative, standing Committee Chair, Board Members, and the Region 8 Trustee Liaison at least 30 days prior to the Region 8 Assembly.

### **Section 4 – Quorum**

At a Region 8 Business Assembly held upon proper notification, Region 8 Representatives present shall constitute a quorum, as long as eight (8) intergroups in states outside of the state or territory, etc. where the Assembly is being held are represented.

## **ARTICLE VIII – COMMITTEES**

### **Section 1**

The Region 8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region 8, Inc.

- A. Region 8 Committee Chair shall be nominated by said Committee and appointed by the Region 8 Board yearly at each Second Region 8 Business Assembly, on the following schedule:
  - 1. Even Years: Ways & Means, Intergroup Outreach (IGOR), By-Laws/Electronic Documents, Technology Co-Chair #1, and International Committee
  - 2. Odd Years: Technology Co-Chair #2, Twelfth-Step-Within, and Public Information/Professional Outreach Committee(PIPO)
- B. To be eligible for appointment, a person must:
  - 1. Be a past or present Region 8 representative.
  - 2. Have served on the Committee for which he or she is being appointed chair.
  - 3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.
  - 4. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.
  - 5. Committee chairs must be full time residents within the geographic boundary of Region 8.

- C. Region 8 Committee Chairs shall serve no more than four consecutive years (each term to be 2 years in length) in the same position, whenever possible. The committee chair shall have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.
- D. Final voucher reimbursements will be paid only after all files and/materials are turned over to the incoming Committee Chair. In the event that the office is vacant, materials are to be turned over to the Region 8 Chair. The Treasurer shall verify that materials have been given to the proper person before giving reimbursement.

## **Section 2 – Committee Responsibility**

Responsibilities of Committee and Committee Chair shall be performed as outlined in the Policies and Procedures for Region 8.

## **Section 3 – Removal of Committee Chair**

The Chair of a Region 8 Committee may be removed from the service position by a three fourth (¾) vote of the Board for any or all of the following reasons:

- A. Failure to carry out responsibilities as outlined in the Policies and Procedures.
- B. No longer meeting the qualifications for the service position as outlined in the Policies and Procedures of Region 8.
- C. An individual removed from office has the right to appeal.

## **Section 4 – Vacancies**

Should a vacancy, through resignation or removal of a Committee Chair occur, all pertinent information shall be turned over to the Region Chair. The Board may appoint a new Committee Chair to complete the unexpired term. The appointee must meet the qualifications for service as set forth in the Bylaws and the Policies and Procedures for Region 8.

# **ARTICLE IX – FINANCIAL STRUCTURE**

## **Section 1**

- A. The activities of Region 8 shall be financed primarily by the contributions of its members.
- B. Secondary source of financial income to Region 8 may be from such occasional projects or activities as may be authorized by the Region 8 Board according to Tradition Six.
- C. Region 8 may accept donations from OA members, Groups, and other groups conforming to the general practices of OA.

- D. The acceptance of bequests or donations from any outside source is prohibited.
- E. Region 8 Representatives shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside of the Region 8 Board.
- F. Region 8 is financially responsible for transportation and lodging expenses of Region 8 Board Members and funded Region 8 Committee Chairmen for attendance at Region 8 Business Assemblies, provided funds are available.
- G. Region 8 is financially responsible for transportation, lodging and registration expenses of the Region 8 Board Chair for attendance at all World Service Business Conferences of Overeaters Anonymous, providing funds are available.
- H. Following the ~~Fall~~ Region 8 Business Assembly, Region 8 will contribute annually the budgeted amount to the World Services Office by December 31 of that year.

## **Section 2 Prudent Reserve**

A balance of no less than 40% and no more than 60% of the annual budget shall be maintained in the treasury.

# **ARTICLE X – PARLIAMENTARY AUTHORITY**

## **Section 1**

- A. All meetings of the Region Representatives shall be conducted in accordance with the latest edition of *Robert's Rules of Order, Newly Revised*, where not in conflict with the law, Articles of Incorporation, these Bylaws or special rules that the Representatives may adopt.
- B. At every Region 8 Business Assembly a Parliamentarian shall be present to serve in said capacity for said meeting. The Parliamentarian shall be appointed by the Region 8 Chair with the consent of the Region 8 Board.

# **ARTICLE XI – AMENDMENTS**

## **Section 1 – To the Bylaws**

- A. Amendments to these Bylaws (together with appropriate motion or motions requesting approval of such proposed amendment or amendments) with the exception of Article II, Sections 2, 3, and 4, may be proposed by any registered Intergroup or National/Language Service Board, Region 8 Board, Region 8 Board member, or any Region 8 funded Committee as defined in Region 8 Bylaws, Article VIII, and shall be submitted for review by hand delivery, email or first class mail to the Bylaws and Electronic Documents Committee at least seventy-five (75) days prior to the commencement of the

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SOAR 8 Bylaws



Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment.

- B. The Region 8 Secretary shall send notification of the proposed amendment and accompanying motion to each Region 8 Registered Service Body, Region 8 Representative, Standing Committee Chair, Board Member and the Region 8 Trustee Liaison at least forty-five (45) days prior to the commencement of the Region 8 Business Assembly or Special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment. (Motion approved July, 2015)
- C. Except as otherwise specified by these Bylaws, amendments to these Bylaws may be adopted by a two-thirds (2/3) majority of those persons present and voting at any regular or special Region 8 Business Assembly provided a quorum is present. (Modified 11/16/2013)
- D. Those present at the Region 8 Business Assembly at which the motion will be decided may propose non-substantive editorial changes to the amendment which do not alter the meaning of any Bylaws but clarify the wording or bring these Bylaws and the Articles of Incorporation into conformity.
- E. Unless specifically provided otherwise in the Bylaws amendment itself, amendments to these Bylaws will become effective at the close of the Business Assembly at which the motion adopting such amendment has been approved.

## **Section 2 – To the Policy and Procedure Manual**

- A. In matters affecting Region 8 Business Assembly procedures, a change in the Policy and Procedure Manual can be discussed and voted upon at any Region 8 Business Assembly. A majority is necessary to effect a change.
- B. Motions to amend the Policy and procedure Manual will follow the same guidelines as those presented for the Bylaws, Section 1, above.

## **ARTICLE XII – MAJOR POLICY MATTERS**

### **Section 1**

- A. Matters related to major policy affecting Intergroups or other Service Bodies within the Region geographical area shall be referred to the Region 8 Board.
- B. Matters which relate to Overeaters Anonymous as a whole which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the WSO Board of Trustees.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions, or the Twelve Concepts shall be referred to the World Service Business Conference.

*Approved: November 2024*

# **ARTICLE XIII – THE RIGHT OF APPEAL AND PETITION**

## **Section 1 – Appeals and Petitions**

In keeping with #5 of the Concepts of OA Service which states: “Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.” When presenting appeals/petitions the following process shall be followed:

- A. A written appeal/petition shall be made at a Business Assembly within 6 months of the disputed action or decision.
- B. The appeal/petition shall be written in triplicate in the form of a motion stating the action being appealed and the reasons the body should rescind the action or decision.
- C. Two copies of the appeal/petition shall be presented to the Secretary at the Business Assembly of which one copy is to be given to the Chair.
- D. Consideration shall be given to the appeal/petition by the Business Assembly immediately prior to the transacting of any new business but after roll call and adoption of credentials. It shall be processed as a motion.
- E. A majority plus one vote shall be necessary to rescind an action or decision.
- F. An action or decision shall be limited to one appeal/petition.

# **ARTICLE XIV - DISSOLUTION**

## **Section 1**

No part of funds of Region 8 shall ever inure to or be used for the benefit of or be distributed to, its Members, Trustees, Officers, or private persons, except that Region 8 shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.

## **Section 2**

Upon the dissolution of Region 8, after paying or adequately providing for the debts and obligations of Region 8, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous.

# GLOSSARY

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Abstinence*</b>              | According to the dictionary, the word “abstain” means to refrain from. Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step Program.                                   |
| <b>Alternate Representative</b> | A substitute for a Region Representative, also referred to as a rep, who represents a service body in a given Region Business Assembly.                                                                                                                                                                                                                                                                    |
| <b>BOT*</b>                     | Abbreviation for Board of Trustees.                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Board Meeting</b>            | Regular meeting of the 4 members of the Board of Directors of the Region. In Region 8 the Board of Directors meets three times a year.                                                                                                                                                                                                                                                                     |
| <b>Business Assembly</b>        | The business meeting of Region 8 integrated by Intergroup and/or National/Language Board representatives, the Board of Directors. Region business mostly refers to the planning, and reporting of committee work during a specific period, consideration of motions to amend the Policy and Procedure Manual or the Bylaws, election of officers, and nomination of candidates for Region Trustee Liaison. |
| <b>Bylaws</b>                   | Document that governs Region 8, describes the responsibilities of the officers and the policies that guide business meetings.                                                                                                                                                                                                                                                                              |
| <b>Committee</b>                | Standing or special committees formed to perform a specific function, purpose or project within the Region. A chair nominated by the Committee members and appointed by the Board of Directors coordinates the committee.                                                                                                                                                                                  |
| <b>Conference*</b>              | The Assembly of the World Service Business Conference                                                                                                                                                                                                                                                                                                                                                      |
| <b>Delegate*</b>                | The persons elected at the Intergroup level to represent the intergroup or national/language service board at Conference. Regional chairs and trustees also serve as Conference delegates.                                                                                                                                                                                                                 |
| <b>Ex-officio</b>               | A member who belongs to a committee because of the service position she/he holds. Region 8 Chair is an ex-officio member of all standing and special committees at Regional level.                                                                                                                                                                                                                         |

|                                     |                                                                                                                                                                                                                                                                                 |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>IG*</b>                          | Abbreviation of intergroup.                                                                                                                                                                                                                                                     |
| <b>Intergroup*</b>                  | The service body that supports local area groups. The intergroup is made up of representatives from each group it serves and managed by a board of officers. Intergroups generally provide published local meetinglists, an answering service for newcomers, and OA literature. |
| <b>National/LanguageBoard *</b>     | The body that provides services to the intergroupsand/or groups within one country or language areaoutside the US and Canada.                                                                                                                                                   |
| <b>Overeaters Anonymous, Inc. *</b> | The formal structure of the corporate organization subject to the laws of the state of California. OA, Inc. ismade up of the BOT, the WSO, and for the week that it is in session, Conference.                                                                                  |
| <b>P &amp; P</b>                    | Abbreviation for Policy and Procedure Manual.                                                                                                                                                                                                                                   |
| <b>Policy and Procedure Manual</b>  | The manual that contains information regarding the way Region 8 conducts business.                                                                                                                                                                                              |
| <b>Prudent Reserve</b>              | An amount of money set aside to meet an organization’s operating expenses in the event that contributions decrease. For example, in Region 8 the prudent reserveis 40% to 60% of the annual budget.                                                                             |
| <b>Recovery Convention</b>          | Workshops, marathons, and OA meetings organized by the intergroup hosting the Region 8 Business Assemblyand Convention.                                                                                                                                                         |
| <b>Region Trustee Liaison*</b>      | Ten members of the BOT who serve as liaisons between their regions and world service.                                                                                                                                                                                           |
| <b>Representative</b>               | A member who was elected by the Intergroup or National/Language Board conscience to represent thebody at the regional assembly.                                                                                                                                                 |
| <b>Service Body</b>                 | Refers to any group, intergroup, national/language board, region, and committee within the OA fellowship.                                                                                                                                                                       |
| <b>Region 8</b>                     | Abbreviation for Southeastern Overeaters AnonymousRegion 8.                                                                                                                                                                                                                     |



|                                           |                                                                                                                                                                                                                                                                                          |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Subcommittee</b>                       | A subgroup of a committee that works with a specific task related to the general scope of the committee.                                                                                                                                                                                 |
| <b>Twelve Concepts of OA Service*</b>     | The concepts guiding all OA members in their service to the organization.                                                                                                                                                                                                                |
| <b>Twelve Steps*</b>                      | The Steps of recovery from compulsive overeating, adapted (with permission) from the Twelve Steps of Alcoholics Anonymous.                                                                                                                                                               |
| <b>Twelve Traditions*</b>                 | The principal ideas behind the Overeaters Anonymous program of recovery, adapted (with permission) from the Twelve Traditions of Alcoholics Anonymous.                                                                                                                                   |
| <b>World Service Business Conference*</b> | Annual business conference of Overeaters Anonymous, Inc. This weeklong meeting is held to elect trustees, amend bylaws, add new business policies, and provide information to delegates through presentations and workshops.                                                             |
| <b>World Service Office*</b>              | Administrative headquarters for Overeaters Anonymous in Rio Rancho, New Mexico. Staffed by 14 professionals who conduct day-to-day business operations of OA. The WSO tracks OA groups worldwide, develops OA literature, produces a monthly magazine, and sells and ships OA materials. |
| <b>WSBC*</b>                              | Abbreviation for World Service Business Conference.                                                                                                                                                                                                                                      |
| <b>WSO*</b>                               | Abbreviation for World Service Office.                                                                                                                                                                                                                                                   |

\*Taken from WSO’s Glossary in the WebPage

# Region 8 Policy and Procedure Manual



Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North  
Carolina, Puerto Rico, South Carolina, Tennessee, the Greater  
Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands,  
Central America, and South America

**Approved by Board:** April 2026  
(Reflecting changes from the First Business Assembly of 2026)

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## I. Introduction

This Policy and Procedure Manual guides the business practices of **REGION 8 (Southeastern Overeaters Anonymous Region 8)** to be used only within this Fellowship.

The policies and procedures in this manual may be revised at any regular or special assembly by a majority vote of all members present and voting at the time of the vote.

Abbreviated terms and acronyms used in this manual will be found in Appendix H near the end of this document.

## II. Preamble

*Overeaters Anonymous* is a Fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

-- WSBC, May, 2015

## III. Welcome to Region 8

Region 8 includes the Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the Greater Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands, Central America, and South America. The 1976 WSBC adopted the concept of Regionalization.

The purpose of regionalization was to:

- establish Region office addresses
- encourage unity within the Region
- Facilitate communication with groups all over the world
- offer assistance to groups and Intergroups as they form and function
- select nominees to serve as World Service Trustee and Trustee Liaison

The illustration on Page 4 shows where Regions fit into the OA Service Structure. Questions about Region 8 may be directed to our Trustee Liaison or any officer listed in the Service Directory.

## IV. Region 8 Business Assemblies

**Region 8 holds two regular business assemblies per year: spring and fall.** The business of the Assembly includes: committee work, election of officers, selection of Trustee nominees, amendment of bylaws, and creation and maintenance of all Region publications. At each Assembly, bids are presented for the following year and a Hosting Intergroup is selected for the next year's Assembly.

Each Intergroup is entitled to one Rep for every ten affiliated groups or fraction thereof. Expenses related to attendance at Assemblies are the responsibility of the Intergroup represented. Each Intergroup, being autonomous, selects its Representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions.

All members of OA are welcome at Assemblies. Only registered Reps can vote, but all members may participate in discussions, at the discretion of the Chair.

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## **V. The Twelve Steps of Overeaters Anonymous**

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of Their will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

*Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc.  
The Steps cannot be amended by the Region.*

## **VI. The Twelve Traditions of Overeaters Anonymous**

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

*Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Traditions cannot be amended by the Region.*

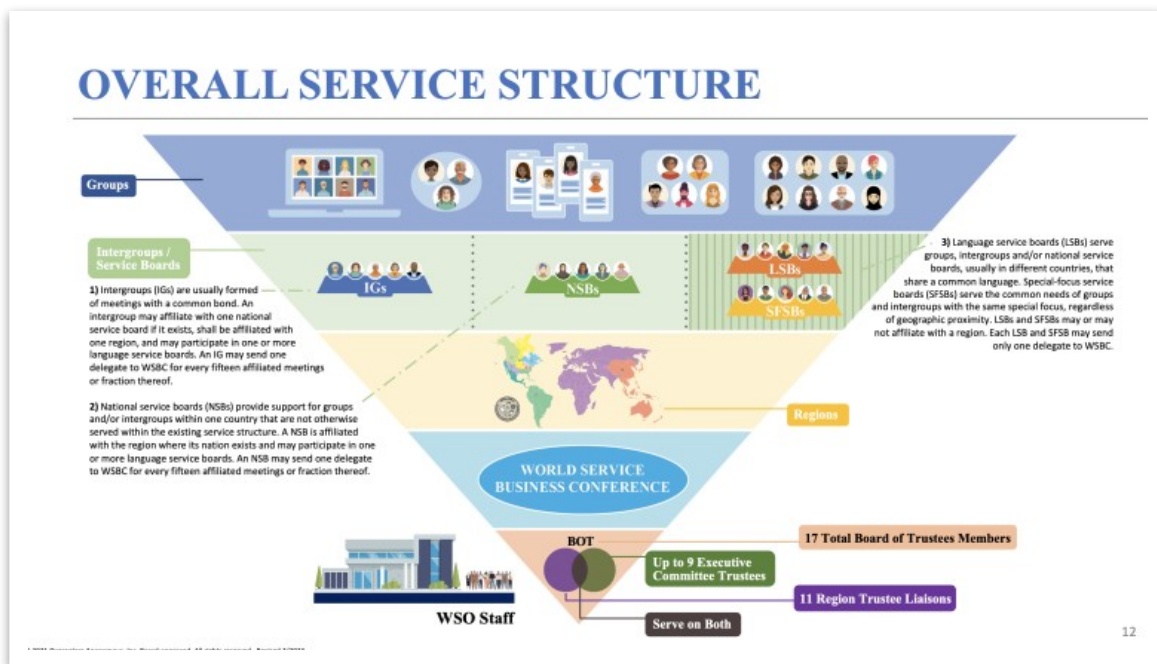


## **VII. The Twelve Concepts of Overeaters Anonymous Service**

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executive, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a) No OA committee or service body shall ever become the seat of perilous wealth or power;
  - b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c) No OA member shall ever be placed in a position of unqualified authority;
  - d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - e) No service action shall ever be personally punitive or an incitement to public controversy; and
  - f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

*Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous Inc.  
The Twelve Concepts of OA Service cannot be amended by the Region.*

## VIII. Service Structure of Overeaters Anonymous



Individuals form groups.

Groups provide support for individual OA members. Together we get better, and we don't have to do it alone.

1. Groups form Service Bodies. Affiliated Groups get support from the following service bodies:  
Intergroups (IGs) are usually formed of meetings with a common bond. An Intergroup may affiliate with one National Service Board if it exists, shall be affiliated with one Region, and may participate in one or more language service boards. An IG may send one delegate to WSBC for every fifteen affiliated meetings or fraction thereof.
2. National Service Boards (NSBs) provide support for groups and/or Intergroups within one country that are not otherwise served within the existing service structure. A NSB is affiliated with the Region where its nation exists and may participate in one or more Language Service Boards. An NSB may send one delegate to WSBC for every fifteen affiliated meetings or fraction thereof.
3. Language Service Boards (LSBs) serve groups, Intergroups and/or National Service Boards, usually in different countries, that share a common language. Special-Focus Service Boards (SFSBs) serve the common needs of groups and Intergroups with the same specific focus, regardless of geographic proximity. LSBs and SFSBs may or may not affiliate with a Region. Each LSB and SFSB may send only one delegate to WSBC.

Regions provide support for Service Boards, Intergroups, and unaffiliated groups.

The World Service Business Conference is comprised of delegates from Intergroups, Service Boards, Regions, and the Trustees. WSBC delegates make decisions for the common welfare of OA as a whole.

The Board of Trustees consists of seventeen trustees. The board carries out the decisions of the WSBC.

## **IX. Financial Policies**

### **A. General**

1. The fiscal year is November 1 through October 31.
2. Annually, at the Fall Assembly, the Ways and Means Committee shall present a proposed, balanced budget for the current fiscal year. Proposed budget is subject to the approval of the Assembly.
3. Requests for budget increases shall be presented to the Treasurer and the Ways and Means Committee by the at least 60 days prior to the Fall Assembly prior to the fiscal year for which the increase is requested.
4. A balance of no less than 40% and no more than 60% of annual budget shall be maintained in the treasury.
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.
6. Expenses incurred in the performance of Assembly-sanctioned work are reimbursable.
7. All funded persons shall stay within budgeted allocations, except as stated in #9 below.
8. Request for budget overrides, including reason(s) for same, must be submitted in writing to the Chair of the Ways and Means Committee or the Region Treasurer prior to the Saturday morning session of Assembly at which approval is sought. Request for overrides will be presented to the Assembly by the Ways and Means Committee, and is subject to the approval of the Assembly.
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.

- 2) Public vehicle – This category includes buses, trains and airplanes. Fare is reimbursable for lowest rate available for tickets. Transportation fees to and from terminal are also reimbursable.
- 3) Rental cars – Members may be reimbursed for rental cars on a case-by-case basis. Members must consult with the Treasurer for approval prior to renting a vehicle. Members understand that they may be responsible for the cost if the request is not pre-approved.
- b. Lodging. Reimbursement for lodging expense incurred at Assembly shall be one-half the double-occupancy rate plus tips, or actual expenses; whichever is less. Lodging is reimbursed for three nights per Assembly for Board members and a maximum of three nights for funded committee chairs if they are asked to attend the Board Meeting on Friday morning.
- c. Meals. Reimbursement for meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$140 per Assembly for Funded Committee Chairs and \$240 per Assembly for Board Members and Parliamentarian, plus the cost of Saturday lunch and banquet. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.
- d. Registration. The Assembly Registration Fee is reimbursable. Additional fee for late registration is not reimbursable.
10. The Region Chair shall be reimbursed for expenses incurred for attendance at the WSBC, World Service Convention, and Region Chairs' Meetings by the guidelines stated in #9, with the following exceptions:
  - a. Lodging—Number of nights will vary according to schedule of meetings.
  - b. Meals—Meals will vary according to schedule of meetings.
11. A Voucher (Appendix F-Forms) must be properly completed, authorized, and submitted to the Treasurer prior to reimbursement or advance of any funds:
  - a. Requests for reimbursement shall follow these guidelines:
    - 1) Each person shall complete and verify their own Voucher, claiming only those expenses personally incurred. Third-party reimbursements are not allowed.
    - 2) Appropriate documentation (including receipts and explanation for all items) must accompany each Voucher, and must be submitted to the Region Treasurer or Committee Chair within six weeks of acquired expense.
    - 3) A Voucher presented for reimbursement of committee work must have the approval of the Chair of the Committee for which work is attributed.
    - 4) Treasurer shall reimburse each Voucher, or request additional information, within ten days of receipt of request.
    - 5) Reimbursements shall be in the form of a check.
  - b. Requests for advances shall follow these guidelines:
    - 1) Requests must be submitted on a Voucher, with appropriate documentation, such as invoices, estimates, or quotes. The Treasurer shall determine suitability of documentation.
    - 2) Advances shall be reconciled using a Voucher, with proper documentation, within thirty days after funds are expended. If funds are not expended by the

next Assembly, reconciliation must be made at that time. No further reimbursement or advance will be issued to that person until reconciliation has been completed.

- 3) Items which may be considered for an advance include expenses not covered by a previously issued advance.
12. Request for exceptions to these financial policies must be submitted in writing to the Region Treasurer, the Ways and Means Chair, and the Board Chair, within six weeks of acquired expense, and must be accompanied by a written explanation for the request. There is no exception to this rule.
13. An advance of no more than \$500 shall be issued to each Board member (and others subject to the approval of the Treasurer and Ways and Means Chair) according to the following guidelines, with no exceptions:
  - a. Advances shall be given at the beginning of the term of office.
  - b. Advances are to be used for expenses other than Assembly registration, travel, lodging, and meals.
  - c. To receive reimbursement for expenditure of advances, a properly completed Voucher must be submitted to Treasurer.
  - d. Every item on the Voucher other than expenses relating to attendance at an Assembly will be attributed to, and reimbursable to, the advance.
  - e. At the expiration of each individual's term in office, the full amount of the advance shall be returned to Treasurer (either by cash/check, or a combination of cash/check and Voucher).
14. Funded persons who vacate an office shall receive their final reimbursement only after they have fulfilled all responsibilities and submitted all pertinent committee documents to the appropriate person within thirty days of vacating office. Such person must also submit properly completed and documented Vouchers to the Treasurer within thirty days of vacating office.
15. Defunding of Committees, if necessary, will be in this order:
  - a. International Committee
  - b. Public Information/Professional Outreach
  - c. Twelfth-Step-Within
  - d. IGOR
  - e. Technology
  - f. Bylaws/Electronic Documents
  - g. Ways and Means
16. A copy of any motion requiring expenditure of \$500 or more in any 12-month period shall be submitted to Ways and Means Committee prior to consideration at the Assembly. This allows sufficient time for analysis of the impact of the motion on the Region budget and finances. The Ways and Means Committee will report its findings to the Assembly at the time the motion is considered.
17. Region 8 accepts designated monies, provided a special fund has been established by the Assembly.



18. The Treasurer and the Chair are authorized to withdraw funds from all Region financial accounts. The Chair shall be informed of account locations and numbers and shall possess at least one blank check or withdrawal slip per account.

**B. *Disbursement of a Region 8 Delegate Support Fund (R8DSF)***

1. The World Service Business Conference (WSBC) is held annually, either in Albuquerque, NM or virtually. In the spirit of unity, we encourage every intergroup to send a delegate to the annual World Service Business Conference. It is critically important for the strength of OA worldwide that the voice of OA's entire community is heard at Conference. Decisions affecting OA for years to come are made each year at Conference, and input is needed from all Intergroups and Service Boards so that these decisions truly represent OA as a whole.
2. The Region 8 Delegate Support Fund was formed to help pay some of the costs incurred by delegates who attend the World Service Business Conference. Delegates selected to receive this financial support will be from, and will be a representative of, their Intergroups or Service Boards in Region 8.
3. The Region 8 Delegate Support Fund (R8DSF) will be created annually with a minimum amount of \$2,000, finances permitting.
4. Awards will be given only to Region 8 Intergroups/Service Bodies that require financial assistance in order to send a delegate to the WSBC.
5. Requests for delegate fund assistance will be prioritized as follows:
  - a. Region 8 Intergroups/Service Bodies that have never sent a delegate to WSBC.
  - b. Region 8 Intergroups/Service Bodies that have not been represented other than at one previous WSBC, provided this allows the same delegate to attend the WSBC a second time.
  - c. Region 8 Intergroups/Service Bodies that have not sent a delegate to the WSBC for the longest period of time. Preference will be given to Intergroups/Service Bodies that have not previously been awarded delegate support funds.
6. R8DSF monies **will not** be awarded to fund a second delegate from an attending Intergroup.
7. The Intergroup/Service Body will complete the "Delegate Support Fund Application" located on the Region 8 website. (<https://oaregion8.org/business-documents/> -- Printable Documents and Forms.)
  - a. The Intergroup/Service Body shall send the application to the Region 8 Treasurer to arrive by 1 September each year.
  - b. In the spirit of Seventh Tradition self-support, it is requested that each applicant's Intergroup/Service Body provide some portion of the delegate expenses from their available treasury.
  - c. Both the Intergroup/Service Board's Financial Report (included in the main application form); and the "Amount contributed by Service Body" will be used in allocation considerations.

- d. In the event of extenuating circumstances, the Intergroup/Service Body may provide a letter with its application requesting suspension of normal priority guidelines. The letter should clearly outline the need for special consideration.
8. The Treasurer must receive all applications for R8DSF funds by September 1<sup>st</sup>. Shortly thereafter, the Region 8 Chair will appoint a R8DSF funding committee, consisting of the current Region 8 IGOR Chair, the Region 8 Treasurer, and three Registered Representatives (Reps) not affiliated with any requesting Intergroup or Service Body.
  - a. The committee will review all funding applications and recommend to the Region 8 Board funding based on the priorities shown in (3) above.
  - b. Delegates receiving R8DSF assistance will be allocated as much funding as is available to a maximum of the estimated room/board costs (shared room basis) plus the cost of transportation to the WSBC site. Cost of transportation will be based on mileage reimbursed at the current IRS rate for miles driven in service of charitable organizations or actual expenses, (gas, tolls). However, if the miles driven (one way) exceed 300; transportation costs will be reimbursed at current air or common carrier costs. No funding will be provided for tours, spousal expenses, or extracurricular activities during WSBC.
  - c. If insufficient funds are available to fund all R8DSF funding requests, the current R8DSF fund will be allocated according to the priorities shown in (3.) above, as determined by the R8DSF funding committee appointed by the Region 8 Chair.
  - d. As fund requests usually exceed fund availability, a waiting list is created.
9. The Region 8 Board will make the final decision on funding allocations. Notification of R8DSF awards will be made by September 30. An email will be sent to the delegate e-mail address listed on the application, with letters also mailed to the Intergroup/Service Body address given. It is imperative that each Intergroup/Service Board notify Region 8 of its intention to accept the award by the date given on the award letter. If Region 8 does not receive a timely response, the funds will be awarded to other Intergrups or Service Boards on the waiting list.
10. If the R8DSF award and the Intergroup/Service Board contribution is not sufficient to cover all costs, Region 8 will forward the application to the WSBC Delegate Support Fund for additional funding consideration. (The WSBC Delegate Support Fund was formed to administer the funds which, as per WSBC Policy 1993c (Revised 1994, 2001, and 2002), helps to pay some of the costs incurred by delegates who attend WSBC. Delegates selected to receive this financial support will be from OA Intergrups and Service Boards in all regions.)
11. When the funding is accepted, the applicant's Intergroup/Service Body is responsible for submitting the delegate's WSBC registration form to the WSBC.
12. All delegates receiving money from the WSBC Delegate Support Fund, must, within 30 days of attending the WSBC, completely fill out the actual costs and return a copy of page 3 of the "Delegate Support Fund Application" with receipts and any excess funds.

**C. *“Carry the Message” Fund***

1. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.
2. The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.
3. Applicants will complete a “Carry the Message Fund” form and forward it to the funding committee (see <https://oaregion8.org/business-documents/> for “Carry the Message Fund” Request Form).
4. Allocation of funds shall be made by the funding committee with the following guidelines:
  - a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer.
  - b. In an effort to be self-supporting Region 8 encourages the Service Body to contribute what they can afford toward their expenses.
  - c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially disadvantaged areas.
  - d. In the event funds remain un-allocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.

**D. *Funding for Additional Committees***

1. The Ways and Means Committee shall make known in its regular report to the Assembly if it would be financially feasible to increase the number of funded Committees, and if so, the maximum number which would be appropriate. This recommendation would not imply that the Assembly should fund additional committees, only that it could do so responsibly.
2. A committee requesting funding must submit a Region 8 Annual Budget Request (Appendix F-Forms) to the Ways and Means Committee Chair. A copy of this completed form must be submitted to Region Secretary at least sixty (60) days prior to the beginning of said Assembly, so that the request may be included in the reports packet distributed to the Assembly.
3. At a time following the completion of oral committee reports and prior to Board recommendations, requests for funding additional committees shall be considered by the Assembly.
  - a. The Ways and Means Committee shall inform Assembly of the number of additional committees which can be funded, and which committees have requested funding.
  - b. A representative from each committee requesting funding will be allowed three minutes to present its request to the Assembly.
  - c. After committee presentations, ten minutes of questions or comments will be allowed from the floor.

- d. A ballot will be taken for a number of committees equal to/less than the number of committees to be added, or the number of committees making application, whichever is less.
- e. To receive funding, a committee must receive a majority vote.
  - 1) If the number of committees requesting funding does not exceed the maximum number of committees to be added, one ballot will be taken.
  - 2) If the number of committees requesting funding exceeds the number of committees to be added, and the maximum number is not filled on the first ballot, committees receiving funding on the first ballot will be removed from the ballot and a second ballot will be taken.
  - 3) If no committee receives a majority on the second ballot, the committee having less than one-fifth the total vote will be deleted from the subsequent ballot, except that a number of committees equal to the number of remaining positions must remain. If no committee has less than one-fifth the votes, the committee with the lowest number of votes shall be deleted from the ballot. Balloting will continue until the number of positions remaining is equal to the number of requesting committees, at which time only one more vote will be taken.
4. Funding for committees receiving approval shall begin after adjournment of the Assembly at which funding is approved.

## **X. Assembly Procedures**

### **A. Basic Principles**

1. The Group Conscience prevails over all motions.
2. Assembly shall be held two (2) times a year, approximately six months apart. Preferred months are March/April and October/November, but assembly may be held in different month(s), subject to feasibility and if approved by majority vote of the Board..
3. Parliamentary procedure according to Robert's Rules of Order will be followed.
4. Those Reps present at an Assembly constitute a quorum, provided eight Intergroups in states outside of the state or territory, etc., in addition to the hosting state, are represented.
5. Anyone who wishes to address the Assembly must first be recognized by the Chair.
6. After being recognized, person shall state their name, Intergroup, and business.
7. After presenting the motion to the assembly, questions and discussion will be entertained for a maximum of seven minutes. Following this, debate on motions and amendments shall be limited to three minutes for each pro and con. (See the Standing Rules in this Manual for further guidelines on Motions and Debate).
8. Request for inclusions in agenda must be submitted to Secretary at least sixty (60) days prior to Assembly.
9. All motions to amend either the Bylaws or the Policy and Procedure Manual must be submitted to the Chair of the Bylaws Committee at least seventy-five (75) days prior

- to the assembly at which the motion is to be presented. Motions will be reviewed for format and consistency with other directives only.
10. Each Intergroup registers its elected Reps by forwarding Certificate of Eligibility to Region Secretary annually in January and periodically as changes occur. (See Appendix F-Forms).
  11. Registered Reps (or Alternates), Chairs of standing committees, and Board Members are entitled to a vote; all others may have a voice but not a vote. Chair votes only to break a tie.
  12. The only taping (recording) allowed at Assembly will be by the Technology Committee for the Secretary for the sole purpose of assistance with accuracy of minutes. Audio recording shall be retained only until minutes are approved, then erased or destroyed.
  13. The use of video/audio recording devices are not allowed in the Assembly at any time other than as defined elsewhere for the Region 8 Secretary. Devices such as PCs and smart phones with recording devices are permitted but may not be used to record.
  14. New Rep Orientation will be held at a time agreed upon by the Board. Parliamentary Procedure information will be provided to new Reps, and to other Reps upon request.
  15. A goal setting/Region inventory session will be held at each Fall Assembly.
  16. Oral reading of minutes is not required.
  17. For further procedures see Standing Rules, beginning on page 14.

***B. New Representative (“Green Dot”) Orientation***

1. Serenity prayer
2. Welcome
  - a. Introductions
  - b. Stress our purpose--to carry the message.
3. Logistics of Assembly
  - a. Registration procedure
  - b. Blue book sign-in, badge with green dot, banquet ticket, etc.
  - c. Get-acquainted luncheon
  - d. Distribute Minutes from last Assembly and Agenda for current Assembly
  - e. Hospitality Room
  - f. Taping for purpose of minutes
  - g. Roll Call – important to be on time; can’t vote unless present for roll call
  - h. Information Packets (review before Business sessions)
  - i. P&P (how to get one; study it!)
4. Parliamentary Procedure
  - a. Distribute and explain procedure for motions and standing rules
  - b. Pro/Con procedure, microphones, time limits, number of speakers to motions
  - c. Terms: point of information, question of privilege, etc.
5. Committees. Describe work of each committee and ask Reps to attend committee of their choice.
6. Miscellaneous



- a. Buddy system
  - b. Discuss importance of Group Registration Forms staying updated (show examples)
  - c. Follow your regular routine at Assembly: i.e., prayer, meditation, sleep, exercise
  - d. Re-entry to the real world after Assembly
  - e. Region's gratitude for Reps' willingness to serve
7. Closing as suggested by WSBC

## XI. Standing Rules

### *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. (See Appendix E for guidelines on how to write a motion and the timeline to be followed.)
  - 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) The motion will be read to the assembly, and discussion/questions will be entertained for a maximum of seven minutes. Discussion on the motion is taken from the center microphone. Voting members who wish to speak shall follow the recognition procedure outlined above.
  - 3) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
  - 4) The **first speaker is always pro** and is usually the maker of the motion (unless they wish to have another voting member speak).
  - 5) 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.
  - 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.

### ***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. (See Appendix E for guidelines on how to write a motion and the timeline to be followed.)
  - 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.

## **XII. Board Members**

### **A. Chair**

1. Is responsible for unity and group conscience of Region 8.
2. Establishes and maintains agendas for all Board Meetings and Business Sessions.
3. Presides at all Board Meetings and Business Sessions.
4. Is ex officio member of all committees.
5. Appoints Parliamentarian for the Assembly.
6. Is responsible for the Forum, to be presented at the Friday night opening of the Assembly.
7. Attends World Service Business Conference.
  - a. Convenes Region 8 Delegate Meeting as scheduled on the WSBC agenda.
  - b. Serves as support/resource person for all Region 8 Delegates in attendance.
  - c. Provides Delegates with roommate information if possible.
  - d. Attends Region Chairs' meetings.
8. Responds to all correspondence, phone calls, and questions in timely manner.
9. Maintains periodic contact with Board, Trustee, and Committee Chairs.
10. Maintains periodic contact with other Region Chairs, and provides them with Assembly minutes, mailing lists, and a copy of our P&P, as requested.
11. Upon completion of service term, provides the succeeding Chair with any information from their service period via either written or electronic media.
12. Is an authorized signer on all accounts.
13. Will be bonded.
14. Will be liaison to funded committee(s).

### **B. Vice-Chair**

1. Assumes all duties of Chair in their absence.
2. Keeps history of Region 8 up to date by providing Bylaws/Electronic Documents Chair with a brief summary within 6 weeks from the conclusion of each Assembly.
3. Coordinates Business Assembly:
  - a. Assists Intergroups in preparing bids for Assembly.
  - b. Gives Hosting Intergroup a Hosting Manual and assist with every phase of Assembly planning.
  - c. Coordinates with Bylaws/Electronic Documents Chair to keep Hosting Manual up to date.
  - d. Acts as liaison between Hosting Intergroup and Board.
  - e. Sends Assembly Date/Place/etc. to *Lifeline* for publication.
  - f. Maintains reports of past Assemblies to guide future Hosting Intergroups.
  - g. Appoints leader for New Rep Orientation; provides leader with ***Green Dot Handbooks***.
4. Will be bonded.
5. Will be liaison to funded committee(s).
6. Responsible for approving all flyers/registration forms for Business Assembly before document is submitted to the Webmaster for posting on the Region 8 Website.

7. Responsible for all changes to the Region 8 Hosting Manual (with Board approval and not in conflict with the REGION 8 Policy and Procedure).

### **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                                         | • Attendance from prior Assembly            |
| • Service Directory                                  | • Board/Committee Reports                   |
| • Table of Contents                                  | • Current Financial Reports                 |
| • Agenda                                             | • Any necessary forms                       |
| • Standing Rules (Check for updating in current P&P) | • Notice of motions to amend Bylaws, if any |
| • Unapproved minutes from prior Assembly             |                                             |

- 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 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 Fall Assembly, send copies of year-end committee reports to un-represented service bodies.
- d. Secretary will update “Appendix G: 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.
- d. Be bonded.
- e. Be liaison to funded committee(s).

***D. Treasurer***

1. Manages all Region 8 funds according to Financial Policies herein stated and maintain records in a manner acceptable to the Ways and Means Committee.
  - a. Maintains Interest-bearing Savings Account for bulk of Region Funds.
  - b. Maintains Checking Account for operational funds.
  - c. Maintains minimum balance at which there is interest, and no service charge.
2. Selects a CPA to perform an annual audit.
3. Ensure that all Federal and State documents are filed in a timely manner.
4. Ensure that annual IRS report is satisfactorily completed in a timely manner.
5. Prepare proposed annual budget which shall be presented at the Fall Assembly.
6. Pays bills and reimburse expenses in a timely manner.
7. Following the Fall Assembly, submits budgeted amount to WSO by December 31.
8. Region 8 financial status as follows:
  - a. Sends monthly financial statement to Board members, showing balance on hand, and budgeted amounts compared to year-to-date expenditures.
  - b. Sends monthly financial statement and contributions report to Webmaster so that it can be posted on the website.
  - c. Provides each Assembly with report of financial activity since last Assembly.
  - d. Takes check book, last four bank statements, and most recent savings account statement to each Assembly for audit.
9. Will be bonded.
10. Will be liaison to funded committee(s).

***E. Election of Board Members***

*(Qualifications for Board members are listed in Bylaws, Article VII)*

1. Elections will be held annually at the Fall Assembly.
2. Each Board member is elected for a two-year term.
3. Chair and Treasurer are elected in odd years; Vice-Chair and Secretary in even years.
4. Nominations from the floor will be accepted at the Spring Assembly. Nominees shall be responsible for submitting their resumes according to Bylaws, Article VII.
5. When Board elections coincide with the nomination of a Region Trustee, the Trustee selection shall be completed first.
6. At least three (3) of four (4) board members, one of which shall be the Treasurer, must meet the criteria to be bonded.

**F. Duties of Board Members**

- 1. Attend at least 3 of 4 Assemblies per term of office.
- 2. Become familiar with and assume responsibility for adherence to: P&P, Bylaws, and Articles of Incorporation.
- 3. Examine newly elected committee chairs for ratification.
- 4. Reports:
  - a. Submit written report to Region Secretary at least 8 weeks prior to the Spring Assembly.
  - b. Submit written annual report to Region Secretary at least 8 weeks prior to the Fall Assembly.
  - c. Present oral report at Assembly:
    - 1) report shall be a maximum of 5 minutes
    - 2) followed by Q&A for a maximum of 5 minutes
    - 3) total time for report and Q&A - 10 minutes
    - 4) Board member may select someone to give report in their absence, at no expense to Region.

**XIII. Trustee Liaison**

- A. To be eligible for nomination as a Trustee Liaison, member must meet qualifications stated in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article VII, Section 4 – Qualifications.
- B. Each Trustee Liaison serves a three-year term on the World Service Board of Trustees. All Trustees/Trustee Liaisons meet four times a year to conduct OA business.
- C. Funding for Trustee Liaison and nominees shall be as follows:

| Position        | Level of Funding                                                          |
|-----------------|---------------------------------------------------------------------------|
| Trustee Liaison | At least \$100 toward expenses at each Assembly when funds are available. |
| Nominee         | Fully funded to attend WSBC when funds are available.                     |

- D. Reports:
  - 1. Written—Must submit to Region Secretary at least three weeks prior to each Assembly.
  - 2. Oral
    - a. At Spring Assembly—10 minutes (plus 5 minutes for questions).
    - b. At Fall Assembly—15 minutes (plus 5 minutes for questions).
- E. Vacancies: In the event that there are no applications for Trustee Liaison at the Fall Assembly where Trustee applications are needed, or if a vacancy occurs when there is no Regional



Assembly prior to the date required for submissions of the applications, the following option may be taken:

1. The Region 8 Board will solicit applications from the Region 8 Intergroups.
2. Applications must be completed, and all requirements set by the World Service Office must be met prior to Board consideration of the applicants.
3. A majority vote of the Region 8 Board will constitute affirmation of the applicants (up to three).
4. Notification of the affirmation process results shall be sent to the Region 8 Intergroups.

#### **XIV. Representative from Intergroup (Rep)**

*(Qualifications for Rep are listed in the Bylaws, Article III)*

1. Submits ***Certificate of Eligibility*** (Appendix F-Forms) to Region Secretary annually in January and throughout the year as changes occur. Rep is eligible to vote in Assembly only if duly registered with Region Secretary.
2. Attends and takes an active part in each Business session.
  - a. Rep is to voice and vote the group conscience of their/their Intergroup when possible, but is not bound by Intergroup's opinion when a situation calls for a contrary vote.
  - b. Rep may lead a Recovery workshop, but to do so may mean missing a vote at Assembly.
3. Informs Region of happenings in Rep's Intergroup.
4. Informs Intergroup of happenings in Region 8 and OA as a whole.
5. Informs WSO of any Group changes in Rep's Intergroup (Appendix G).
6. Studies and practices the Twelve Traditions. If violations occur in Rep's Intergroup, they are to discuss the incident with Trustee and/or Board.
7. Studies and practices the Twelve Concepts of OA Service.
8. Assists others in becoming familiar with the Traditions and Concepts.

#### **XV. Region Delegate to WSBC**

1. If Region 8 is represented by less than forty percent (40%) of its Intergroups and service bodies at the prior year's WSBC, it may send up to 5 additional delegates to WSBC. (OA Inc, Bylaws, Subpart B, Article VIII, Section 3. a) 6).
2. Preference shall be given to nominees selected from Intergroups and service bodies which would not otherwise be represented.
3. The nominee selected shall be selected in accordance with OA, Inc., Bylaws, Subpart B, Article VIII, Section 3. c) 1) Qualifications/Selection. Qualifications for selection of World Service delegates/alternates shall be set by each region 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. The nominee must file a written application for WSBC delegate by sending a completed application on the approved form to the Region

Secretary sixty (60) days prior to the business assembly at which the election is to be held.

4. Nominations from the floor will be accepted at the Spring Assembly. Nominees shall be responsible for submitting their applications according to Bylaws, Article VII. These candidates, and Intergroups that submit candidates, shall file an application with the Secretary at least sixty (60) days prior to the Fall Assembly.
5. The funding of the Region Delegate to WSBC will depend on the availability of funds. If funds are available, the Region Delegate to WSBC will be funded according to the guidelines for Region Rep Funding in Appendix F-forms of this Manual.
6. Prior to the selection of the Delegates, the Ways and Means Committee and the Treasurer will inform the Assembly of the funds available for these purposes.
7. Individuals that are already funded to attend WSBC as ratified Region 8 Trustee Nominees may be appointed by the board to fill any vacant positions. If the number of Trustee nominees exceeds the number of vacant Region Delegate positions, the Trustee Nominees shall be chosen according to the highest number of Trustee Nominee ratification votes received.
8. The election shall be held at the fall assembly and at least 90 days prior to the WSBC.
9. Election shall be by written ballot. Each nominee name shall be recorded on the ballot alphabetically. Voting members shall be instructed to vote for no more than the number of delegate positions determined to be available. Nominees receiving the highest number of votes shall be elected as Region 8 Delegates to serve at the WSBC following the election.
10. The number of Delegates to be selected will depend on the funds available, but in any case, shall not be more than five.
11. The term of service of the Region 8 WSBC Delegate shall expire upon the close of the Region 8 business assembly after the WSBC attended and reported.

## **XVI. Hosting Procedures**

### **A. Bid Guidelines**

1. An Intergroup interested in hosting an Assembly should contact Vice Chair (see Appendix C for contact information) who will provide the *Hosting Manual*. It is suggested that an Intergroup bid an Assembly no more often than every two years. Primary consideration will be given to Intergroups that have never hosted an Assembly.
2. Written Bids are submitted to Vice-Chair prior to Assembly at which bid is to be presented. If no bids are presented at any given Assembly, the Board will accept bids by mail for forty-five (45) days following the Assembly. The Board will decide which Intergroup will be awarded the Assembly. Upon being chosen to host an Assembly, Hosting Intergroup must follow all guidelines in *Hosting Manual*.
3. If no bids are received within the time limit, bids will be accepted at the next Assembly. In the event no bids are received at two consecutive Assemblies, the Vice-Chair will submit to the Board the names of Intergroups which have not hosted an Assembly in the prior two years. The Board will select one of those Intergroups by lottery. The chosen Intergroup will be announced prior to the closing of the Assembly on Saturday. The

Board may hold an Assembly and Convention (or an Assembly) in a location near the selected Intergroup. The Board and Committee Chairs will give assistance to the selected Intergroup to hold a Convention, but the Intergroup will not be compelled to do so.

4. Assembly is bid one year in advance.
  - a. Choose date for Assembly, avoiding dates near holidays to allow more affordable travel. Contact Vice-Chair for date of Board of Trustees meeting, to avoid a conflict in dates.
  - b. Choose hotel which can accommodate Assembly in the same building as guest rooms. Accommodations must include a room to seat 75 people, classroom-style.
  - c. Choose theme and prepare a 10–15-minute presentation, focusing on recovery rather than locale.
  - d. Prepare 75 copies of proposed flyer with following information about Assembly:
    - Hosting Intergroup, City, State
    - Date
    - Theme
    - Name of Hotel, with room rates for single, double, triple, and quadruple occupancy (\$2 to \$10 per room may be added as fund-raiser if hotel approves and price is reasonable)
    - Airport information, including accessibility to hotel and rates for taxi/limo/shuttle service
    - Price of Banquet (\$1 to \$8 per meal may be added as fund-raiser if hotel approves and price is reasonable). This applies to both the Saturday luncheon and dinner banquets.
    - Prices of registration and late registration. (See item #2 below under Miscellaneous Guidelines)

#### ***B. Miscellaneous Guidelines***

This section highlights a few of the hosting guidelines; please see Hosting Manual for complete information.

1. Region Treasurer will forward \$1,000.00 seed money to Hosting IG, six months in advance of Assembly. An increase in seed money of up to an additional \$1,500.00 may be allotted (total of \$2,500.00 in seed money) if needed and approved by the Board.
2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of \$60.00 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. Funding for Tech Support may be available to the hosting IG to partially offset the costs AV for the Business Assembly up to the amount of \$1500.
3. The Region Vice-Chair is the liaison between Hosting IG and the Board. The Vice-Chair is responsible for seeing that Hosting IG is aware of the complete guidelines and duties in the Hosting Manual.
4. Banquet speaker shall be an OA member with a minimum of two (2) years of back-to-back current abstinence, practicing the Twelve Steps and Twelve Traditions, and be familiar with the Twelve Concepts of OA Service.

5. The only literature to be sold at an Assembly is OA- and AA-Conference approved.
6. No items advertising any outside enterprise shall be included as giveaways in the packets or as door prizes.
7. The split of the proceeds, excluding Hospitality Room (except proceeds from sales of Ways and Means Merchandise), will be 50% for hosting IG and 50% for Region 8.
8. Sale of merchandise: In accordance with our Traditions, each Group, IG, Region, World Service and other OA service bodies may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions which warn against endorsement of any outside enterprise.
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

## **XVII. Parliamentarian**

Assist Chair and Board in parliamentary procedures.

## **XVIII. Committee Guidelines**

*(Qualifications for Committee Chairs are listed in Bylaws, Article VIII, Section 1)*

### **A. Meetings**

Committee meetings are held during each Assembly.

### **B. Committee Chair's Duties**

1. Choose place for meeting and chair the meeting, using format under Committee Meeting Format in this Manual.
2. Immediately following committee meeting, give meeting roster and minutes to Vice-Chair.
3. Give brief report of committee meeting to the Assembly.
4. Print a committee letterhead with committee name and return address on approved Region Letterhead, and maintain a sufficient supply of these forms.

5. Maintain comprehensive committee files detailing committee activities and functions. Upon completion of term of office or resignation, information shall be given to Region Chair.
6. Submit articles about committee's work to REGION 8 Newsletter.
7. Submit reimbursement requests to Treasurer on **Voucher** (Appendix F-forms, pages 57-58) with proper documentation.
8. Submit a proposed annual budget to Region Treasurer at least 60 days prior to the Fall Assembly.
9. Oversee work of sub-committees and appoint chairs or program heads as needed.
10. Reports:
  - a. Submit written report to Region Secretary at least eight (8) weeks prior to each Assembly.
  - b. Present oral report at Assembly: report shall be a maximum of 5 minutes, followed by Q&A for a maximum of 10 minutes, total time for report and Q&A - 15 minutes.
  - c. Submit interim report to Board Chair by the 15<sup>th</sup> of each non-Assembly month.

### ***C. Miscellaneous***

1. Proposed revisions to Committee structure or duties are subject to approval of the Board.
2. Each Committee shall have a Board liaison.

### ***D. Committee Meeting Format***

1. Serenity Prayer
2. Introductions:
  - a) Name and Intergroup
  - b) Use Committee Sign-up Roster
3. Appoint someone to take minutes.
4. Discuss work done since last Assembly.
5. Plan work for next six months and secure volunteers for tasks.
6. Review task assignments, deadlines, etc.
7. Close with a prayer approved by WSBC.

## **XIX. Ways and Means Committee**

### ***A. Purpose***

1. To communicate with WSO and Region 8 in all financial matters.
2. To make appropriate recommendations regarding the finances of Region 8.

### ***B. Duties***

1. Review Treasurer's accounting procedures and make recommendations for needed changes.
2. Examine financial records at each Assembly and present a report of such review.
3. Review financial issues presented to the Ways and Means Committee and make appropriate recommendations to Assembly.



4. Inform Intergroups about availability of financial literature.
5. Stress importance of the Seventh Tradition, and the need to contribute financially to all levels of OA Service Bodies.
6. Submit articles to Region 8 Newsletter relative to good financial policies and record-keeping.
7. Solicit ideas for ways to improve the financial status of Region 8 and WSO.
8. As a collateral duty, the Ways & Means chair will perform the functions of the Region 8 treasurer, without voting privileges, providing support as necessary.

### ***C. Sub-Committees***

#### **1. Accountability Sub-Committee**

##### ***a. Purpose***

- 1) To coordinate financial record-keeping and policies of Region 8.
- 2) To assist individual groups with financial information.

##### ***b. Duties***

- 1) Form an active committee.
- 2) Provide agenda for sub-committee meeting.
- 3) Make groups aware of literature available on the subject of finances for OA.
- 4) Encourage awareness of the need to support OA Service Bodies at all levels.
- 5) Review financial issues brought to Ways & Means Committee, and make appropriate recommendations to be presented to the Assembly.
- 6) Prepare proposed annual budget.
- 7) Supervise audit of financial records at each Assembly.

#### **2. Fund-Raising Sub-Committee**

- ##### ***a. Purpose:*** To successfully raise funds for Region 8, while adhering to OA's Twelve Traditions.

##### ***b. Duties***

1. Form an active committee.
2. Provide agenda for sub-committee meeting.
3. Research and review ideas and subsequently develop and order items for sale.
4. Promote sub-committee's projects throughout Region 8.
  - a) Advertise fund-raising items in REGION 8 Newsletter, and include order forms.
  - b) Submit articles to REGION 8 Newsletter, stating the purpose of the Ways and Means Committee. Describe the services it provides to Intergroups: guidelines for raising funds, suggestions for organizing an Intergroup Ways and Means Committee, hosting special events such as Serenity Days, Speaker Days, Marathons, etc.
  - c) Inform all Region 8 Intergroups of the services of the Ways and Means Committee, with contact information and order forms for fund-raising items.

5. Correspond with other Region Ways and Means Committees to share fund-raising ideas.
6. Serve as a network of fund-raising information for Region 8 Intergroups.
7. Display fund-raising items at each Assembly.
8. The subcommittee chair will provide an accounting of the expenses and income generated by fund raising activities to the Ways & Means Committee Chair.

## **XX. Intergroup Outreach Committee (IGOR)**

### ***A. Purpose***

1. To create cohesion, promote contact and foster unity within Region 8.
2. To serve as a link between Region 8 and:
  - a. registered Intergroups
  - b. unaffiliated Groups.
3. To help establish new face-to-face meetings.

### ***B. Duties***

1. Act as liaison between Region 8 and unaffiliated Groups.
2. Help Groups who wish to affiliate with an Intergroup or form their own Intergroup.
3. Help large Intergroups divide into smaller Intergroups, if they desire.
4. Encourage Intergroups to send a Representative to Assembly, and a Delegate to WSBC.
5. Encourage use of Twelve Traditions to promote and protect the growth of members, Groups, and Intergroups.
6. Encourage communication, sharing of ideas, and support between Intergroups.
7. Distribute WSO printouts to unaffiliated Groups.
8. Communicate Region and WSO information (as received) to Intergroup chairs and IGOR Committee.
9. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs as described below.
10. Act as a liaison to maintain relationships with Latin America Groups.
11. Approve applications for new face-to-face meetings and provide up to \$100 funding per meeting within budget constraints.

### ***C. Intergroup Sponsors Program***

1. **Purpose:** To help organize new Intergroups and strengthen existing Intergroups.
2. **Duties of Program Head**
  - a. Enlist Intergroup Sponsors to give service to Intergroups.
  - b. Maintain an up-to-date Intergroup Sponsors directory and send to requesting Intergroup.
  - c. Assign Intergroup Sponsors to Region 8 Intergroups upon request.
  - d. Keep Intergroup Sponsor guidelines updated.
  - e. Furnish Intergroup sponsors and requesting intergroup with Intergroup Sponsor guidelines.

- f. Inform sponsored Intergroups that they may request (and fund) a visit from their sponsor.

### **3. Duties/Qualifications of Intergroup Sponsor**

#### **a. Qualifications**

- 1) 2 years Intergroup experience
- 2) 1 year Region experience
- 3) Willingness to stay in touch with sponsored IGs
- 4) 1 year abstinence

#### **b. Duties**

- 1) Contact your sponsored Intergroup's chair and introduce yourself.
- 2) Ask to be on sponsored Intergroup's mailing list to receive their IG newsletter and any flyers for functions they may sponsor.
- 3) If possible, attend an IG meeting.
- 4) Be there for them, ask if they have any questions, and listen to them.
- 5) Make suggestions, if sponsored Intergroup asks.
- 6) Attend, if possible, one of sponsored Intergroup's sponsored OA functions.
- 7) Suggest that sponsored intergroup send a Representative to Region assemblies, if they don't already.
- 8) Help them obtain funding, if necessary.
- c. **Travel:** When necessary, travel to sponsored Intergroups may be funded by Rep Funding.

### **D. Rep Funding Program**

- 1. **Purpose:** To provide funding to Intergroups which need assistance in sending Representatives to the Assembly.
- 2. **Duties of Program Head**
  - a. Promote availability of this fund through REGION 8 Newsletter and IGOR Committee.
  - b. Determine what funds are available and how they shall be allocated. Priority will **be given to Intergroups that have never attended an Assembly.**
  - c. Application for Rep Funding and funding guidelines are in ~~the~~ Appendix F-forms of this manual.
  - d. Approval of Rep funding shall be determined by the agreement of the IGOR Chair and a Region 8 Board Member.
  - e. Make arrangements to meet funded Representative at Assembly.
- 3. **Funded Representative Expenses**
  - a. Funded Representatives must follow guidelines for reimbursable expenses in Section 2.
  - b. Rep Funding is limited to the following:
    - 1) Transportation
    - 2) Lodging
    - 3) Registration
    - 4) Saturday Luncheon and Dinner Banquet

### ***E. Intergroup Chairs Program***

- 1. Purpose.** To strengthen local Intergroups by serving as a support group for past and present Intergroup chairs.
- 2. Duties of Program Head**
  - a. To announce the time and facilitate an Intergroup Chairs' Meeting for Intergroup Chairs during each Business Assembly.
  - b. To encourage Intergroup Chairs to sign up for the Intergroup Chairs' e-mail loop.
  - c. To encourage dialogue between Intergroups via e-mail loop and conference calls between Assemblies.
  - d. To use the e-mail loop to communicate Region 8 and World Service news and ideas to Intergroups.

## **XXI. Bylaws/Electronic Documents Committee**

### ***A. Purpose.*** To carry the message of recovery and facilitate Region 8 business by:

1. maintaining internal consistency and congruity with OA, Inc. Bylaws, Subpart B in all Region 8 official documents;
2. producing the REGION 8 Newsletter;
3. participating in the transition to a paperless organization, and
4. transitioning to gender-neutral, inclusive language in all documents.

### ***B. Duties***

1. Produce, update, revise and distribute all Region 8 official documents as directed by the Assembly.
2. Review all motions submitted to the committee to ensure that Region 8 motions, Bylaws, policies, and procedures comply with OA, Inc. Bylaws, and that none of our internal documents conflict with each other.
3. Perform secretarial functions, without voting privileges at assemblies, when these duties are delegated by the Region 8 secretary.
4. Follow the Twelve Traditions and the Twelve Concepts in all committee work.

### ***C. Documents Sub-Committee***

#### ***1. Purpose***

- a. The purpose of the Documents Subcommittee is to ensure that all Region 8 publications are up-to-date and reflecting the most recent changes; are consistent within and between documents; are in compliance with OA, Inc. Bylaws; and are accurate in regard to formatting, grammar, and spelling.
- b. Foster a greater awareness for the uses and purpose of our Bylaws and Policies and Procedures.

#### ***2. Duties***

- a. Continuously review and propose changes to Region 8's current Bylaws and Policy and Procedure Manual (the P&P). Edit all Region 8 official documents including corrections to spelling, punctuation, and wording so electronic documents have clarity and internal consistency.
- b. Within four (4) weeks after each assembly, enter all revisions that were voted on at the Assembly (obtain exact text from the Secretary, to confirm) to the P & P Manual and Bylaws. Send the draft revisions to the Board for review.
- c. As needed, draft motions arising out of the Bylaws/Electronic Documents Committee during assemblies. Motions are to be drafted within fifteen (15) days after the close of the assembly at which they emerge and sent to the full committee for review and comment within a reasonable period of time.-
- d. Review all motions that have been submitted by the Board, other committees and Intergroups. Motions are to be reviewed for compliance with the Twelve Traditions, Bylaws and/or the Policy and Procedure Manual; formatted correctly, and edited for grammar and spelling as required. ***Content is not reviewed or discussed.***
- e. Bylaws Committee must receive all motions for review at least 75 days prior to the next business assembly.
- f. The motions for the next assembly are to be submitted in final form to the secretary at least four weeks prior to the next assembly for inclusion in the packet. (Refer to the SOAR 8 Schedule on the website published by the secretary for the exact dates.)
- g. Advise other service bodies on forming, adopting and/or refining their bylaws and policy and procedure manuals; and review as requested.
- h. As needed, assist Committee Chairs with creation and revision of committee manuals, handbooks, and other publications/official documents.
- i. Call to the attention of the Board and of the membership any violation of the Twelve Traditions, Bylaws, and/or the Policy and Procedure Manual.

#### **D. Newsletter Sub-committee**

##### ***1. Purpose***

The primary purpose of the newsletter is to spread the message of Overeaters Anonymous to the compulsive overeater who still suffers, communicate with the Region membership happenings within Region 8, and encourage the membership to participate in Region 8 events and committees. The intended audience is the general membership of Region 8.

##### ***2. Duties***

- a. Solicit input for the contents of the newsletter from Intergroups and all members of SOAR 8, providing a deadline for submissions. The deadline for submissions shall be three (3) weeks prior to the date for the newsletter distribution to all members of SOAR 8 (two months ahead of the next assembly).
- b. Notify Region 8 members that submissions to the newsletter are to be emailed to



[newsletter@oaregion8.org](mailto:newsletter@oaregion8.org).

- c. Produce and use a standard format for the newsletter.
- d. Observe WSO Newsletter guidelines.
- e. Prepare a first draft of the newsletter, have it reviewed by the committee, and send it to the Region 8 Board for review at least one (1) week prior to full distribution deadline. Refer to the SOAR 8 Schedule published by the secretary on the website for the exact dates.
- f. Prepare final draft of newsletter.
- g. Distribute the newsletter electronically to the membership at least four (4) weeks prior to each assembly. Again, refer to the SOAR 8 Schedule published on the website by the secretary for the exact dates.
- h. Make recommendations to the assembly about the future of the newsletter.
- i. Remember: The newsletter is not to be a vehicle for the editor's personal opinion.

### **3. *Guidelines for Newsletter***

The following items may be included in each newsletter:

- a. Only flyers promoting activities within Region 8 shall be considered for publication. There shall be no charge to include flyers for Region 8 Business Assembly and Convention. Flyers are subject to approval of Region 8 Vice Chair.
- b. Reports and articles from the Region 8 Board and Committees
- c. Calendar and flyers of events of Region 8 and WSO functions.
- d. Reprints from any OA-approved literature.
- e. Addresses and phone numbers of Region Officers and Committee Chairs may be published only with the individual's permission.
- f. Articles, stories and other creative works that communicate the OA message of recovery.

## **E. Transparency Regarding Updates**

The Bylaws/Electronic Documents Committee will be allowed to make changes freely, without drafting a motion, to keep the following sections of the P&P Manual up-to-date:

1. Table of Contents
2. Article VIII. OA Service Structure
3. Appendix B. Carry the Message
4. Appendix C. Region 8 Service Directory
5. Appendix D. Overeaters Anonymous Regions of the World
6. Appendix E. Guidelines and Timeline for How to Write a Motion
7. Appendix F. Forms
8. Appendix G. Region 8 Intergroups and National Service Boards
9. Appendix H. History of REGION 8
10. Appendix I. Abbreviation of Terms and Acronyms Used in this Manual
11. Appendix J. Index

12. All links to the website, especially for forms.

## **XXII. Public Information/Professional Outreach Committee**

### ***A. Purpose***

1. To coordinate the efforts of OA groups and Intergroups to carry the message of recovery to the public and the professional community which can include hospitals, institutions, professionals, and the military (active-duty personnel and dependents).
2. To encourage and assist groups and Intergroups to make the public aware of Overeaters Anonymous through print, digital and broadcast media, participation in community health fairs, and any other public means.

### ***B. Duties***

1. Inform groups and Intergroups in Region 8 about work being done through Public Information/Professional Outreach Committee.
2. Provide a support group within Region 8 to network with all hospitals, institutions, professionals and military.
3. Establish contact with other Regions and World Service Office regarding Public Information/Professional Outreach activities, and share information received with Region 8 Groups and Intergroups.
4. Encourage Intergroups to establish OA meeting in institutions.
5. Encourage Intergroups to attend area health fairs and self-help fairs.
6. Help Intergroups locate and make contact with their local military installations.
7. Recommend to the Board a plan for participation in professional conference/exhibits.
8. Provide instructions on making the Public Information Display Board.
9. Make the Public Information Display Board available to Intergroups or individuals representing Region 8 at Board-approved conferences/exhibits.
10. Provide a Display Board for each Assembly and give to hosting Intergroup after the Assembly.
11. Plan workshops and/or other activities at Assembly to help motivate groups, Intergroups, and members to become more involved in effective ways of communicating with the media and the public at large.
12. Send a copy of the committee monthly report to WSO Public Information/Professional Outreach Committee.
13. Encourage dialogue and exchange of ideas among Intergroups, Public Information/Professional Outreach Committees and OA groups with Region 8.

## ***C. Public Information Fund Sub-committee***

### **1. Purpose**

The SOAR8 Public Information Fund has been established to aid any Intergroup in facilitating our primary purpose - to carry the message. Specifically, this fund is to be used to reach the general public, who may not have heard of Overeaters Anonymous and our program of recovery. Funds may be used, for example, to launch a local poster campaign, pay for TV or radio airtime for our existing OA podcasts, purchase billboards or other signs such as on bus benches, and any other project that gets the OA name into the public eye.

(For more information, see the OA Media Press Kit: <https://oa.org/files/pdf/oafinalmediamaterials.pdf>.)

### **2. Duties**

- a. Receive, review and approve/disapprove requests for Public Information funds.
- b. Promote availability of this fund through Region 8 newsletter and PIPO Committee.
- c. Ensure follow-up reports of effectiveness have been submitted; review all reports.

### **3. Guidelines**

- a. Applications for funds will be submitted to the PIPO (electronically or hardcopy) by completing the “Request for Public Information Funds” worksheet found on the Region 8 website. Complete all the information requested. Thoroughly describe the project and how the funds will be used, including the town(s), state(s) and IG(s) this project will benefit. If you are purchasing materials for distribution, explain how they will be distributed. Include the name, phone number(s) and email address of the person(s) who will be able to answer questions about the project. Application must be signed by the Intergroup Chair.
- b. FOLLOW-UP. In the application, all projects must include an explanation of how the project will be evaluated for effectiveness (e.g., we will count the number of new attendees at meetings, will count the number of responses, etc.). This follow-up information is required to be submitted no later than **six (6) months** after the funds have been awarded to the Intergroup. Also, submit all receipts and supporting documentation with the report to the PIPO. The documented effectiveness of each project (even though the project was performed by another intergroup) may be used as consideration when funds are requested.
- c. Priority for funding will be given to Intergrups which have not requested funding for a project for the past two years. Intergrups which request funding more frequently than every two years will be considered on a case-by-case basis, at the discretion of the PIPO Committee.
- d. The amount of funds granted by Region 8 may not exceed 50% of the total estimated costs for the project. Please submit documentation to support the project costs.
- e. Applications for funding may be submitted at any time during the year; however, it is highly recommended that applications be submitted during the Fall business assembly. Funds will be distributed until they are totally allocated.

## XXIII. Twelfth-Step-Within Committee

**A. Purpose .** To generate membership retention and recovery within the Fellowship by carrying the OA message to members, Groups, and Intergroups that are still suffering.

### **B. Duties**

1. Gather and share information and literature on relapse and recovery.
2. Encourage the use of our *Twelfth-Step-Within Handbook*.
3. Help members break through the isolation which is a part of our disease.
4. Encourage support and outreach strategies.
5. Submit articles on *Twelfth-Step-Within* to the REGION 8 Newsletter.
6. Maintain and promote a list of people who would be willing to sponsor by email in Region 8.
7. Maintain and promote a Region 8 Speakers List.
8. Maintain a list of Relapse Mentors
9. Promote unity with diversity.
10. Other activities which promote members to stay abstinent and recover.

### **C. Unity with Diversity Sub-Committee**

1. **Purpose.** To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity.
2. **Duties**
  - a. Gather and disseminate information from other Regions and WSO regarding Unity with Diversity work.
  - b. Assist groups in attracting all who come to OA (regardless of culture, ethnicity, nationality, gender, sexual orientation, age, language spoken, abuse of food, disability, or method of recovery) and reach out to them with the message of recovery.
  - c. Assist Groups and Intergroups with Twelve Step work with these diverse populations.

### **D. YoungAdult's Sub-Committee**

1. **Purpose.** To work with Groups, Intergroups and members to share the message of recovery with young people adult's in OA.
2. **Duties**
  - a. Share information from other Regions and WSO regarding Young Adult's work.
  - b. Encourage Groups to welcome young people adults who come to OA, reach out to them with the message of recovery, and help them find a sponsor.
  - c. Assist Groups and Intergroups with Twelve Step Young People's Adult's work.

***E. Translations Sub-Committee (Motion ratified July, 2015)***

- 1. Purpose.** To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.
- 2. Duties**
  - a. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery.
  - b. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese.
  - c. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages.

## **XXVI. International Committee**

- A. Purpose:** Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language.

***B. Duties***

1. Announce time of meetings and chair the meetings
2. Encourage and invite non-English speakers to participate
3. Create an agenda for each meeting
4. Facilitate each meeting

## **XXV. Technology Committee**

***A. Mission Statement***

The mission of the Technology Committee is to assist OA members throughout the region to increase their knowledge of how to access recovery information and assist members in carrying the OA message through the different types of virtual mediums of communication.

***B. Purpose***

1. To promote the use of the Region 8 and OA World Service web sites for OA members and for all people seeking information about OA.
2. To provide information technology and support for Region 8.



### **C. Duties**

1. Ensure the Technology Committee subsection of the Region 8 website is vibrant and up to date.
2. **BUSINESS ASSEMBLIES:** The Technology Committee will:
  - a. Before each assembly, ensure that all equipment and software required for the committee is updated and in working order.
  - b. Communicate with all virtual attendees before the assemblies, making sure they know how to register, log in and vote (if credentialed) on-line. This may entail writing instructions for use that should be posted to the website. Coordinate with the Secretary to ensure credentials have been received for attendees voting virtually.
  - c. Maintain the virtual platform. At the business assembly, one Co-Chair will be responsible for updating and projecting all the required documents (readings, motions, amendments, presentations, etc.) onto the screen in the front of the room. The other Co-Chair will be operating the communications software for the virtual attendees, answering their questions and troubleshooting problems. These duties may be delegated to other members of the technology committee.
3. Assist all members, especially new representatives, with registering for the email lists available to them. Periodically, work with the Webmaster to cleanup these lists and make sure they have not been compromised.
4. Stay up to date on new developments in communications software and equipment. Plan for periodic equipment updates.
5. Brainstorm new ideas on how to use technology to carry the message of recovery, and then implement these into practice.
6. Provide technical assistance to Intergroups within Region 8 when requested.

## **XXVI. Webmaster**

In accordance with tradition 8, the Webmaster position is filled by a person who is paid for their service. This position reports to the Board.

### **A. Purpose**

1. To facilitate the continued development of the Region 8 web site.
2. Ensure the Region 8 website is vibrant and up-to-date.

### **B. Duties**

1. Work with the Chair and Vice-Chair on the structure and layout of the website; decide on a platform (and change it if necessary), maintain the security of the website.
2. Post current and past editions of the Region 8 newsletter as submitted from Region 8 Bylaws/Electronic Documents chair.
3. Post approved files such as registration brochures pertaining to upcoming events at the Intergroup and Region levels; and publish links to WSO events, as appropriate. The Vice-Chair is responsible for approving all new content on the website before it is published.

4. Upload modified Region 8 publications (i.e.; Bylaws, P&P Manual), as provided.
5. Coordinate with the Treasurer to ensure payments are made for the web domain registration and host.
6. Coordinate with the Technology Committee to maintain the email subscription lists, adding and removing addresses as requested.

## **XXVI. Appendices**

Appendix A. Articles of Incorporation

Appendix B. Carry the Message

Appendix C. Region 8 Service Directory

Appendix D. Overeaters Anonymous Regions of the World

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

Appendix F. Forms

Appendix G. Region 8 Intergroups and National Service Boards

Appendix H. History of REGION 8

Appendix I. Abbreviation of Terms and Acronyms Used in this Manual

Appendix J. Index

## *Appendix A. Articles of Incorporation*

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FLORIDA DEPARTMENT OF STATE  
Division of Corporations

June 18, 2009

SOAR 8 TREASURER  
PO BOX 1277  
LARGO, FL 33779

The Articles of Incorporation for SOUTHEASTERN OVEREATERS ANONYMOUS REGION 8, INC. were filed on June 17, 2009 and assigned document number N09000006048. Please refer to this number whenever corresponding with this office regarding the above corporation. The certification you requested is enclosed.

**PLEASE NOTE:** Compliance with the following procedures is essential to maintaining your corporate status. Failure to do so may result in dissolution of your corporation.

A corporation annual report must be filed with this office between January 1 and May 1 of each year beginning with the calendar year following the year of the filing/effective date noted above and each year thereafter. Failure to file the annual report on time may result in administrative dissolution of your corporation.

A federal employer identification (FEI) number must be shown on the annual report form prior to its filing with this office. Contact the Internal Revenue Service to insure that you receive the FEI number in time to file the annual report. To obtain a FEI number, contact the IRS at 1 800-829-4933 and request form SS-4 or by going to their website at [www.irs.ustreas.gov](http://www.irs.ustreas.gov).

Should your corporate mailing address change, you must notify this office in writing, to insure important mailings such as the annual report notices reach you.

Should you have any questions regarding corporations, please contact this office at (850) 245-6933.

Dale White, Regulatory Specialist II  
New Filing Section

Letter Number: 809AC0020982

P.O. BOX 6327 -Tallahassee, Florida 32314

## ***Appendix B. Carry the Message***

Our primary purpose is to carry the message of OA recovery to those who still suffer. The AA Big Book, page 58, states, “***Rarely have we seen a person fail who has thoroughly followed our path.***” How do those who suffer know the path to follow? By hearing recovered and recovering OA members tell what they were like, what happened, and what they are like now.

### **Region 8 encourages:**

1. Study and practice of the Twelve Traditions, Twelve Steps, and Twelve Concepts of OA Service.
2. Subscriptions and article contributions to REGION 8 Newsletter, and IG newsletters.
3. Publication of a newsletter by each Intergroup.
4. Group and personal use of recovery resources.
5. Increased Seventh Tradition contributions.
6. Each Intergroup to have 12th-Step-Within and Public Information/Professional Outreach Committees.
7. Establishment of new Groups, OAnon and Young Adult Groups.
8. Groups not now in an Intergroup to join one or establish a new Intergroup.
9. More Conventions, Marathons, and Retreats.
10. Intergrups to publish a Speaker/Sponsor List.
11. Adoption of bylaws by each Intergroup.
12. Each Intergroup to start new groups both inside and outside Intergroup area.
13. Each Group to have Intergroup Rep (and alternate) who will attend every Intergroup meeting.
14. Each Intergroup to have Rep(s)/Delegate(s) who will attend every Assembly and WSBC.
15. Recognition of sponsors at every Group meeting.
16. Greater study and use of all official OA- and AA-approved literature.
17. Use of Region Rep Funding.
18. Groups and Intergrups to become familiar with the Region 8 P&P.
19. Each Intergroup to establish a working relationship with its Intergroup sponsor.

Appendix C has names and addresses of those who can help you carry the message. For further help in areas such as programs, literature, Intergroup meetings, and committee work, contact:

**Overeaters Anonymous – World Service Office**  
**6075 Zenith Court NE**  
**P. O. Box 44727**  
**Rio Rancho, NM 87174-4727**  
**Phone: (505) 891-2664**



*Appendix C. Region 8 Service Directory*

See Region 8 website (<https://oaregion8.org/region-8/trusted-servants>) for the names and home locations of current trusted servants, as well as a description of each position.

**Board Officers**

| POSITION                    | EMAIL ADDRESS                                                                    |
|-----------------------------|----------------------------------------------------------------------------------|
| Chair                       | <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a>                     |
| Vice Chair                  | <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a>             |
| Secretary                   | <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a>             |
| Treasurer                   | <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a>             |
| WS Regional Trustee Liaison | <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a>                 |
| Parliamentarian             | <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a> |

**Committee Chairs**

| Committee                                             | EMAIL ADDRESS                                                                                                                                              |
|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bylaws and Electronic Documents Chair                 | <a href="mailto:bylawschair@oaregion8.org">bylawschair@oaregion8.org</a>                                                                                   |
| Intergroup Outreach Chair (IGOR)                      | <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a>                                                                                       |
| Professional Information/Public Outreach Chair (PIPO) | <a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a>                                                                                       |
| Technology Chairs                                     | <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a><br><a href="mailto:techwebchair2@oaregion8.org">techwebchair2@oaregion8.org</a> |
| Twelfth Step Within Chair (TSW)                       | <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a>                                                                                         |
| Ways and Means Chair                                  | <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a>                                                                       |
| International Committee                               | <a href="mailto:ICR8Chair@oaregion8.org">ICR8Chair@oaregion8.org</a>                                                                                       |
| Newsletter Editor                                     | <a href="mailto:newsletter@oaregion8.org">newsletter@oaregion8.org</a>                                                                                     |

## ***Appendix D. Overeaters Anonymous Regions of the World***

### **Region 1**

Pacific Northwest: Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Manitoba, Northwest Territories, Nunavut, Saskatchewan, and Yukon

### **Region 2**

Pacific Southwest: California, Hawaii, Reno/Tahoe area of Nevada, and Mexico.

### **Region 3**

Southwest: Arizona, Colorado, Central and West Iowa, Kansas, Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah

### **Region 4**

Region Four was dissolved/disbanded in July 2024 and was ratified at World Service Business Conference in 2025

### **Region 5**

Central: East Iowa, Illinois, Indiana, Kentucky, Michigan, Minnesota, Missouri (except the Greater Ozarks Intergroup), North Dakota, Ohio and Wisconsin.

### **Region 6**

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Bermuda.

### **Region 7**

Eastern: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, and West Virginia

### **Region 8**

Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, The Greater Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands, Central America and South America.

### **Region 9**

Countries and territories in Africa, Europe, the Middle East, and Western Asia, including all of Russia

### **Region 10**

Countries and territories in Australia, East Asia, New Zealand, Southeast Asia, and the Western Pacific Basin

### **OA Virtual Region**

Non-geographic: Virtual meetings and virtual Intergroups.

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

Things to Consider:

1. Requests for changes to the Bylaws or the Policy and Procedure (P&P) Manual may be proposed by any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaws. Motions MAY NOT be submitted by individuals, although one person should be identified in the “Submitted By” portion of the document.  
2)
2. First determine if your proposal (standard motion) is meant to change the Bylaws or the P&P Manual. Remember, no policy or change to the P&P Manual may contradict an existing Bylaw, nor may a policy be used to circumvent an existing bylaw. (If this is done, the motion is improper and automatically considered out of order. See *Robert’s Rules of Order Newly Revised, 11<sup>th</sup> Edition*, S39 Dilatory and Improper Motions).
3. Review your motion. If you have a motion that is directive (directs someone to do something), make sure that it is actually within the authority of the Business Assembly by checking with Region 8 Chair, General Services Trustee Liaison, the Parliamentarian, or the Bylaws Committee Chair before you submit the motion.
4. Is your proposal a new idea or a change to the existing bylaws or policies?
  - NEW: State very clearly what you want. Be concise. The implementation of the idea or change should not be in the text of the motion.
  - EXISTING: Research and determine the current reference for the specific Bylaw or P&P Manual article you want to change. Refer to the specific Article, Section and Paragraph number. Search the entire document (Bylaws and policies that may be impacted by the change. For example: A change to Bylaws Article VIII – Committees may also impact the P&P Manual Article XIX – Committee Guidelines. Such a change which would then require two separate motions, one for the Bylaws and one for the P&P Manual.
  - Note: Changes may not be made to Bylaws Article II, Sections 2 (The Steps), 3 (The Traditions), and 4 (The Concepts); nor to the P&P Manual Sections V (The Steps), VI (The Traditions), VII (The Concepts), and VIII (the Service Structure). These sections may be changed only by the World Service Organization.
5. Standard motions shall be submitted to the Bylaws Committee Chair (bylawschair@oaregion8.org) no later than seventy-five (75) days prior to the commencement of the Region 8 Business Assembly at which action is to be taken on the proposed motion or amendment. This gives the Bylaws Committee ample time (15 days) to review the motion before it is forwarded to the secretary for review by the Region 8 Board.

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

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

7. The Bylaws/Electronic Documents Chair will submit the reviewed, properly formatted motions to the Secretary electronically, no later than sixty (60) days prior to the next Region 8 Business Assembly.
8. The Region 8 Secretary shall send notification of the standard motions to each Region 8 Registered Service Body, Region 8 Representative, Standing Committee Chairman, Board Member and the Region 8 Trustee Liaison at least forty-five (45) days prior to the commencement of the Region 8 Business Assembly or Special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment.
9. An amendment asks for a change to a motion before it is brought before the assembly. After reviewing the packet of standard motions, any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaw may decide that a change to a particular motion as presented in the assembly packet is in order. In these instances, they may prepare an amendment to the motion and present it to the Bylaws/Electronic Documents Committee Chair before the lunch recess on Saturday of the business assembly.
10. Emergency motions may be prepared and presented to the business assembly on the day of the assembly. Emergency motions are defined as those that cannot wait until the next business assembly in six months; and generally, but not always, concern budget considerations. No motions other than emergency motions will be taken from the floor at the Assembly. Emergency motions shall be submitted to the Bylaws/Electronic Documents Committee Chair before the lunch recess on Saturday of the business assembly.
11. Approval. Except as otherwise specified and provided a quorum is present, amendments to these Bylaws may be adopted by a two-thirds (2/3) majority of those persons present and voting at any regular or special Region 8 Business Assembly. P&P Manual changes require only a simple majority (>50%) to be adopted.

12. Unless otherwise specified, adopted motions will become effective at the close of the Business Assembly, and will be reflected in the next update of the Bylaws and/or the P&P Manual.

---



### **FORMAT FOR SUBMISSION OF PROPOSED SOAR 8 BUSINESS MOTIONS**

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

**FORMAT FOR MOTIONS AND AMENDMENTS**  
 (You may download this form from [WWW.OAREGION8.ORG](http://WWW.OAREGION8.ORG) WEBSITE.)

**TYPE OF MOTION**  
**Standard**  
**Amendment**  
**Emergency**

|  |         |
|--|---------|
|  | Adopted |
|  | Amended |
|  | Lost    |

SOAR-8  
 \_\_\_\_\_ Motion X: Update Policy and Procedure Manual , Section ## \_\_\_\_\_

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

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

SUBMITTED BY:

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

INTENT:

State clearly the purpose of the motion.

IMPLEMENTATION:

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

COST:

\$ Amount (if known).

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

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

-----  
If this is an EMERGENCY MOTION, please explain why.

**Example of a submitted and approved motion:**

**TYPE OF MOTION**

- x     **Standard**
- Amendment**
- Emergency**

|   |         |
|---|---------|
| x | Adopted |
|   | Amended |
|   | Lost    |

**SOAR-8**

~~**Motion ZZZ: Motion to amend Policy and Procedure Manual Article IX. C**~~

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

| ORIGINAL WORDING | PROPOSED WORDING |
|------------------|------------------|
|------------------|------------------|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>C. “Carry the Message” Fund</b></p> <ol style="list-style-type: none"><li>1. The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.</li><li>2. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.</li><li>3. Applicants will complete a “Carrying the Message” Fund - Request for Funding form and forward it to the funding committee (see addendum for “Carrying the Message” Fund Request Form).</li></ol> | <p><b>C. “Carry the Message” Fund</b></p> <ol style="list-style-type: none"><li>1. <u>The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.</u></li><li>2. <u>The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.</u></li><li>3. Applicants will complete a “Carrying the Message Fund” Request for Funding form and forward it to the funding committee (see <a href="https://oaregion8.org/business-documents/">https://oaregion8.org/business-documents/</a> for “Carrying the Message Fund” Request Form).</li></ol> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**SUBMITTED BY:**  
Bylaws and Electronic Documents Committee  
Name: Barbara Cxxxxx  
Email: [bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

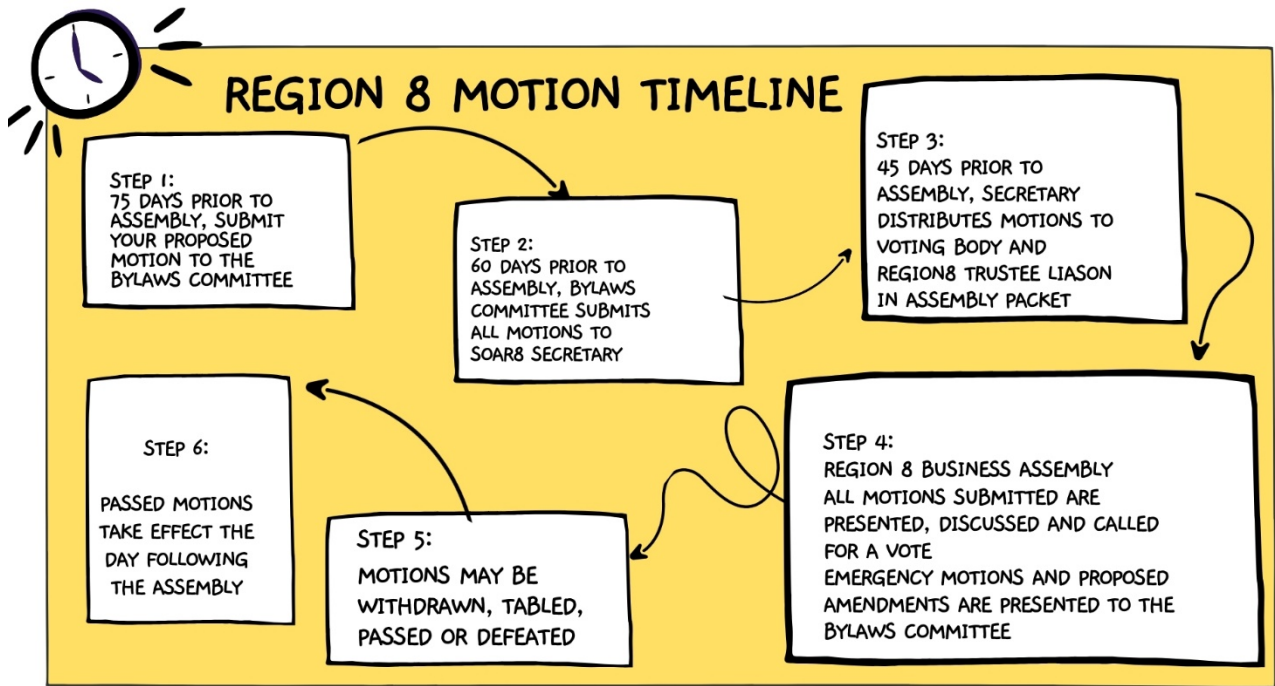
**INTENT:** To organize the text in a more coherent manner, swapping paragraphs 1 and 2. Also, to give the correct name of the form for applying for this money, and to indicate where to find it on the website.

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

**COST:** \$0

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

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





## ***Appendix F. Forms***

Most are available on : <https://oaregion8.org/business-documents/>

1. **Voucher & Advance Request Form for Board & Funded Chair**  
<https://oaregion8.org/files/SOAR8-Voucher-and-Advance-Request-Form-Rev-04-19.pdf>
2. **Certificate of Eligibility** (Must complete and submit on-line)  
<https://oaregion8.org/certificate-of-eligibility/>
3. **Trustee Application**  
this can be found on [oa.org](https://oa.org)
4. **Region 8 Board Application**  
<https://oaregion8.org/files/R8BoardApplication.pdf>
5. **Representative Funding Application and Guidelines**  
<https://oaregion8.org/files/Rep-Funding-Application.pdf>
6. **Group Registration Form**  
<https://oa.org/add-a-meeting/>
7. **Intergroup Registration/Change Form**  
<https://oa.org/intergroup-registration-change-form/>
8. **Region 8 Annual Budget Request**  
<https://oaregion8.org/files/PDFs/Region8-Annual-Budget-Request.pdf>
9. **Request for Budget Override**  
<https://oaregion8.org/files/PDFs/Request-for-Budget-Override.pdf>
10. **Region 8 Committee Selection Form**  
<https://oaregion8.org/files/PDFs/Region8-Committee-Selection-Form.pdf>
11. **Region 8 Delegate to WSBC Application**  
<https://oaregion8.org/files/PDFs/Fillable-SOAR8-Delegate-to-WSBC-Application.pdf>
12. **Delegate Support Fund**  
\_this form can be found on [oa.org](https://oa.org)

**13. Carry the Message Fund**

<https://oaregion8.org/files/PDFs/FILLABLE-Carry-the-Message-Fund.pdf>

**14 Steps, Traditions and Concepts Workshop Request (Must complete and submit on-line)**

<https://oaregion8.org/stc-workshop-request>

**15. Professional Exhibits Fund Application**

this form can be found on [oa.org](https://oaregion8.org)

**16. Region 8 Committee Progress Report**

<https://oaregion8.org/files/PDFs/Fillable-SOAR8-Committee-Progress-Report.pdf>

Appendix G 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      | <a href="https://oacentralalabama.blogspot.com/">https://oacentralalabama.blogspot.com/</a>     |
| 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     | Buenos Aires ARGBA IG                             | All of Argentina                                                                                                                                                                                           | 54 911 57505020   | <a href="https://oa-argentina.org/">https://oa-argentina.org/</a>                               |
| Arkansas           | 09138     | Arkansas IG                                       | Arkansas                                                                                                                                                                                                   | 501-425-5781      | <a href="https://oa-arkansas.org/">https://oa-arkansas.org/</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                                                                                                                                                                                  | 55 19 8320 3810   | N/A                                                                                             |
| Brazil             | 09507     | Integrupo de MG (Minas Gerais)                    | Minas Gerais                                                                                                                                                                                               | 55 31 3464 4791   | 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               | <a href="https://ccaonline.com.br/">https://ccaonline.com.br/</a>                               |
| Brazil             | 09679     | IG Virtual Serenidade Online                      | Virtual                                                                                                                                                                                                    | N/A               | N/A                                                                                             |
| Brazil             | 09704     | Rio de Janeiro IG                                 | Rio de Janeiro state                                                                                                                                                                                       | N/A               | <a href="https://cca.org.br/">https://cca.org.br/</a>                                           |
| Brazil             | 09962     | Juncab NSB                                        | MG Brazil                                                                                                                                                                                                  | 55-21-2532-5174   | <a href="https://cca.org.br/">https://cca.org.br/</a>                                           |
| Colombia           | 09688     | CCA Colombia IG                                   | All of Colombia                                                                                                                                                                                            | 57-32-0821-5476   | <a href="https://comedorescompulsivoscolombia.org">https://comedorescompulsivoscolombia.org</a> |
| Costa Rica         | 09604     | Costa Rica IG                                     | All of Costa Rica                                                                                                                                                                                          | 506 85243106      | <a href="http://www.ccacostarica.org">http://www.ccacostarica.org</a>                           |
| 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, Brevard, Citrus, Lake, Marion, Orange, Seminole Sumpter, Osceola and Volusia Counties                                                                                                  | via website       | <a href="http://www.oacfi.org/">http://www.oacfi.org/</a>                                       |
| Florida            | 09065     | Suncoast IG                                       | Tampa Bay And Pinellas And Hillsborough Counties Area Included: Tampa Bay Hillsborough County Parts of Pasco and Citrus Counties                                                                           | 813-378-7275      | <a href="http://www.oasuncoast.org/">http://www.oasuncoast.org/</a>                             |
| Florida            | 09089     | New Freedom IG                                    | Northeast Florida And Southeast Georgia (200 mi. radius of Jacksonville)                                                                                                                                   | 516-286-1888      | <a href="http://www.oanfig.org/">http://www.oanfig.org/</a>                                     |
| Florida            | 09095     | Gold Coast IG                                     | South Florida, Fort Lauderdale, Boca Raton, and Hollywood                                                                                                                                                  | 954-546-0348      | <a href="http://www.oabroward.org/">http://www.oabroward.org/</a>                               |
| Florida            | 09179     | Highlands Ridge IG (Florida Ridge)                | Highlands Ridge, Polk, Hardie, and Desoto Counties                                                                                                                                                         | 727-310-5760      | <a href="https://oahri.org/">https://oahri.org/</a>                                             |
| Florida            | 09231     | Southwest Florida IG                              | Lee, Hendry and Collier Counties Area                                                                                                                                                                      | 760-464-4399      | <a href="http://southwestfloa.org/">http://southwestfloa.org/</a>                               |
| Florida            | 09233     | Palm Beach County IG                              | Palm Beach County                                                                                                                                                                                          | 561-820-9242      | <a href="http://www.oapalmbeachfl.org/">http://www.oapalmbeachfl.org/</a>                       |
| Florida            | 09240     | Manasota IG                                       | Sarasota and Manatee Counties                                                                                                                                                                              | 941-556-1293      | <a href="http://www.oamanasota.org/">http://www.oamanasota.org/</a>                             |
| Florida            | 09386     | Miami-Dade and the Keys IG                        | Miami, Dade and part of Monroe, Keys County                                                                                                                                                                | 305-857-5627      | <a href="http://oamiami.org/">http://oamiami.org/</a>                                           |
| Florida            | 09412     | Gulf Coast of Florida IG                          | Pinellas, Hernando, Pasco                                                                                                                                                                                  | NA                | <a href="https://oagulfcoast.org/">https://oagulfcoast.org/</a>                                 |
| Georgia            | 09114     | Greater Atlanta IG                                | Atlanta Metro Area                                                                                                                                                                                         | 404-634-3314      | <a href="http://atlantaoa.org/">http://atlantaoa.org/</a>                                       |
| 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      | <a href="https://www.oaneworleans.org">https://www.oaneworleans.org</a>                         |
| Louisiana          | 09064     | Baton Rouge IG                                    | Baton Rouge, Donaldsonville, New Roads, Plaquemine, Lafayette and Carencro                                                                                                                                 | 205-267-8759      | <a href="http://oabatonrouge.org/">http://oabatonrouge.org/</a>                                 |
| 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      | <a href="https://www.greaterozarksoa.org">https://www.greaterozarksoa.org</a>                   |
| North Carolina     | 09185     | Piedmont IG                                       | 50 Mile radius of Charlotte                                                                                                                                                                                | 803-493-6870      | <a href="http://piedmontintergroup.org/">http://piedmontintergroup.org/</a>                     |
| North Carolina     | 09314     | Triangle IG                                       | Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties                                                                                                                                      | 919-406-9300      | <a href="http://triangleoa.org/">http://triangleoa.org/</a>                                     |
| Puerto Rico IG     | 923       | Puerto Rico IG                                    | Puerto Rico                                                                                                                                                                                                | NA                | NA                                                                                              |
| South Carolina     | 09431     | 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 | 540 664 6507      | <a href="https://grandstrandoa.org">https://grandstrandoa.org</a>                               |
| South Carolina     | 09080     | Central Midlands IG                               | Central midlands area of South Carolina                                                                                                                                                                    | 803-466-8853      | <a href="https://www.centralmidlandsoa.com/">https://www.centralmidlandsoa.com/</a>             |
| South Carolina     | 09220     | Central Savannah River Area IG (CSRA)             | Central Savannah River area                                                                                                                                                                                | 803 221 1530      | N/A                                                                                             |
| Tennessee          | 09126     | Smoky Mountain IG                                 | Knoxville And East Tennessee, Smoky Mountains, Maryville, La; Follette, Morristown, Greenville, And Sevierville                                                                                            | 865-599-1402      | <a href="https://oasmokymtn.org/">https://oasmokymtn.org/</a>                                   |
| Tennessee          | 09228     | Middle Tennessee IG                               | Middle Tennessee, Nashville And Surrounding Counties                                                                                                                                                       | 615 856 7370      | <a href="http://oanashville.org/">http://oanashville.org/</a>                                   |
| Tennessee          | 09165     | Greater Memphis Area IG                           | Western TN, Northern Mississippi                                                                                                                                                                           | 901-860-4990      | <a href="http://www.oamemphis.com/">http://www.oamemphis.com/</a>                               |
| Tennessee          | 09260     | Unity IG                                          | Chattanooga, Tennessee And Northern Georgia                                                                                                                                                                | 423-503-6851      | <a href="http://www.oaunity.org/">http://www.oaunity.org/</a>                                   |
| Venezuela          | 09634     | IG Esperanza Venezuela                            | Gran Caracas, Centro Oriente De Venezuela                                                                                                                                                                  | 005-841-4302-7205 | N/A                                                                                             |

## ***Appendix H. History of REGION 8***

### **JANUARY 1977**

#### **ATLANTA, GA**

The first Conference for the southeastern states was held at the Peachtree Plaza in Atlanta, GA, on January 15, 1977. The states in Region 8 are: AL, AR, FL, GA, LA, MS, NC, SC, TN, Virgin Islands and Puerto Rico. There are seven IGs and 166 groups in Region 8. "Southeastern Overeaters Anonymous Region 8" (REGION 8) was selected as the name of our region. Bylaws were adopted at this meeting. REGION 8 voted to hold meetings twice a year.

### **MAY 1977**

#### **LOS ANGELES, CA**

During the 1977 WSO Conference, Region 8 met and elected the following officers to serve until January, 1979: Chair, Rosemary Durr, FL; Co-Chair, Abe Roy, LA; Secretary, Yvonne, SC; Treasurer, Myra Klein, FL; PI, Janet Jowers, FL (PI held a Board position).

### **JULY 1977**

#### **ATLANTA, GA**

To support the Region, we will have a convention in January each year. It was decided to bid Miami, FL, for WSO Convention in 1980. Myra Klein was appointed to work with WSO as Convention Chair.

### **FEBRUARY 1978**

#### **ORLANDO, FL**

3 states – FL, LA, SC - The first REGION 8 Convention was held at the Carlton Resort in Orlando, FL. Fred S., GST, attended as a guest from New York. Our Trustee was Rhoda Skavarovich, FL. We voted to meet four times a year. During the early part of 1978, Rhoda Skavarovich resigned. The next meeting will be in Los Angeles in May, before the Conference, as most Reps are also Delegates.

### **MAY 1978**

#### **LOS ANGELES, CA**

The Board has many vacancies. The Chair position was open with the election of Rosemary Durr, FL, as our Region Trustee. Abe Roy, Co-Chair, was elected Chair. Cathy Anderson, FL, was elected Co-Chair. The Secretary position was filled with the election of Karen Anziano, FL. PI Chair, Janet Jowers, FL, was elected as a GST. There is no record of who took over as PI Chair.

### **AUGUST 1978**

#### **LITTLE ROCK, AR**

15 Reps, 4 states - FL, LA, SC, AR – Files were not kept during the first two years, so we cannot record our growth until August, 1978. The Board's responsibilities were drafted. REGION 8 Newsletter was born at this Assembly to be mailed free to all groups and IGs.

### **NOVEMBER 1978**

#### **COLUMBIA, SC**

12 Reps, 3 states - FL, LA, SC - This was a very productive meeting, with guidelines being adopted. Among them were: Elections are to be held at each January meeting, with a Region 8-sponsored Convention after the meeting. The Convention proceeds will be split: Region will receive 75%, and the Hosting IG will receive 15%. Region Assemblies are to be held in January, April, July, and October. We also adopted procedures for creating an agenda, and bid guidelines for conventions, marathons, and meetings. The Region accepted the responsibility of Board members' airfare, established at the lowest rate.

### **JANUARY 1979**

#### **NEW ORLEANS, LA**

23 Reps, 8 states - AL, AR, FL, LA, MS, NC, SC, TN - Election of Officers: Chair, Abe Roy, LA; Co-Chair, Cathy Anderson, FL; Secretary, Karen Anziano, FL; and Treasurer, Myra Klein, FL. We nominated three people for Trustee-at-Large: Demetry Holcomb, FL; Abe Roy, LA; and Myra Klein, FL.

### **APRIL 1979**

#### **MEMPHIS, TN**

15 Reps, 5 states - AR, FL, LA, MS, TN - There was a marathon after the meeting.

### **MAY 1979**

#### **LOS ANGELES, CA**

At WSO Conference, Myra Klein was elected Trustee-at-Large. Phyllis Wright, FL, was appointed temporary treasurer.

**JULY 1979****RALEIGH, NC**

14 Reps, 4 states – FL, LA, NC, TN - Phyllis Wright, FL, was elected Treasurer, to serve unexpired term. Region Rep Fund was established for Reps who need financial assistance to attend Assemblies. A marathon was held after the meeting.

**OCTOBER 1979****ORLANDO, FL**

14 Reps, 3 states – FL, LA, NC - This was also the first Florida State Convention. The main discussion was Region 8 being responsible for the 1980 World Service Convention in Miami Beach, FL.

**JANUARY 1980****JACKSONVILLE BEACH, FL**

28 Reps – Board elected: Chair, Margaret Storti, FL; Co-Chair, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Trustee nominees: Rosemary Durr, FL; Beverly Alsdorf, FL; Phyllis Wright, FL.

**APRIL 1980****BIRMINGHAM, AL**

26 Reps, 7 states - The REGION Newsletter has been granted a bulk mailing permit, and the Region is working toward tax-exempt status. Phyllis Wright was elected in May as our Region 8 Trustee.

**JULY 1980****NEW ORLEANS, LA**

23 Reps, 8 states - Assembly was held preceding Louisiana State Convention. The Region Rep Fund was able to help Reps from two IGs attend. The first major change in the Bylaws was approved. It is evident by the length of the meeting that much business is now conducted at Region level.

**OCTOBER 1980****PENSACOLA BEACH, FL**

29 Reps, 7 states - Held in conjunction with FL State Convention. We are now printing 500 newsletters a month, and offer subscriptions for personal copies. The Chair has been working to obtain tax-exempt status.

**JANUARY 1981****GREENSBORO, NC**

27 Reps, 7 states - Board elections: Chair, Cathy Anderson, FL; Co-Chair, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Margaret Storti, our outgoing Chair, was able to obtain our tax-exempt status—it took a full year.

**APRIL 1981****ATLANTA, GA**

26 Reps, 7 states - Our Treasurer presented our first proposed budget. Atticus Cobb, AR, developed a literature binder for sale.

**JULY 1981****BIRMINGHAM, AL**

27 Reps, 7 states - The Newsletter circulation totals 600. Region 8 now has 34 IGs. Region 8 has more subscribers to Lifeline than any other region. Region 8 has always paid expenses for its Chair to attend the World Service Conference each year; however, Chairmen were not entitled to a vote. This led Region 8 to propose an amendment to OA, Inc., Bylaws which would change this. At the 1982 Conference, this amendment was adopted giving each region one vote through its Chair. We also submitted a nominee for a non-OA member Trustee, Commander Stevenson, Jacksonville, FL.

**OCTOBER 1981****ST. PETERSBURG, FL**

30 Reps, 7 states - Region Assembly held in conjunction with Florida State Convention. Region Rep Fund provided assistance to two IGs. Due to the change in residence of the Chair, our Co-Chair presided. As elections were to be held at the next meeting, it was decided not to elect a chair at this time. New guidelines were drafted for Region 8 Conventions. This meeting was the longest ever, with the most Reps ever. We discussed a need to incorporate.

**JANUARY 1982****MYRTLE BEACH, SC**

34 Reps, 8 states - More Reps attended than ever before. The Treasurer reported a donation from every state in the Region. REGION 8 was incorporated in the state of Alabama. Region 8 purchased the PI Film from WSO for use within our region. New Board elected: Chair, Jeanette Cobb, AR; Co-Chair, JoAnn Rexford, LA; Secretary, Martha DiAngelo, FL; Treasurer, Isabell Marschner, FL. It was voted that the Treasurer will be bonded.

**APRIL 1982****LITTLE ROCK, AR**

28 Reps, 8 states - Two IGs received assistance to attend. The Newsletter has grown to 1,000 per month. Region 8 has 35 IGs with 399 groups and 93 unaffiliated groups. Due to financial strain on IG budgets, we voted to convene three Assemblies in 1983 (January, May, and October). We have received inquiries from the Virgin Islands and Puerto Rico. Hopefully they will attend soon. The Region is growing.

**JULY 1982****NASHVILLE, TN**

30 Reps, 8 states - Assembly held on the campus of Vanderbilt University. Accomplishments recorded were the establishment of two new committees: Military, and Ways and Means. Two IGs received Rep Funding. The newsletter is printing 1,200 copies per month. Region 8 now has 36 IGs and 550 groups. Bylaws were amended for the third time.

**OCTOBER 1982****ATLANTA, GA**

8 states - We have 36 IGs and 580 groups. The literature binders presented by our 12th-Step-Within Chair have been well received and WSO wants to add them to their order form. One IG received Rep Funding. We approved a REGION 8 letterhead. Our Secretary, Martha DiAngelo, presented the first Policy and Procedure Manual for use in Region 8. It is our wish to have this manual printed for all REGION 8 Reps and affiliated groups.

**JANUARY 1983****COCOA BEACH, FL**

50 Reps, 9 states - Policy and Procedure Manual was given to each Rep and mailed to all IGs. Board elected: Chair, Jeanette Cobb, AR; Vice-Chair, JoAnn Rexford, LA; Treasurer, Isabell Marschner, FL; Secretary, Patti Bain, FL.

**MAY 1983****AUGUSTA, GA**

40 Reps, 8 states - The foliage and climate were a beautiful accent to our Assembly. Region 8 now has 39 IGs. The Audit Committee approved 1982 year-end financial report, and recommended all financial records be brought to each Assembly. Additional funding was made available for a Rep from Puerto Rico to attend the next Assembly in Mississippi.

**OCTOBER 1983****LONG BEACH, MS**

42 Reps, 9 states, 1 territory - Assembly met on the University of Mississippi campus. Puerto Rico Rep led the Serenity Prayer in Spanish. A one-hour committee meeting was held before committee reports were given. Non-OA Appreciation Awards will be given to the REGION Newsletter. We will purchase the PI film "One Day at a Time, One Pound at a Time" to replace our damaged one. During the past seven years we have grown from three states represented to our present all nine states and one territory.

**JANUARY 1984****CHARLESTON, SC**

45 Reps - We voted on many changes which helped us to be more organized and to accomplish more 12th-Step work. Elections will now be held each November. Each Assembly/Convention will share the profits 50/50 with the region; this will help end confusion over "our annual convention." The Newsletter changed editors for the first time in many years. We made major changes to our corporate papers. The Ways and Means Committee became the Finance Committee. The Region will assemble three times a year - March, July, and November. New Board elected: Chair, Isabelle Marschner, FL; Vice-Chair, Linda Eulless, NC; Secretary, Brenda Cox, NC; Treasurer, Nahum Simon, FL.

**APRIL 1984****MONTGOMERY, AL**

30 Reps - The South is at its most beautiful in springtime. One of the highlights of this Assembly was a workshop on bulimia. Since WSO has begun producing an OA-approved binder, they requested that we cease production of ours. This saddened us. The Region 8 Guide for Assemblies (revised) was presented.

**OCTOBER 1984****MEMPHIS, TN**

42 Reps - We watched the ducks waddle across the lobby of Peabody Hotel. The ducks got TV coverage and so did we. A local news channel gave us several minutes of time and did some "back of the head" interviews with our Reps. New officers were elected: Chair, Patti Stephens Bain, FL; Co-Chair, Shirley Averett, GA; Secretary, Marci Arthur, FL; Treasurer, Nahum Simon, FL. We began a "test system" for handling WSO referral letters and an ad hoc Committee ("The Referral Letters Committee") was created for this purpose. We accepted WSO Conference Guidelines concerning the sale of merchandise at OA events as our regional guidelines. A new committee was created: Lifeline--to encourage subscriptions and articles to Lifeline.



**MARCH 1985****MOBILE, AL**

41 Reps - We have more IGs and groups than ever before, but we are having a severe financial crunch. Much of the business addressed the need for more income and/or tightening our budget. There were many new guidelines drawn up for the newsletter to help us save dollars. We had our first goal-setting workshop which was very productive.

**JULY 1985****AUGUSTA, GA**

35 Reps, 7 states - We enjoyed the festive atmosphere of a birthday party celebrating OA's 25th year. We were given the newly revised Policy and Procedure Manual. It was decided to make the Goals Workshop an annual event. We saw the new OA film "Overeaters Anonymous—It Works," and voted to purchase it in cassette form for PI use. A motion was passed to create an Assembly Coordinating Committee, to be the responsibility of the Co-Chair. The Lifeline and Literature Committees were combined. Funding to Assemblies for the Newsletter Editor was approved. A Rep Orientation for future Assemblies was established. Plans were announced for the first Region 8 Convention without business to be held Labor Day weekend of 1986, bids to be submitted by mail to the Board.

**NOVEMBER 1985****CHATTANOOGA, TN**

40 Reps, 8 states - Autumn foliage and nearby Lookout Mountain added to the charm of our "Chattanooga Choo-Choo" weekend. It was announced that the Region 8 Convention would be Labor Day Weekend, 1986, in Atlanta, GA, with the theme, "Labor of Love." The ad hoc Referral Letters Committee was made a standing committee. An ad hoc Ways and Means Committee was appointed to develop fund-raising ideas. Jeanette Cobb, AR, was our only nominee for Region 8 Trustee (she was elected at the WSO Conference in May, 1986). New Board elected: Chair, Shirley Averett, GA; Co-Chair, Pat Fox, FL; Secretary, Phyllis Buford, GA; Treasurer, Carolyne Clymer, TN.

**MARCH 1986****CHARLOTTE, NC**

34 Reps, 7 states - We were "Up, Up, in OA" as we sampled the southern hospitality of Piedmont IG. Many new ideas came out of our second annual Goal-Setting session, including rotation of the Assemblies around the Region. It was decided to extend the year-long moratorium on Rep Funding through November, 1986. There was a very informative presentation on carrying the message to the professional. It was reported that Region 8 had participated in a booth at the Southeastern Conference on Alcohol and Drugs (SECAD) in Atlanta, December, 1985. We made a contribution to assist with expenses. There was discussion on the subject of future contributions to SECAD. A motion was passed expressing an interest in this, subject to the input of the Board of Trustees on how to implement it.

**JULY 1986****WEST PALM BEACH, FL**

40 Reps, 8 states - We welcomed our new Trustee, Jeanette Cobb, and we said a fond good-bye to Phyllis Wright, who had served six years as our Trustee. The 12th-Step Committee was given a new name (Intergroup Outreach), with Referral Letters as a subcommittee. A new 12th-Step-Within Committee was established, with Sponsor-By-Mail as a subcommittee. We changed the election procedures: Board members will serve two-year terms with election of Vice-Chair and Secretary in even years, Chair and Treasurer in odd years. There was a very moving 12th-Step-Within presentation. We decided to put all our presentations on cassette and sell them as part of our Ways and Means.

**SEPTEMBER 1986****ATLANTA, GA**

About 200 members spent a cold rainy Labor Day weekend in Atlanta at our first Region 8 Convention with no business. But our hearts were warm as we shared recovery. Some lasting memories: centerpieces with blossom-covered branches and "flutterbys," and a moving "tree" ceremony at the closing.

**NOVEMBER 1986****ORLANDO, FL**

44 Reps, 8 states - The "Magic World" of Orlando drew us back to Florida again. The Rep Funding Committee was made a subcommittee of Intergroup Outreach, and its guidelines given a major overhaul. We decided to begin funding our parliamentarian to Assemblies. We made Ways and Means a standing committee. Elections were held under the new procedure: Vice-Chair, Pat Fox; Secretary, Phyllis Buford. P&D was "Intergrouping: Why and How To."

**MARCH 1987****LAFAYETTE, LA**

42 Reps, 8 states - We learned a little French in this “capital of Cajun Country”—“Ca Va Passe” (This too shall pass). Some of us joined in Cajun dancing. Our third annual Goal-Setting session produced short-term goals to be worked on by ad hoc committees, such as shortening the Business Assembly and developing a format and possible manual for use in the Orientation sessions. P&D was “Abstinence: More Important Than a Tool?” We left LA with one more French phrase: “Laissez Le Bon Temps Rouler” (Let the Good Times Roll).

**JULY 1987****GREENVILLE, SC**

51 Reps, 8 states - Good News! An IG has been formed in the Virgin Islands. A format was adopted to use at the Orientation Meeting for new Reps. We also adopted a new format for Assemblies, involving major changes, such as a later starting time, using the P&D as the opening for the entire weekend, and allowing more time for committee work. We decided to discontinue no-business conventions. The P&D was “Principles Before Personalities.”

**NOVEMBER 1987****TAMPA, FL**

56 Reps, 9 states - We decided to develop a Newcomer Encounter Meeting Packet for use by the Region’s IGs. Elections were held: Treasurer, Gail Wilson, TN; Chair, Shirley Averett, GA, re-elected by acclamation. The P&D was, “There Ain’t No Such Thing As a Free Lunch.”

**MARCH 1988****HUNTSVILLE, AL**

58 Reps, 9 states - We blasted off to “Camp Recovery” with our new Assembly format. The annual Goal-Setting session emphasized a desire to network among IGs. A meeting for IG Chairs was scheduled, which will be a part of each Assembly in the future. We took our first Region Inventory and fared well. We decided to make the ad hoc Intergroup Sponsors Committee a permanent part of IGOR. The P&D on Friday night was “OA Is Not A Diet Club.”

**JULY 1988****RALEIGH, NC**

48 Reps, 9 states - Our theme was “Change: A Capital Idea.” Three new IGs, from FL and GA, were welcomed to the Region. The P&D was “Attraction-vs-Promotion” in keeping with Tradition 11. As decided at the 1987 Greenville Assembly, the second Rep luncheon was held to encourage networking among the Reps. Intergroup Chairmen met again and it was announced that Committee Chairmen would also have a meeting to share ideas. A new amendment to the Bylaws was passed to address the revised definition of abstinence adopted by WSO, and the issue of three-fold recovery for Board Nominees. A similar motion to recommend changing the WSO Bylaws reflecting three-fold recovery for the Trustee qualifications was carried. Committee Chairmen are now responsible for compiling a notebook describing the work of their committee which could be passed on to succeeding Chairmen in order to facilitate the transition process each year.

**NOVEMBER 1988****NEW ORLEANS, LA**

65 Reps, 9 states, 1 territory - Mardi Gras Country! New IGs were welcomed. The P&D was “Who Said That?... Anonymity.” Elections were held: Vice-Chair - Charle League, NC; Secretary - Jan Smith, AR. At the May, 1989, WSO Conference, Shirley Averett, our nominee for Trustee, was elected by acclamation. It was decided that the Region would attend two Professional Conferences in the coming year at the discretion of the Board and PCIC. Another item to be added to the P&P Manual would be that the annual budget adopted by the Assembly would be a balanced budget.

**MARCH 1989****LITTLE ROCK, AR**

50 Reps, 9 states, Puerto Rico - We met at the beautiful Excelsior Hotel. The weekend ended with a beautiful snow which made return travel difficult. New IGs were welcomed. The Board recommended that Reps be encouraged to speak at workshops during the business session when more than one Rep was present from their IG. The annual Goal-Setting session was informative, addressing the areas of Assembly business, outreach, and IG support. Planning began for the 1990 WSO Convention to be sponsored by Region 8 and held in New Orleans. The ad hoc WSO Convention Committee will continue to meet at each Assembly to facilitate and support plans and activities. The Committee recommended that anticipated over-expenditures of an approved committee budget should be reported in writing to the Treasurer and Finance Committee and approved at each Assembly provided the funds are available. The Region also voted to encourage IGs to sponsor an annual OA Oktoberfest which would emphasize gratitude—splitting proceeds between the IG and Region. The P&D was “Are We Recovered...or Recovering?”

**JULY 1989****AUGUSTA, GA**

Our Region continues to show a steady growth in attendance—67% of the IGs sent Reps to this Assembly. The P&D was “Came to Believe.” The Reps approved the recommendation of the Finance Committee to not accept ear-marked funds, and that any motions requiring expenditures of \$500 or more per year be presented to the Finance Committee prior to presentation to the Assembly. The principle of rotation of service roles was demonstrated as Shirley Averett stepped down as Chair to become Region Trustee; Charle League was elected Chair to fill Shirley’s unexpired term. Phyllis Wright, a former Trustee, was elected Vice-Chair.

**NOVEMBER 1989****FT. LAUDERDALE, FL**

Chilled bones were treated to the warmth of south Florida and many Reps enjoyed a few extra days playing tourist (some even took a cruise). Board members and Committee Chairmen shared their experience, strength, and hope during the P&D, answering questions from an ask-it-basket. 78% of Region 8 IGs were represented at this Assembly. The Assembly approved an outstanding new display board for use at professional events by Region and IGs. After considerable debate, the Reps voted to incorporate the summer, 1990, Assembly with the World Service Convention in New Orleans. Many enjoyed the late-night “Jacuzzi” meetings, and following dinner we proved again how we love to dance!

**MARCH 1990****JACKSONVILLE, FL**

Northeast Florida IG hosted the Assembly (it had been ten years since the Region had met in Jacksonville). It was quite a reunion for some OA old-timers who formed friendships in those early Region 8 years. The Assembly consisted of 79 in total attendance. The Reps approved the P&P Manual “face-lift.” Two new IGs were formed: South Appalachia IG (Fletcher, NC) and Myrtle Beach IG (Myrtle Beach, SC). A new booklet (Hosting Manual) was presented by the Assembly Coordinating Committee which will be given to those IGs who will host future Assemblies. An ad hoc committee was formed to study guidelines for funding Committee Chairmen. The P&P Committee became a new standing committee.

**AUGUST 1990****NEW ORLEANS, LA**

In an effort to cooperate, Region combined its Business Assembly meeting the same weekend as the WSO Convention which was hosted by our Region. We condensed our business agenda. The Assembly Coordinating Committee was abolished and made a function of the Vice-Chair’s duties. An ad hoc Nominating Committee was formed for the November elections. The Ways and Means Committee was directed to develop a Region 8 logo pin.

**NOVEMBER 1990****MEMPHIS, TN**

Memphis welcomed us with open arms. The P&D was on the topic of Sponsorship—Getting People to be Sponsors. Chair said attempts to create a Nominating Committee failed. Elections were held with Phyllis Wright, FL, being re-elected as Vice-Chair; Peggy Bueche, LA, as Secretary. Region prepared a motion to be presented to the 1991 WSBC dealing with the WSO Delegate qualifications. We also approved a \$500 donation to WSBC. To become better organized, it was approved that committee reports would be sent to the Literature Committee Chair two weeks prior to the Assembly so that they could be prepared before the Assembly. Region was given a set of tapes from the WSO Convention in New Orleans. It was decided that Ways and Means would develop a raffle.

**MARCH 1991****ATLANTA, GA**

After concern with low registration, the recession, and the Persian Gulf war, attendance surprised us with nearly 300 people. The P&D, “Getting Involved—How Can We Survive Without It” dealt with giving service. The Goal-Setting session “Our Ten-Year Vision” was conducted by our Trustee, Shirley Averett. Three logo pin designs were presented by the Ways and Means Committee, but no decision was made. This committee also presented a phone directory and meeting room door hanger which were approved to be sold as fund-raisers. The REGION Newsletter will attempt a “face-lift” by accepting new designs for its masthead.

**JULY 1991****JOHNSON CITY, TN**

Assembly was hosted by TN-VA IG, which has six groups. They may be small in numbers, but certainly not in heart or talent as evidenced by the smoothly run Assembly and Convention. The Finance Committee thoroughly revised its guidelines to reflect current practices as well as give clearer definition to financial policies. Recognizing Region’s goal to eventually fund all committee chairmen, the Finance Committee developed a procedure to implement the approval process while remaining financially objective. The Assembly adopted both of these actions which now appear in the P&P Manual. The Assembly also declared November as REGION 8 Newsletter month. The convention had a number of terrific workshops and the disc jockey will go down in our history as “one of the best.”

**NOVEMBER 1991****BATON ROUGE, LA**

Cajun people know how to have fun! 202 people registered for this convention, with 130 at the Saturday night banquet. An unusual "Miss OA" beauty contest was held which was enjoyed by many. At the Assembly, we bid good-bye to Gail Wilson - Treasurer. With rotation of service, we will probably see them again in other positions. Charle League was re-elected Chair. Isabel Torres, PR, was elected Treasurer. We nominated for Region 8 Trustee: Heather Larson, Orlando, FL, and Janice Sullivan, Houma, LA. They will be presented to the WSO Business Conference in May.

**MARCH 1992****TALLAHASSEE, FL**

Reps said a fond and sad good-bye to our Trustee, Shirley Averett, as this would be their last Assembly for a while. As usual, Shirley brought a lot of information. The new WSO-approved recovery medallions were displayed. Anne Ligda, GST from CA, and Winnie Earnest from FL, co-led a workshop on the Twelve Concepts. The Assembly adopted Standing Rules. Note: At the WSO Business Conference in May, Janice Sullivan was elected as our Trustee. Region 8 continues to be a strong service base for World Service! Thank you, God.

**JULY 1992****COLUMBIA, SC**

72 Reps - Magic was in the air as we experienced the theme "Magic in Recovery." All could identify with the P&D message of "Relapse Is Not A Dirty Word." The July '93 Assembly will be hosted by Triangle IG, Raleigh, NC, as we "Step Into the Recovery Triangle."

**NOVEMBER 1992****FORT MYERS, FL**

"Catch the Wave of Recovery" was the theme, and catch it we did. What a wonderful place to be in the winter time. Our P&D topic was "Geographic Cohesiveness in Intergroup." We bid farewell to our Vice-Chair, Phyllis Wright as she left to pursue college courses. Peggy Bueche, LA, our former Region Secretary, was elected Vice-Chair, and Meredith Tompkins, LA, was elected Secretary.

**MARCH 1993****AUGUSTA, GA**

"Reflections on Recovery" was the theme of our Assembly hosted by CSRA IG, and held at the beautiful Radisson Hotel. Our P&D topic "How Do We Keep Abstinence" was very lively and informative. We had one of the worst snow storms of the century and most of us were stranded in Augusta. Airports were closed, roads were blocked and most people were delayed getting home. The March, 1994, Assembly will be hosted by Palm Beach IG.

**JULY 1993****RALEIGH, NC**

72 Reps - We were welcomed with open arms and loving hearts by the Raleigh and Triangle area of NC. The theme for the weekend, "The Recovery Triangle," focused on the steps, traditions, and service. "Stepping into the Recovery Triangle" was the P&D in which we used the experience, strength, and hope of the GST's. We received nominations for the November elections for Chair and Treasurer. Smoky Mountain IG will host the July, 1994 Assembly in Knoxville, TN.

**NOVEMBER 1993****NASHVILLE, TN**

72 Reps - The theme, "Recovery...Music to my Ears," brought us to the heartland of Music City, U.S.A., Nashville, TN, where Middle TN IG was our host. There was a major airline strike--some of us are truly willing to go to any lengths for recovery. We bid farewell to Charles League, NC, Chair and Isabel Torres, PR, Treasurer, and we welcome Sheldon (Shelly) Levine, FL, as our Chair, and Wanda Sanderson, TN, as our Treasurer. TN Valley IG, Huntsville, AL, will host our November, 1994 Convention and Assembly with the theme "Rocket into Recovery."

**MARCH 1994****WEST PALM BEACH, FL**

75 Reps - "Serenity in the Sun" was the theme of our weekend. Our P&D was "Footprints in the Sand." In keeping with the tradition of placing principles before personalities, we voted to discontinue using people's names on tapes sold at Assembly. In order for Region 8 to become fiscally responsible, we voted to discontinue paying for the Rep Luncheon on Saturday. March, 1995, Assembly is in Atlanta, GA. Rescinded July, 2004, Orlando, FL Assembly

**JULY 1994****KNOXVILLE, TN**

74 Reps - Smoky Mountain IG hosted our Assembly with the theme, "Smoky Mountain Serenity." Our P&D topic was "What Are The Three Legacies...Steps, Traditions, Service." We are heading to Little Rock, AR, in July, 1995.

**NOVEMBER 1994****HUNTSVILLE, AL**

75 Reps - TN Valley IG hosted Assembly with the theme "Rocket into Recovery." Our P&D was well received with the topic, "How Do We Keep the Traditions Without Causing Hurt Feelings?" We bid a fond farewell to two of our Board members: Meredith Tompkins, LA, Secretary, and Peggy Bueche, LA, Vice-Chair. We elected Twila Saitow, NC, Secretary; and Marilyn Collins, AL, Vice-Chair. We also nominated Janice Sullivan, LA, and Charle League, NC, for the position of Trustee at the next WSO Conference. Manasota IG won the bid to host the November, 1995 Assembly.

**MARCH 1995****ATLANTA, GA**

63 Reps - Central Atlanta IG hosted our Assembly. P&D topic was "What Do the 12 Concepts Mean?" The Assembly voted to include the 12 Concepts in our P&P Manual. No bids were presented at the Assembly. A vote was taken that bids be accepted in the next 45 days by mail and the Board will decide based on all standing criteria.

**JULY 1995****LITTLE ROCK, AR**

51 Reps - "Recovering on the River" was the theme of our weekend. The topic of our P&D was "The Importance of Carrying the Message for Personal Recovery." The motion passed that our Treasurer will handle all money transactions for the newsletter and the printing costs. It was also decided to have all Board members bonded.

**NOVEMBER 1995****BRADENTON, FL**

62 Reps - The theme selected by Manasota IG was "Bounty of Recovery." The P&D: "What Is The Cause of the Decline in Membership, and What Might Help." Shelly Levine, FL, was re-elected Chair, and Judy Pitman, FL, was elected Treasurer. A bid was awarded to Central Florida IG for November 1996 Assembly.

**MARCH 1996****BIRMINGHAM, AL**

53 Reps - Central Alabama IG selected the theme, "The Miracle is in the Magic of Recovery." A call for help for WSO went out and we were able to send over \$600 to our home office. The P&D was "Letting Go of Self-Will to Establish a Common Bond." Three bids were made for the March, 1997 Assembly and Freedom IG, Tampa, FL, won the bid.

**JULY 1996****JACKSONVILLE, FL**

64 Reps - NE FL IG hosted with the theme, "REGION Beyond Your Wildest Dreams." P&D was "Seventh Tradition: How Do We Convey to Members That We Are Self-supporting and not Free?" Nominated for Vice-Chair: Marilyn Collins, Maxine Marcus, and Karen Pecquet; and for Secretary: Twila Saitow. All accepted the nominations. Our Trustee, Janice Sullivan, emphasized the importance of keeping WSO informed of group and IG changes. She also reported as of July 8th, the Southern California OA/HOW Intergroup had violated Traditions and they were removed from the WSO roster. There was only one bid for the July, 1997 Assembly—and it was awarded to Central Midlands IG, Columbia, SC.

**NOVEMBER 1996****ORLANDO, FL**

59 Reps - Central Florida IG hosted "It's In The Book." P&D was "Changed by the 12 Steps." Trustee, Janice Sullivan, announced that WSO is now making a Newcomer's Packet available. She also emphasized the importance of updating group and IG information to WSO. The Continuing Effects Motions can be ordered from WSO. Karen Pecquet was elected Vice-Chair, and Twila Saitow was re-elected Secretary by acclamation. We bid a fond farewell to Marilyn Collins. Gold Coast and Baton Rouge IGs bid for the November, 1997 Assembly. Baton Rouge won the bid.

**MARCH 1997****TAMPA, FL**

55 Reps - Freedom IG hosted "Soaring into Recovery Leads to Freedom from Bondage." The P&D was "Service is Not Just Putting Away Chairs." Trustee, Janice Sullivan, conducted a workshop on the Traditions which covered several points, among them how to use the Traditions: 1) to apply to our lives within the Fellowship and our relationships with other people; 2) to show us how to deal with groups which do not adhere to the traditions; and 3) to look at where group autonomy stops and begins to affect OA as a whole when the OA Bylaws and Continuing Effects Motions are violated. WSO now has a Web-site, and the WSBC will revisit issues of The Lord's Prayer and Food Plans. It was also pointed out that Region 8 was the second highest contributor to WSO in 1996. Gold Coast IG was the single bidder for the March, 1998 Assembly. They were awarded the bid so we will be going to Fort Lauderdale, FL, March 27-29, 1998.

**JULY 1997****COLUMBIA, SC**

47 Reps - Hosted by Central Midlands IG, the theme was "Once Upon a Time." P&D was "Principles Before Personalities." There was a discussion about restructuring resulting in a motion to the WSBC to establish a restructuring committee, requesting recommendations from each Region. There were two bids for the July, 1998 Assembly: Central Atlanta IG and Greater Memphis IG. Memphis won the bid. The Assembly is scheduled for July 24-26, 1998.

**NOVEMBER 1997****BATON ROUGE, LA**

49 Reps - Hosted by the combined LA IGs, the theme was "Trudge the Road to Happy Destiny." REGION 8 hosted the annual Region Chair Meeting; six Region chairmen and two GSTs were in attendance. P&D was "Helping Others: the Foundation Stone of Your Recovery; page 97 in the Big Book." Elections were held for Chair and Treasurer. Roz Newman ran unopposed and was elected Chair; Judy Pitman ran unopposed and was re-elected Treasurer. Two motions to be presented at the next WSBC regarding restructuring were passed. There were no bids for the November, 1998 Assembly.

**MARCH 1998****FT. LAUDERDALE, FL**

52 Reps - Gold Coast IG hosted "And So It Begins." P&D was "Who are We? What is the Message?" The Board option was "Membership Retention in the Nineties: Who are We?" Several Reps discussed their early experiences in OA. The 1997 P&P Manual has been recalled due to inaccuracies. An ad hoc committee was formed to make recommendations for the future overseeing of the manual. There were no bids for the March, 1999 Assembly.

**JULY 1998****MEMPHIS, TN**

49 Reps/Committee Chairmen/Board – Greater Memphis IG hosted "12-Steppin' in Blue Suede Shoes." P&D was "Long-Term Recovery: It Really Does Come." There were no bids for the July, 1999 Assembly.

**NOVEMBER 1998****SATELLITE BEACH, FL**

57 Reps/Committee Chairmen/Board – Space Coast IG hosted "Serenity by the Sea." The P&D was on group autonomy, "What Injures Other Groups or OA as a Whole – Tradition 4." Shirley Sibert ran unopposed for Vice-Chair and was elected. Mayra Rivera ran unopposed for secretary and was elected. Miami-Dade IG was awarded the bid for the fall 1999 Assembly which will convene in Miami Beach.

**MARCH 1999****CHARLOTTE, NC**

52 Reps/Committee Chairmen/Board - Hosted by Triangle and Piedmont IGs, the theme was "The Garden of Recovery." The position of Region 8 Trustee is vacant due to the resignation of Shelly Levine. Mary Langston and Diane Schorr were nominated to run for the position of Region 8 Trustee at the WSBC in May, 1999. There were no bids for March 2000.

**JULY 1999****PENSACOLA, FL**

48 Reps/Committee Chairs/Board Members - Hosted by Emerald Coast and Sea-Renity Intergroups. The theme was "Soar into Recovery." The P&D was "12 Stepping for Personal Recovery." There were no bids submitted to Host the July 2000 Assembly. The location of the March 2000 Assembly as determined by lot will be in western Arkansas.

**OCTOBER 1999****MIAMI, FL**

43 Reps/Committee Chairs/Board Members - Hosted by the Miami-Dade Intergroup. The Theme was "Oceans of Recovery." The P&D was "Our Primary Purpose....What is the Message and How Do We Keep That Our Focus?" It was announced that the March 2000 Assembly will be held in Ft. Smith, Arkansas. Central Florida Intergroup volunteered to host the July 2000 Assembly. Two bids were submitted to host the fall 2000 Assembly. Pinellas Traditions Intergroup was awarded the bid to host the Assembly in November of 2000.

**MARCH 2000****FT. SMITH, AR**

33 Reps/Committee Chairmen/Board Members - Hosted by Region 8 with the guidance of HP, support from local volunteers and standing committees. Everyone was encouraged to keep it simple and to let go and let God. The theme was "Soaring to a New Way of Life." The P&D was "Daily Help for a New Way of Living." Persons from the area expressed thanks that REGION 8 lovingly carried the message of recovery to Western Arkansas. It was voted to have a PI event and OA meeting at region assemblies. Each standing committee completed an inventory and listed Tasks to accomplish/work on over the next four months. There were no bids to host the March 2001 Assembly.

**JULY 2000****ORLANDO, FL**

45 Reps/Committee Chairmen/Board Members - Hosted by Central Florida Intergroup. Theme was "Soaring In The Millennium." The P&D was "OA 12 Steps and Physical Recovery."



**NOVEMBER 2000****ST. PETERSBURG, FL**

45 Reps/Committee Chairmen/Board Members - Hosted by Pinellas Traditions Intergroup. Theme was "Freedom From Bondage." Elections were held for Vice Chair and Secretary. The P&D was "Traditions and Service Workshop." The location of REGION 8 November 2001 Assembly will be Savannah, Georgia, hosted by Northeast Florida Intergroup.

**MARCH 2001****NEW ORLEANS, LA**

45 Reps/Committee Chairmen/Board Members - Hosted by Central Office of Louisiana Gulf Coast Intergroups. Theme was "Keeping It Simple." The P&D was "Keeping It Simple." The REGION 8 Board will host an assembly once in 2002.

**JULY 2001****NASHVILLE, TN**

57 Reps/Committee Chairmen/Board Members - Hosted by Middle Tennessee Intergroup. Theme was "Our Primary Purpose." The P&D was "Desire Requirement for Membership, Abstinence Requirement for Recovery."

**NOVEMBER 2001****SAVANNAH, GA**

47 Reps/Committee Chairmen/Board Members - Hosted by Northeast Florida Intergroup. Theme was "Soaring Over Savannah."

**MARCH 2002****MOBILE, AL**

44 Reps/Committee Chairmen/Board Members - Hosted by Region 8 Board. Theme was "Let's Mobilize in Mobile to Pass It On."

**JULY 12-14, 2002****BATON ROUGE, LA**

45 voting: Hosted by the Baton Rouge Intergroup. Theme was: CELEBRATE LIFE. Total registrants for the event were 135. The profit after expenses was \$1,764.00 to be divided between Baton Rouge Intergroup and Region 8, however, the Intergroup voted to send region \$1,000.00.

**NOVEMBER 8-10, 2002****WEST PALM BEACH, FL**

41 voting: 43 present in the assembly, Hosted by Palm Beach County Intergroup. Theme: SOAR ON THE WINGS OF SERENITY. This was Mayra Rivera's last assembly as Secretary after having served region for four wonderful years. Shirley Sibert served as interim Vice-Chair due to Catherine Gallagher resigning. Kathy Curtis was elected Vice-Chair. Gerri Helms was elected Secretary. Soar 8 Recovery Cruise "Voyage of Recovery 2" left immediately after the closing ceremony on Sunday.

**MARCH, 2003****LITTLE ROCK, AR**

Host was Central Arkansas Intergroup. Theme: "Soaring in a New Direction." P & D was "THE WAY THAT SERVICE HELPS MY RECOVERY." 84 Total registrations

**JULY 18-23, 2003****COLUMBIA, SC**

38 voting, 12 guests, 51 present in the assembly. Hosted by Central Midland's Intergroup where we all helped them celebrate 30 years of Overeaters Anonymous recovery in Columbia, SC. Theme: "Promises Do Come True; Together We Can Do What We Could Not Do Alone." P&D was "The Way That Service Helps My Recovery." 2002, Voyage of Recovery 2 Cruise donated to SOAR 8 \$2,350.00.

**NOVEMBER 7-9, 2003****BIRMINGHAM, AL**

42 voting reps, 48 in the assembly, Theme: "Soaring into Action in Alabama." P&D was "Recovery in Action -Spiritual, Physical and Emotional." Harriet Hacker ran unopposed for treasurer and did receive a majority vote. Ray Frye, Sarah Glover, and Shirley Siebert ran for REGION 8 Chair. After three ballots were taken Sarah Glover was elected Chair by majority. This was Charles Aloisio's last assembly, after having served two years; as REGION 8 Chair. Charles was also ratified to go to the WSBC to run for Region 8 Trustee. Kayla Weingarten's served in the position as Treasurer for four dedicated years.

**MARCH 26-28, 2004****ATLANTA, GA**

43 voting reps and 2 guests. Theme: "Recovery on My Mind." P&D WAS RECOVERY/SERVICE CONNECTION. The assembly bid Mary Langston a fond farewell as this was their last assembly after having served as Region 8 Trustee for five faithful years. As well, the assembly welcomed Sarah Glover as Chair. Harriet Hacker could not continue as Treasurer due to health problems. Kayla Weingarten agreed to stay on for the interim. Ray Frye was elected Treasurer.

**JULY 9-11, 2004****ORLANDO, FL**

38 voting, 3 non-voting for a total of 39 in the assembly. Hosted by Central Florida Intergroup. Theme: "Soaring into the Sunlight (of the SPIRIT)." P&D was 'The Twelve Concepts of OA Service.' Charles Aloisio took up the position of service as Region 8 Trustee since he was elected at the 2004 WSBC. Janice Sullivan served as Interim Vice-Chair. The motion to rescind or nullify the Region 8 Boards decision to dismiss the assembly elected Vice-Chair passed. The attendance was 146 pre-registered, 42 walk-ins, a profit of \$5,175.36 were split between Region 8 and Central Florida Intergroup.

**NOVEMBER 5-7, 2004****ORLANDO, FL**

43 Voting, 3 non-voting for a total of 46 in the assembly. There were 7 first time reps. Hosted by Space Coast Intergroup. Plans were to have it in Cocoa Beach, Florida, because of major hurricanes it was moved to Orlando. With all the obstacles placed in the path the event was very successful. Even with all the many unexpected expenses with the hotel because of having to move; the profit was still \$2,950.71 to be split between Region 8 and Space Coast Intergroup. Theme: "Soaring into Serenity." P & D was "SERENITY IS RECOVERY through the 12 Steps and 12 Traditions." Judy Kouri was elected Secretary and Janice Sullivan was elected Vice-Chair. There were 94 pre-registered, with 26 walk-ins for a total of 120.

**MARCH 11-13, 2005****CHARLOTTE, NC**

40 voting, 3 non- voting for a total of 43 in the assembly. Hosted by two Intergroups/ Triangle and Piedmont Intergroups. Theme: "SOARing HAPPY, JOYOUS and FREE." P & D was "Freedom from Obsession of Compulsive Overeating: A New Joy in Living." Total registered attendees for the weekend were 147. The total monies collected were \$4,722.51. Region received \$2,361.25, and the two Intergroups each received \$1,180.62.

**JULY 22-24, 2005****JACKSON, MS**

Hosted by Central Mississippi Intergroup. This is the first time in REGION 8 History that Central Mississippi Intergroup has hosted a Recovery Convention and Business Assembly. Theme: "WELCOME TO OA, WELCOME HOME." P & D was 'TOOLS: Use 'em or Lose 'em.' There were 77 pre-registered and 12 walk-ins. After the \$500.00 seed money was returned to REGION 8. Region 8 received \$491.51.

**NOVEMBER 4-6, 2005****MIAMI, FL**

38 voting reps, 4 non-voting for a total of 42 in the assembly. Hosted by Miami Dade Intergroup. Theme: "SOARING INTO ACTION." The P & D was "ABSTINENCE, PHYSICAL, RECOVERY AND BODY SIZE (THE "F" WORD)." The newly revised Hosting Manual was introduced and available. Gerri Helms was elected Chair and Scott Crawford was elected Treasurer. We bid farewell to Sarah Glover for their two years of service as Chair and Ray Frye for their two years as Treasurer. Total registration: 167 (101 by mail, 73 walk-ins). After the \$900.00 seed money was returned to SOAR 8 there was a profit of \$3,771.66. Region 8 received \$1,885.83 and Miami Dade Intergroup made the same amount.

**MARCH 31-APRIL 2, 2006****JACKSONVILLE, FL**

42 reps, 4 non-voting for a total of 46 in the assembly. Theme: LIVE WELL, LAUGH OFTEN, LOVE MUCH. The P & D topic was "Even Though I Have a Disease, I can still Live well, (the Steps), Laugh Often (the Fellowship). Love Much (Spiritually)." After seed money Region 8 received \$2,582.34.

**July 21-23, 2006****NASHVILLE, TN**

39 Voting Reps, 8 non-voting for a total of 47 in the assembly. There were 12 first time reps. Hosted by Middle Tennessee Intergroup. Theme: "Tune into Recovery." The P & D topic was "Tuning up your Traditions." On Saturday night there was fantastic local entertainment in place of a dance. After the \$500.00 seed money Region 8 received \$2,527.03.

**NOVEMBER 3-5, 2006****ORLANDO, FL**

38 Reps, 6 non-voting for a total of 44 in the assembly. There were 10 first time reps. Hosted by Central Florida Intergroup. We also helped Central Florida celebrate their 30th anniversary as an Intergroup. Theme: "I CAN SEE CLEARLY NOW." The P & D was "Getting Us in and Keeping Us In" (Membership Retention—Twelve-Step Within). Janice Sullivan was reelected for a two-year term as Vice Chair and Maureen Schwarzer was elected for a two-year term as Secretary. After the \$500.00 dollar seed money was repaid SOAR 8 received \$2,337.62.

**MARCH 16-18, 2007****MEMPHIS, TN**

29 voting, 4 non-voting for a total of 33 in the room. There were 7 first time Reps. Hosted by Greater Memphis Intergroup. Theme: "TAKE STOCK in Memphis." The P&D title was "Being abstinent." The 50/50 split including the silent auction was \$1,350.77. Greater Memphis Intergroup cleared \$1,147.00. The topic of the Friday night Forum was SERVICE. The Saturday night entertain was marvelous.

**JULY 13-15, 2007****ST, PETE BEACH, FL**

43 voting, 8 non-voting for a total of 51 in the room. Twelve first time reps. Hosted by Pinellas Traditions Intergroup. Theme: "SOARING INTO WAVES OF SERVICE." The P&D topic "How Service Helps with Recovery." The 50/50 split \$2,706.73. intergroup raised \$1,889.42 from there boutiques. Scott C., the Treasurer had to resign because of a family crisis. Judy P. stepped in as treasurer. Sid B. came forward to serve as secretary with assistance from Joel. Charles Aloisio will continue be our Trustee for the next three years. He was re-elected at the 2007 WSBC.

**NOVEMBER 2-4, 2007****COLUMBIA, SC**

37 voting, 3 non-voting for a total of 40 in the room. Five first time reps. Hosted by Central Midlands Intergroup. Theme: "SERENITY IN SERVICE." The P&D topic "What does the Serenity Prayer mean to you: Physically, Emotionally and Spiritually?" Gerri Helms was re-elected to serve as Chair for two more years. Sid Bass was elected as Secretary for one year. Karen Cornacchia will serve as Treasurer for the next two years. There were 90 members registered, three were walk-in. REGION 8's part of the profit was \$1,412.30. Brenda W. and Stephanie D. were elected as 2008 WSBC Region 8 Delegates.

**MARCH 7-9, 2008****JACKSON, MS**

34 voting, 4 non-voting for a total of 38 in the room. Hosted by Central Mississippi Intergroup. Theme: SOAR into '08 with Region 8. The P&D topic was "Abstinence and the Dignity of Choice." The Twelve Step-Within Committee developed a "March Mission to Mississippi." There was over \$4,387.76 that came in. Many were able to receive scholarships to attend that may not have been able to attend otherwise. REGION 8's part of the split was \$1,800.03. There were 101 members registered for the whole weekend. Motion to change REGION 8 to twice a year instead of three times, failed.

**JULY 18-20, 2008****FORT LAUDERDALE, FL**

41 voting, 7 non-voting for a total of 48 in the room, seventeen first time reps, with twenty-six Intergroups in attendance. Co-hosted by Gold Coast and Palm Beach Intergroups. Theme: "The Promises are Your Fate in 2008." The P&D topic: "WILL THE PROMISES WORK FOR ME." There were 226 pre-registered, forty-one walk-ins; for a total of 267. Region 8's part of the profit was \$5,420.42. Along with the boutique income the two Intergroups spit \$6,873.97; earning them each \$3,436.99.

**NOVEMBER 7-9, 2008****COCOA BEACH, FL**

Friday there were 37 eligible to vote, 11 not eligible to vote, for a total of 48 in the room. Saturday in the morning there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. Saturday in the early afternoon there were 45 eligible to vote, 4 not eligible to vote, for a total of 49 in the room. Later Saturday afternoon, after the second roll call there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. There were eleven (11) first time reps ("green dots"). The Assembly was hosted by Space Coast Intergroup, with a theme of: "Soaring into Serenity by the Sea." The P&D topic was: "There is no Them—only Us." Joel Isenstaad was reelected to serve as Secretary for 2 years. Gloria Lockridge was elected Vice Chair to serve for two years. There were 45 Members pre-registered for the Assembly. Space Coast Intergroup did not request any seed money. REGION 8 received \$2369.83. Stephanie Duran, Sonia Echezuria and Angie Ballad were elected WSBC delegates. \$500 was donated to Region 3 to use as it sees fit for the rebuilding of Overeaters Anonymous to those affected by Hurricane Ike. A budget for fiscal year 2008-2009 was adopted. Tampa Florida bid Suncoast Intergroup's (Tampa, FL) bid for Assembly in November 2009 ("Rockin' and Rollin' in Recovery") was accepted.

**MARCH 27-29, 2009****LITTLE ROCK, AK**

Friday there were 37 eligible to vote, 5 not eligible to vote, for a total of 42 in the room. Saturday in the morning and in the afternoon, there were 39 eligible to vote, 5 not eligible to vote, for a total of 44 in the room. At the final Saturday roll call there were 38 eligible to vote, 5 not eligible to vote, for a total of 43 in the room. No reps participated remotely. There were seven (7) first time reps ("green dots"). The Assembly was hosted by Central Arkansas Overeaters Anonymous Intergroup, with a theme of: "Diamonds in the Rough." The P&D topic was: "The Four Facets of a Diamond: Clarity, Cut, Color and Carat." The forum topic concerned team work and committee service and structuring in a pep rally format. Region 8's WSBC delegates gave a report. Central Arkansas Intergroup sent Region 8 a check for \$1161.53. Greater Memphis Area Intergroup's bid for Assembly in March 19-21, 2010 ("Walkin in Memphis Twelve Stepping Away the Blues") was accepted.

**JULY 17-19, 2009****ATLANTA, GA**

Friday there were 42 eligible to vote, 7 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 48 eligible to vote, 12 not eligible to vote, with 3 of those 12 being remote participants, for a total of 57 in the room and a total of 60 participating. Saturday afternoon for the first roll call there were 47 eligible to vote, 9 not eligible to vote, with 2 of those 9 being remote participants, for a total of 54 in the room and a total of 56 participating. At the final Saturday roll call there were 47 eligible to vote, 8 not eligible to vote, with 2 of those 8 being remote participants, for a total of 53 in the room and 55 participating. There were approximately fifteen (15) first time reps ("green dots"). The Assembly was hosted by Central Atlanta Overeaters Anonymous Intergroup, with a theme of: "It Works. It Really Does." The P&D topic was: "Fear of Economic Insecurity Will Leave Us." The forum topic concerned the many languages of recovery-with power point presentation and much humor and cheering. Region 8's WSBC delegate gave a report. Central Atlanta Intergroup sent Region 8 a check for approximately \$3,120.97. Central Office of Louisiana Intergroup's bid for Assembly in New Orleans July 9-11, 2010 ("12 Steppin' in the Big Easy") was accepted.

**November 6-8, 2009****TAMPA, FL**

Friday there were 41 eligible to vote, 8 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 47 eligible to vote, 4 not eligible to vote, for a total of 51 in the room and no remote participants. Saturday afternoon there were 49 eligible to vote, 7 not eligible to vote, for a total of 56 in the room and no remote participants. There were approximately eleven (11) first time reps ("green dots"). The Assembly was hosted by Suncoast Intergroup in Tampa, Florida with a theme of: "Rockin' and Rollin' in Recovery." The P&D topic was: "Having Fun in Recovery or The Joy of Recovery." The forum topic concerned streamlining and reorganizing our Committees-with power point presentation and much humor and cheering. Suncoast Intergroup sent Region 8 a check for approximately \$2,539.27. Central Florida Intergroup's bid for Assembly in Orlando November 5-7, 2010 ("Action is the Magic Word") was accepted.

**March 19-21, 2010****MEMPHIS, TN**

Friday there were 44 eligible to vote, 5 not eligible to vote, for a total of 48 in the room. There were no remote participants. Saturday in the morning there were 45 eligible to vote, 6 not eligible to vote, one of which was a remote participant, for a total of 51 in the room. Saturday afternoon there were 44 eligible to vote, 5 not eligible to vote, one of which was a remote participant, for a total of 49 in the room. There were approximately eleven (11) first time reps ("green dots"). The Assembly was hosted by Greater Memphis Area Intergroup in Memphis, TN with a theme of: "Walking in Memphis: 12 Steppin' Away the Blues!" The P&D topic was: "The Road of Happy Destiny." The forum topic was "How can we make the Assembly more efficient and attractive?" Memphis Intergroup sent Region 8 a check for approximately \$1,830.23 and returned over \$1000 in scholarship funds. Baton Rouge Intergroup's bid for Assembly in Baton Rouge, Louisiana March 10-13, 2011 ("Serenity on the Bayou") was accepted.

**July 9-11, 2010****NEW ORLEANS, LA**

Please see the Minutes of the July 2010 Assembly which are contained in the November 2010 Assembly packet (or addendum) and also on our website ([www.oaregion8.org](http://www.oaregion8.org)) for the roll call and number of persons eligible to vote. There were approximately five (5) first time reps ("green dots"). The Assembly was hosted by Central Office of Louisiana (COLA) Intergroup in New Orleans, LA, with a theme of "12 Steppin' in the Big Easy." The Presentation and Discussion topic was: "Without the Steps, OA is just another diet and calories club." The forum consisted of a technology tutorial on how to use the OA Region 8 website, make changes for meetings, etc. COLA Intergroup sent Region 8 a check for approximately \$2,331.63 and returned \$1,210.34 in scholarship funds. Middle Tennessee Intergroup's bid for Assembly in Nashville, TN for July 8-10, 2011 ("Tune into the Principles") was accepted.

**November 5-7, 2010****ORLADO, FL**

Saturday there were 52 eligible to vote. Motions 1 and 1A were adopted; Motion 2 was withdrawn. Saturday afternoon there were 52 eligible to vote. The motion to defund the webmaster service position was adopted. The budget as amended was adopted. Three WSBC Delegates from Region 8 were elected. There were approximately five (5) first time reps ("green dots"). The Assembly was hosted by Central Florida Intergroup ("CFI") in Orlando, Florida, with a theme of "Fun in the Sun with Abstinence." The Presentation and Discussion topic was: "Abstinence-Much More than a Food Plan." The forum topic was "International Region 8." Elections were held for Vice Chair and Secretary. CFI returned \$500 of seed money to Region 8, returned \$315.84 of scholarship funds to Region 8 and sent to Region 8 a profit of \$3655.81. General Services Board of Colombia and Intergroup Medellin and Bogota Intergroup's bid for Assembly in Medellin, Colombia, S.A. for November 4-6, 2011 ("United We Maintain Our Abstinence") was accepted.

**March 11-13, 2011**

**BATON ROUGE, LA.**

Saturday there were 38 eligible to vote. Motions amending the Standing Rules, requiring ballot vote for all elections, and switching from roll call to credentials report all passed. The Assembly was hosted by Baton Rouge Intergroup ("BRIG") in Baton Rouge, LA, with a theme of "Serenity on the Bayou." The Presentation and Discussion topic was: "How do I know if a fellow OA Member is in relapse and what do I do about it?" The forum topic was "Financial Health of Region 8." BRIG sent to Region 8 a check in the amount of \$3,017.45. Triangle Intergroup's (Raleigh, N.C.) Bid for Assembly in Raleigh, N.C. in March 2012 ("Soaring to Recovery: Physical, Emotional, Spiritual") was accepted.

**July 8-11, 2011**

**NASHVILLE, TN**

Saturday morning, there were forty-two voting members, two non-voting board members and two non-voting visitors present. The Chair talked about how donations were down across Region 8 and introduced the Five-Alive program to help ensure the November assembly in Medellin Columbia is a success. Later the Chair gave current figures for the number of meetings in Region 8, registered with WSBC. Region 8 has 674 meetings affiliated with service-boards or Intergroups and 147 unaffiliated meetings, for a total of 841 groups in REGION-8. Many of the unaffiliated groups are in South America. Motion 1 passed to move the Lifeline/Designated Downloader subcommittee to the Twelfth-Step-Within Committee. Motion 2 was divided into three parts. Motion 2A passed and Motion 2B passed as amended. Motion 2C was tabled for consideration in Medellin. The net effect was to raise the amount of money that can be added to the cost of meals, registration and hotel rooms by a Hosting Intergroup as a fund raiser to reflect current practices. In other business, Patti S. was elected interim treasurer until the next meeting in Medellin. Nominations were made for elections in Medellin for Chair, Treasurer, and for WSBC Delegates for 2012.

**November 4-6, 2011**

**MEDELLIN, COLUMBIA**

This was the first international (non-US) assembly in the history of the Southeast Region. The assembly opened with 32 voting members and 13 non-voting in the room. By Saturday morning, 36 were signed in and received credentials. An amendment to the bylaws was adopted to allow a vacancy on the board to be filled by a qualified member approved by the majority of the remaining members, to hold office until the next scheduled election. Bylaws were amended to give 2-year terms to funded committee chairs, with a 2-term (4 year) limit where possible. The bylaw glossary was also amended to include the new WSBC-approved definition of abstinence.

**March 9 - 11, 2012**

**RALEIGH, NC**

Friday evening, March 9, the newly elected Chair introduced their theme of "Pass it On." She referred to Bill W's book about the first years of the AA program and how the message was passed on from two members to three and so on. She hopes we will all pass it on to those we meet who are still suffering from the physical, emotional and spiritual manifestations of this disease. Saturday morning began with 46 voting members. Board motion 1 passed that Region-8 shall no longer pay the expenses of the Region-8 Trustee. The Trustee has a World Service Budget and can request adequate funds to do the work that is required. A motion to amend the bylaws and P&P to change the number of Business Assemblies from three per year to two per year was offered. After discussion in the forum on Friday evening and extended debate on the floor of the Assembly on Saturday, the motion failed to obtain the necessary 3/4 vote for passage. The motion therefore failed and REGION-8 will continue to sponsor three Business Assemblies per year. Forty-five voting members were present for the afternoon session. Bids for the March 2013 Business Assembly and Convention were presented by the Greater Memphis Area and North Florida Intergroups. Memphis, TN was selected as the site of the March 2013 Assembly and Convention.

**July 3 - 15, 2012**

**MIAMI, FL**

The business assembly convened at 7:00 p.m. on July 13, 2012, with 40 eligible voters. By the afternoon of Saturday, July 14, a total of 42 eligible voters were present.

- A motion to amend the 2012 budget passed that 1) increased the budget to allow our chair to meet their mandatory responsibilities as chair of Region 8 and as chair of the Region Chairs' Committee, 2) to create a reserve fund to accumulate funds for travel, particularly for reaching out to the still suffering compulsive overeater in Region 8, and 3) to increase this year's annual donation to WSO by \$500.00.
- A Bylaws motion passed that inserted a new subsection A to Article III, Section 1. The new subsection A reads: "A. Region-8 Committee Chair shall be nominated by said Committee and appointed by the Region 8 Board yearly at each late October early November Region 8 Business Assembly, on the following schedule: 1. Even years: Ways & Means, Intergroup Outreach, and By-laws/Electronic Documents; and 2. Odd years: Technology/Web Site, Twelfth-Step-Within, Unity with Diversity, Public Information/Professional Outreach Committee." The previous subsection A has now been moved to subsection B and previous subsection B has been moved to subsection C.
- By-law Article VII, Section 1, Part A was amended to make it consistent with current practice. "Region 8 shall hold regular Region 8 Recovery Convention and Business Assemblies three (3) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region 9 Business Assembly one year previous."

- Nominations were accepted for the November, 2012 Assembly for Vice-Chair, Secretary, WSBC Delegates, and Region 8 Trustee.
- The bid for the July 2013 Business Assembly and Convention was presented by and accepted for Palm Beach County Intergroup, for July 11 – 13. The theme will be, “Where the Action Is.”

### **November 9 - 11, 2012**

### **ST PETERSBURG BEACH, FL**

The business assembly convened at 7:00 p.m. on Nov. 9, 2012, with 45 eligible voters.

The Assembly voted to adopt a group conscience that REGION-8 move from three assemblies per year to only two.

However, this would require a change in Bylaws, which would require a 3/4 vote; with implementing P&P changes.

Therefore, the motion had no force or effect, unless and until such a Bylaw change is adopted.

- FY 2012-2013 Budget— approved.
- Ratification of Region 8 Trustee Nominee, Linda H. was approved.
- Application of Gerri H for General Service Trustee was approved.
- Election of Vice Chair-- Sander B. elected.
- Election of Secretary—Janet T. elected
- Five REGION-8 Delegates were selected for the 2013 WSBC.
- Bid for November 2013 Assembly & Convention made by N. Florida Intergroup was approved, Nov 2013 assembly will be in Jacksonville, FL.

### **March 15 - 17, 2013**

### **MEMPHIS, TN**

The business assembly convened at 7:00 pm, March 15, 2013, with 38 eligible voters. By the afternoon of Saturday, March 16, a total of 39 eligible voters were present.

- A motion was presented by the board to establish funding assistance procedures for Intergroup Delegates. The motion establishes a Region 8 Delegate Support Fund (R8DSF) to be created annually with a minimum amount of \$2,000, finances permitting. Awards will be given only to Region 8 Intergroups/Service Bodies that require financial assistance in order to send a delegate to the WSBC. If the R8DSF award is not sufficient to cover costs, Region 8 will forward the application(s) to the WSBC Delegate Support Fund for additional funding consideration. The motion as amended was adopted.
- A second motion was presented by the Miami/Dade Intergroup, to amend Bylaw Article VII, Section 1 (Regular Meetings), to change from three assemblies to two per year. A  $\frac{3}{4}$  majority vote (twenty-nine votes) was required for adoption. A written ballot was taken. Twenty-two voted yes, seventeen voted no. The motion was therefore lost.
- A third motion was presented by Patti S., R8 Treasurer, to amend the auto reimbursement rate in the P&P manual. Mileage reimbursed to be the current IRS rate for miles driven in service of charitable organizations or actual expenses. Simple majority was needed to adopt. This motion was adopted.
- An emergency motion was presented by the Secretary to request a budget override of \$200 for the Ways & Means committee to purchase additional serenity knots to sell at WSBC. A majority vote was needed to adopt. Motion was adopted
- Bids for the March 2014 Business Assembly & Convention were presented by the Central Arkansas Intergroup, Little Rock, and by the Baton Rouge Intergroup. Little Rock received the bid with a written majority ballot.

### **July 11-13, 2013**

### **BOCA RATON, FL**

The business assembly convened at 7:09 pm, July 11, 2013, with 35 eligible voters. By Saturday, July 12, a total of 39 eligible voters were present.

- A motion was adopted to amend the Region 8 bylaws to change committee chair abstinence requirements by replacing the words “have arrested their compulsive eating and be living within the concepts of the 12 steps of OA for one year” in Article VIII, Section 1A, 1. d. of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion to amend the Region 8 bylaws was adopted to change committee chair abstinence requirements by replacing the words “have arrested their compulsive eating and be living within the concepts of the 12 steps of OA for one year” in Article VIII, Section 1A, 1. d. of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion to amend the Region 8 bylaws was adopted to change the WSBC delegate’s abstinence requirements by replacing the words “must have arrested their compulsive eating and be practicing the principles of the 12 steps and 12 traditions for a minimum of (1) year” in Article IV, Section 4B of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion was adopted to revise the Policies & Procedures Manual IX. Financial Policies, #9, c. Meals, page 8 and to revise the Voucher and Advance Request Form to reflect said changes. The new policy to read, “Reimbursement for



meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$70 per Assembly for Funded Committee Chairs and Parliamentarian, and \$120 per Assembly for Board Members, plus the cost of Saturday lunch and banquet. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.

- A motion to change from three assemblies per year to two was amended and was lost.
- A motion was amended and was lost to avoid revisiting substantially the same issue with repetitive motions within a 12-month period.
- A motion was amended and adopted to Amend the Policy & Procedure Manual, section XIII, Standing Rules, and the Standing Rules Section IV, page 42, by adding a new rule #4: "There will 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 separately. The consent agenda shall require 3/4 vote for adoption."
- Nominations were accepted for the November, 2013 Assembly for Chair and Treasurer.
- The bid for the July 2014 Business Assembly and Convention was presented by and accepted for Baton Rouge, LA Intergroup (BRIG), for July 11-13, 2014.

#### **Nov. 15-17, 2013**

#### **JACKSONVILLE, FL**

The business assembly convened at 7:06 pm, Nov. 15, 2013, with 36 eligible voters. By Saturday, Nov. 16, 2013, a total of 44 eligible voters were present.

- A motion passed to amend the by-laws that changed the number of votes needed to amend the by-laws, from  $\frac{3}{4}$  of those voting to  $\frac{2}{3}$ . The motion was adopted by  $\frac{3}{4}$  vote. Article XI, Sec. 1C now reads, "Except as otherwise specified by these Bylaws, amendments to these Bylaws may be adopted by a two-thirds ( $\frac{2}{3}$ ) majority of those persons eligible to vote present at any regular or special Region-8 Business Assembly provided a quorum is present."
- The following funded committee chair nominees were ratified:
  - Tech/Web, Lynn P., Suncoast IG, FL
  - 12th Step Within, Nina S., Greater Memphis IG, TN
  - Unity with Diversity, Viviana, JNS de Colombia
  - Public Info, Professional Outreach, Toni W., Pinellas Traditions IG, FL
  - The Fiscal Year 2013-2014 budget was approved with an amendment to add a line to the proposed budget for Region 8 Trustee.
- Gloria L. was elected Chair for the 2014-2015 term. Patti S. was elected Treasurer for the 2014-2015 term.
- Announcement was made of the selected 2014 funded WSBC delegates:
  - Alejandro S, Costa Rica Intergroup (\$1,210)
  - Sarah G., Middle Tennessee Intergroup (\$836)
  - Sima M., North Louisiana (\$862.40)
  - Sarah G., Intergrupos de Bogota (\$1,669)
  - Pedro G.,- Junta de Servicios Generales (\$1,300)
- Bids were presented for the November 2014 Assembly & Convention. By written ballot, the Nov 2014 bid is awarded to Bogota, Colombia.
- The Assembly adjourned at 5:32 pm, Nov. 16, 2013.

#### **March 21-22, 2014**

#### **LITTLE ROCK, AR.**

The business assembly convened at 7:08 pm, March 21, 2014, with 28 eligible voters. By Saturday, March 22, a total of 30 eligible voters were present.

An amended motion passed to amend Bylaw Article VII, Section 3. Method of Notification and Article XI – Amendments, Section 1B to the Bylaws. The articles as amended now read:

Article VII, Section 3 - Notification of regular Region-8 Business Assemblies shall consist of notices prepared by the Region-8 Service Office to notify each registered service body and Region-8 Representative standing Committee Chair Board Members and the Region-8 Trustee at least 30 days prior to the Region-8 Assembly.

Article XI, Section 1 B – The Region-8 Secretary shall cause a written or emailed copy of the proposed amendment and accompanying motion to be communicated to each Region-8 Registered Service Body, Region-8 Representative, Standing Committee Chair, Board Member and the Region-8 Trustee at least 30 days prior to the commencement of the Region-8 Business Assembly or Special Region-8 Business Assembly at which action is to be taken on the proposed motion and amendment.

A Policy and Procedure motion was passed to Amend Section XIV. BOARD MEMBERS, Secretary – Before Assembly Responsibilities,

1. At least thirty (30) days prior to each Assembly, 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:
2. (No change)
3. 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 Assembly Packet is submitted to the Region-8 Webmaster to post on Region-8 website.

Another Policy and Procedure motion was passed to amend the REGION 8 P & P, Section IX – Financial Policies; to add Subsection C, as follows:

1. The Region 8 Carry The Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.
2. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.
3. Applicants will complete a “Carrying the Message” Fund - Request for Funding form and forward it to the funding committee (see attached form).
4. Allocation of funds shall be made by the funding committee with the following guidelines:
  - a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer.
  - b. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses.
  - c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially disadvantaged areas.
  - d. In the event funds remain un-allocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.

Make this process effective immediately following adoption by the Region-8 Assembly.

A bid presented for the March 2015 Assembly & Convention from Middle Tennessee Intergroup, Nashville, Tennessee was adopted. An emergency budget override motion made by IGOR committee to request an additional \$2,000 to fund reps for the remainder of the business assemblies for 2014 was adopted. An emergency budget override motion from Tech/Web committee to request an additional \$800 to pay webmaster \$100/month for service rendered-motion is adopted.

#### **July 11 – 13, 2014**

#### **BATON ROUGE, LA**

The business assembly convened at 7:00 p.m. July 11, 2014 with 38 voting/9 non-voting in the room, including virtual for total of 47, no virtual attendees. Saturday included: 39 voting, 6 non-voting members present.

- The following motions were addressed during the assembly:
  - Motion 1—2 assemblies per year (Bylaws change)-Lost (23 for, 14 against, 1 abstain by written ballot 9)
  - Motion 2—2 assemblies per year (P&P change)-Out of order since motion 1 was lost
  - Motion 3—Ways & Means budget override-Adopted
  - Motion 5—Virtual voting (Bylaws change)-Referred to committee by virtue of the fact that a secondary motion made and adopted to refer this motion to committee, voice vote taken, chair in doubt, count vote done 22 in favor 14 opposed-
  - Motion 4—Virtual voting (P&P change)-Referred to committee due to Motion 5 being referred to committee
  - Motion 6—Assembly procedures change- Referred to committee due to Motion 5 being referred to committee
  - Motion 7—Standing rules change- Referred to committee due to Motion 5 being referred to committee
- The following nominations were made:
  - Vice Chair-Lonna C., Aleta P., Janet T.(declined)
  - Secretary- Janet T., Ruby M.(declined after the close of the assembly)
- Bids for July 2015 Assembly & Convention from Central Office of Louisiana- show of hands vote adopted the bid to go to New Orleans in July 2015.
- The assembly adjourned at 4:52 pm, July 15, 2014.

**November 14-16, 2014****BOGOTA, COLUMBIA**

The business assembly convened at 7:00 p.m. on November 14, 2015 with 32 voting and 13 non-voting (4 virtual) attendees. Motion 1, to adopt two Region-8 assemblies per year, was lost with 20 in favor and 14 against with 34 eligible to vote. Motion 2, changing the P&P to two assemblies, was considered out of order since Motion 1 was lost. An ad hoc committee was formed to research virtual attendance at the Region assemblies. Approval of the 2014-2015 budget was adopted. The following positions were elected: Aleta P, Baton Rouge IG - Vice Chair; Janet T., Central Florida IG - Secretary. The

following Committee Chairs were appointed: Intergroup Outreach - Andi S, Gold Coast IG; Bylaw/eDocs - Marilyn T., Manasota IG; Ways and Means - Samantha A., Pinellas Traditions IG  
Suncoast IG was awarded the Nov 2015 Business Assembly. Assembly adjourned on November 16, 2014 at 5:12 p.m.

**March 13, 14 and 15, 2015****NASHVILLE, TN**

The business assembly convened at 7:00 p.m. on March 13, 2015 with 34 voting and 11 non-voting. Three emergency budget motions were presented and approved. A special forum for Remote Voting was presented to the group. No bids were submitted for the March, 2016 Assembly, but Central Florida IG offered to sponsor an underserved Intergroup to host the business/recovery assembly. Assembly was adjourned on March 14, 2015 at 4:08 p.m.

**July 10, 11 and 12, 2015****NEW ORLEANS, LA**

- The business assembly convened at 7:00 p.m. on July 10, 2015 with 33 voting and 6 non-voting.
- Motion 1: Motion Timeframe change to Bylaws to change 90 days to 75 days and 60 days to 45 days was adopted.
- Motion 2: Standing Rules Amendment for Motion Timeframes arising outside the Business Assembly – 75 and 45 days – adopted.
- Motion 3: Assembly Procedures for submitting Motions – 75 and 45 days – adopted.
- Motion 4: Create a Translations Sub-committee – adopted.
- Emergency motion to amend budget – adopted.
- Nominations for Chair, Treasurer and Region Trustee were submitted.
- Assembly was adjourned on July 12 at 4:52 p.m.

**November 6, 7 and 8, 2015****TAMPA, FL**

The business assembly convened at 7:00 p.m. on November 6, 2015 with 43 voting and 11 non-voting. Motion 3: Bylaws change – Two Region 8 Assemblies Per Year - adopted by 2/3 vote. Motion 4: P&P change Two Region 8 Assemblies Per Year – motion was amended to remove the specific months – this was deted to be out of order, since it repeats the Bylaws changed voted on in Motion 3. Motion 4 adopted. Motion 1 – Bylaws change – Define virtually present at Region 8 Assemblies – motion failed. Motion 2 – P&P change – Allowing Remote Voting at Remote Presentation of Motions – Motion 2 failed this motion is out of order and was not considered by assembly.  
Election of Chair – Viviana G was elected by written ballot. Election of Treasurer – Samantha A. was elected by written ballot. Nominee for Region 8 Trustee – Linda H, current Region 8 Trustee Assembly Adjourns at 6:00 p.m. November 7, 2015.

**March 4-6, 2016****ATLANTA, GA**

Greater Atlanta Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Atlanta, GA. The theme of the weekend was “Building an Arch to the Road of Recovery: It Works, It Really Does.”

The business assembly convened at 7:04 pm on March 4, 2016. Final maximum credentials: 46 eligible voters; five non-voting in the room, and one non-voting virtual representative.

- Motion 1: Bylaws – Amendments by Funded Committees. Adopted.
- Motion 2: Bylaws – Define Virtually Present at Region 8 Assemblies. Defeated.
- Motion 3: P&P – Allowing Remote Voting and Remote Presentation of Motions. Ruled out of order since Motion 2 was defeated.

Assembly adjourned at 4:52 p.m. March 5, 2106.

**July 15-17, 2016****ST. PETERSBURG, FL**

Pinellas Traditions Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in St. Petersburg, FL. The theme of the weekend was “Diving Into the Steps.” The business assembly convened at 6:58 pm on July 15, 2016. Final credentials: 40 eligible voters; nine non-voting including two virtual attendees. There was an educational discussion on the distinction between two categories of WSBC Delegates: 1) those representing and funded by Region 8 (Bylaws Article IV, p. 5 and P&P Article XVII) and 2) Support Fund Delegates who represent their IG (P&P Article IX).

- Motion 1: P&P – Move forms for Region 8 from P&P to website. Adopted.
- Motion 2: Bylaws – Change reference of Assembly months to Spring and Fall. Adopted.
- Motion 3: P&P – Change reference of Assembly months to Spring and Fall. Adopted.
- Motion 4: Bylaws – Eligible to Vote. Adopted.

The following nominations were made:

- Vice-Chair: Aleta P., Andi S., Barbara C.
- Secretary: Ruby H., Barbara C.

Assembly adjourned at 4:49 p.m. July 16, 2016.

**October 28-30, 2016****MEMPHIS, TN**

Greater Memphis Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Memphis, TN. The theme of the weekend was “Miracles In Memphis.” In keeping with the holiday, the dinner banquet included a Halloween costume contest; members were clad as the Tools, the pink cloud, and other aspects of the Program. The business assembly convened at 7:00 pm on October 28, 2016. Final credentials: 40 eligible voters; seven non-voting including three virtual representatives. There were no regular motions and one emergency motion: To suspend P&P Article XI #2 for 2017 only. This was to allow the Assembly to be held in Miami in October 2017 (instead of September as written). Adopted. Elections were held: Vice-Chair = Barbara C. and Secretary = Ruby H. It was also voted to fund Sam A. and Laura A. as WSBC Delegates representing Region 8; and to partially fund Alejandra (Costa Rica) and Dora (Brazil) to represent their IGs at WSBC. Assembly adjourned at 6:00 p.m. October, 2016. Assembly adjourned at 5:25 p.m. October 29, 2016.

**March 17-19, 2017****JACKSONVILLE, FL**

New Freedom (North Florida) Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Jacksonville, FL. The theme of the weekend was “The Blessings of Recovery.” The business assembly convened at 6:55 pm on March 17, 2017. Final credentials: 38 eligible voters; a minimum of three non-voting in the room (Trustee, Parliamentarian and at least one Page), and 1-6 virtual representatives (depending on the time). There were six “green dots” (first time attendees). No bids were presented for the spring 2018 RC & BA; but by the end of the weekend, Southwest Alabama Intergroup, Mobile, AL volunteered to host the event if other outside people would help them. The willingness of Southwest Alabama IG will be considered and treated as a bid.

The following motions were considered:

- By-Laws Article VII Section 4 - Quorum: Change number of IGs represented from two (2) to eight (8) in order to constitute a quorum. Motion carried and adopted.
- P&P, XI. Assembly Procedures – 2. Change when business assemblies are held from “March and September” to “March/April and October/November.” Motion carried and adopted.
- P&P, IX. A. 15: Moved Tech Web (Technology) Committee from b. to e (increased importance) in case of defunding. Motion carried and adopted.
- P&P IX. Financial Policies, A. General, #11 by adding “5. Reimbursements shall be in the form of a check.” Motion carried and adopted.
- An emergency motion was made to require that the Treasurer and at least two of the other three Board members meet the qualifications to be bonded for financial reasons.

The following nominations were made:

- Chair: Viviana G., Andi S., Janet T.; Katrina S.
- Treasurer: Samantha A., Patty G. (withdrawn after the close of the assembly)
- Delegates to WSBC (2018): Patty G., Bonnie V., Andrea K., Katrina S.
- Unity with Diversity Committee Chair: Lila V.

Business Assembly ended at 5:30 PM.

**October 13-15, 2017**

**MIAMI, FL**

Miami-Dade and the Keys Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Miami, FL. The theme of the weekend was “Welcome Home: Recovering in Paradise.”

The business assembly convened at 7:00 pm on October 13, 2017. Final credentials were 49 in the room: 44 voting and 5 non-voting (Trustee, Parliamentarian, Pages and Visitors); and 1-2 virtual representatives (depending on the time). There were eleven “green dots” (first time attendees).

These items were placed on a Consent Agenda to be considered and voted on as a group to save time in deliberations. The motions clarify the way we are doing business now. All were ADOPTED.

- Bylaws Motion A – Change 6-month time frame to next business assembly. ADOPTED.
- Bylaws Motion B – Clarify and simplify procedure for selecting WSBC Delegates. The procedures for applying and selection are detailed in other articles. ADOPTED.
- P&P Motion 1 – Allows Board members to miss one Business Assembly during their term. ADOPTED.
- P&P Motion 2 – Clarify and simplify procedure for selecting WSBC Delegates. Move Bylaws portion to the P&P Manual. ADOPTED.
- P&P Motion 3 – Prohibit USE of recording devices except for Secretary. ADOPTED.
- P&P Motion 4 – Change definition of quorum in P&P Manual (already approved to 8 states in Bylaws). ADOPTED.

These items were NOT on Consent agenda and were considered individually:

- Bylaws Motion C – Virtual voting. ADOPTED.
- P&P Motion 5 – Virtual voting procedures. ADOPTED.
- P&P Motion 6 – No reimbursement for rental cars; only mileage. TABLED. To be reconsidered by the BOARD and rewritten, withdrawn or resubmitted.

Central Arkansas Intergroup (Little Rock) presented a bid to host the fall 2018 RC & BA; which was accepted unanimously. Business Assembly ended at 5:30 PM

**April 20-22, 2018**

**MOBILE, AL**

Southwest Alabama Intergroup (SWAIG) hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Mobile, AL. The theme of the weekend was “Spring Into Action.”

The business assembly convened at 6:55 pm on April 20, 2018. Final credentials: 38 eligible voters; a minimum of three non-voting in the room (Trustee, Parliamentarian and at least one Page), and 1-3 virtual representatives (depending on the time). There were nine “green dots” (first time attendees).

Gold Coast Intergroup presented a bid to host the spring 2019 RC & BA; it was accepted. We will enjoy the “Sunlight of the Spirit” in Fort Lauderdale, April 5-7.

The first VIRTUAL VOTES were cast at 2:47 PM Central Standard Time. This was the very first time this had been done in any Region of OA; we made history.

The following motions were considered:

- Motion 1: Adjust P&P Manual, Article XII. Financial Policies. Rentals cars for transportation would be approved on a case-by-case basis and must be approved in advance. ADOPTED.
- Motion 2: Adjust P&P Manual, Article XIII. Board Members – Treasurer. Motion to remove duty 9. Treasurer will not pay the hotel directly for rooms used by Board members and Funded Chairs, but they will pay and be reimbursed. ADOPTED.

Two emergency motions were made by the Treasurer to adjust the budget:

- To add a line item for the SOAR 8 Budget for Liability Insurance for the Mobile business assembly. ADOPTED.
- Move \$500 to the line for funding delegates to WSBC. ADOPTED.

The following nominations were made and accepted:

- Vice Chair: Barbara C., Pam G.
- Secretary: Janet T., Pam G.
- Region 8 Trustee: Andi S., Viviana G., Margaret R., Atiya M.
- Delegates for WSBC 209: Sam A., Tara L., Atiya M., Neill M.

Business Assembly ended at 5:30 PM.

**October 12-14, 2018**

**LITTLE ROCK, AR**

Central Arkansas Intergroup hosted the Region Assembly and Convention with the theme of “Rocking the Promises” on October 12 at 7:01 pm. There were 39 voting including 5 virtual. The forum topic was “World Service Board of Trustee Restructuring.” The Seventh Tradition was taken and \$417 was received.

The Budget was presented by the Treasurer with the following correction: Amendment to the motion was made, seconded and passed to increase PI/PO budget by \$1000. Three WSBC delegates were elected: Atiya, Neill, Tara.

Pam G was elected Vice Chair; Janet was elected Secretary. Andy S was ratified for the Region 8 Trustee position. New committee chairs were announced: Ways & Means – Andi S.; Bylaws & Electronic Documents – Susan B.; Intergroup Outreach – Aleta P.; Tech/Web – Barbara C. A bid for Fall 2019 Assembly & Convention was presented by the Greater Memphis Intergroup for Oct 11-13, 2019. Accepted. Motion was made and adopted to establish the Public Information Fund Subcommittee under PIPO. Purpose: The SOAR 8 Public Information Fund has been established to aid any Intergroup in facilitating our primary purpose – to carry the message. Specifically, this fund is to be used to reach the general public, who may not have heard of Overeaters Anonymous and our program of recovery. Funds may be used, for example, to launch a local poster campaign, pay for TV or radio air time for our existing OA podcasts, purchase billboards or other signs such as on bus benches, and any other project that gets the OA name into the public eye. The form will be added to the Region 8 website under the PIPO Committee documents. Meeting adjourned on Saturday, October 13 at 5:08 pm.

**April 5-7, 2019**

**FORT LAUDERDALE, FL**

Gold Coast Intergroup hosted the Region 8 Business Assembly & Convention on April 5-7, 2019. The theme was “Sunlight of the Spirit.” The Assembly convened at 6:55 pm on April 5, 2019. There were 40 voting members. The Seventh Tradition collection totaled \$256. The forum was on Intergroup renewal.

A consent agenda was used for three motions to the Policy & Procedure Manual to keep the wording consistent with what is in the bylaws.

- Motion IV: Move to amend Policy & Procedure Manual, Section V, The Twelve Steps of Overeaters Anonymous. Adopted on Consent Agenda.
- Motion V: Move to amend Policy & Procedure Manual, Section VI, The Twelve Traditions of Overeaters Anonymous Adopted on Consent Agenda.
- Motion VI: Move to amend Policy & Procedure Manual, Section VII, The Twelve Concepts of Overeaters Anonymous Adopted on Consent Agenda.
- Motion II: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph, to be in alignment with the bylaws by removing the wording about unaffiliated groups. Adopted.
- Motion III: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph, by removing wording to make it simpler and clearer. Adopted.
- Motion VII: Move to amend Policy & Procedure Manual, Section VIII, Service Structure by removing the current illustration and replacing it with the Service Structure Diagram that is currently used by OA World Service. Adopted.

Three Bylaw motions were presented:

- Motion X: Move to amend Bylaws Article III, Section 2A by adding wording to establish residency requirements for region reps. Motion lost.
- Motion XX: Move to amend Bylaws Article V, Section 2A by adding wording to establish residency requirements for Region Board members. Adopted.
- Motion XXX: Move to amend Bylaws Article VIII, Section 1B, by adding wording to establish residency requirements for Funded Committee Chairs. Adopted.

Nominations for Fall Board members elections were taken: Katrina was nominated for R8 Chair. Michelle was nominated for R8 Treasurer. Nominations for Region Delegates to WSBC for 2020 were taken: Susan B, Dara S, Terri M, Tara and Eric. New Funded Committee Chairs were announced: PIPO – Lonna; Ways & Means – Melissa

A bid for the Spring 2020 Assembly & Convention was submitted by the Baton Rouge Intergroup and was selected to be held on March 20-22, 2020. The assembly adjourned on Saturday, April 6 at 4:52 pm.

**October 11-13, 2019**

**MEMPHIS, TN**

Greater Memphis Intergroup hosted the Region 8 Business Assembly & Recovery Convention with the theme: River City Recovery. 38 voting members, 4 non-voting attended. Forum questions were on improving communication across the region. Seventh tradition collection totaled \$639.35.



Motions:

- Move to amend Region 8 Policy & Procedure Manual Article XXVI by removing Unity with Diversity Committee as a Standing Committee – adopted.
- Move to amend Region 8 Policy & Procedure Manual Article XXIV by adding Unity with Diversity and its Translation sub-committee as subcommittees of Twelfth Step Within – adopted.
- Move to amend Region 8 Policy & Procedures Manual by changing Chairman to Chair in all instances – adopted.
- Move to amend Region 8 Policy & Procedures Manual by changing his or her and his/her to their – adopted.
- Move to amend to change the graphic on the website – adopted.
- Move to amend Region 8 Policy & Procedures Manual Article IX, Section A.5 to fund 2 co-chairs of the Technology/Web Site Committee – adopted.

Middle Tennessee Intergroup received approval to host the Fall 2020 Assembly in Nashville.

Four delegates will be partially funded to attend WSBC 2020: Dara, Central Florida IG; Terri, Miami Dade & the Keys IG, Susan, Piedmont IG; and Tara, Suncoast IG. Katrina Smith was elected Chair; Michelle Dowell was elected Treasurer.

**March 20-22, 2020**

**BATON ROUGE, LA**

**(Cancelled)**

The Spring 2020 Assembly & Recovery Convention was postponed due to the coronavirus pandemic. The new date is October 23-24, 2020 in Baton Rouge, LA.

## October 2020 Fall Assembly

**VIRTUAL ASSEMBLY Region 8**

The assembly convened for the first time ever as a full virtual assembly. This proved to be a major success and many thanks goes out to the Tech Web Committee, Board, and volunteers. Several rewording and updating of the policy and procedure manual was completed by consent agenda and all motions passed. In addition, Dara K was elected Secretary and Melissa H was elected Vice Chair. Given the impact of COVID 19 and the lack of meetings, the assembly agreed to give an extra donation to WSO and a budget over ride was approved for this donation as well as additional funds for Tech Web due to the virtual meetings and technology updates requested.

**April 9 -10, 2021**

## VIRTUAL ASSEMBLY

### Middle TN Intergroup, TN

The assembly was held separately and on its own from the convention held by Middle TN Intergroup. This was a first in many years. The key components for discussion and voting included some rewording and updating of the Policy and Procedure manual for Region 8 around duties of the Bylaws Vice Chair, as well as exploration of a proposed new logo and a summary of the various countries/states in Region 8. The discussion on changing the logo and the listing of member countries, and states, brought out the importance reps/members feel around our Region. In addition, due to the pandemic and lack of expenditures in Region 8, the region has accumulated a surplus of funds. The board asked the membership for ideas and input on various ways the extra money could be used. Again, our membership shared a plethora of ideas and creative solutions. A summary will be made around general categories and presented at the next Assembly. Next Assembly will be hosted by the GAOAI (Greater Atlanta OA Intergroup) October 15-17th, virtually.

## 2021 Fall Business Assembly

## VIRTUAL ASSEMBLY

### Greater Atlanta IG, GA

Held virtually in conjunction of GAOAI (Greater Atlanta OA Intergroup). Biggest news: the assembly was fully translated in Spanish, Portuguese and English! We discussed some basic bylaw changes to match up with our policy/procedure manual as well as elected a new chair, Susan Berland, and re-elected treasurer Michelle Dowell. Two key items were brought up for discussion with the body of Region 8: correcting/updating the various countries/states that are in Region 8 and how to work with/possibly update this information through WSO. Secondly, we discussed how the body wanted to use the excess funds accumulated during the last year. The excess funds were due to much lower expenses because of no travel, no in person business assemblies, and generosity from the various groups in the region. We have a total of about \$15,000 plus/minus to use for key areas of interest: updating website, translation, and Tech Web.

**Assembly Spring 2022**

## VIRTUAL ASSEMBLY

**Memphis TN**

Region 8 began under a new chair, Susan Berland. Michelle Dowell, our current treasurer, was re-elected. We experienced enthusiastic committee meetings and while everything being virtual, it was well attended. Several nominations were made from the floor for positions coming up for election in Fall 2022 - Vice Chair and Secretary. In addition, we received a bid from Miami to host the virtual assembly and convention in Fall 2022. We are hoping we might get a bid from another intergroup for Spring 2023 and North Alabama is considering offering a bid for Fall 2023.

## Assembly Fall 2022

## VIRTUAL ASSEMBLY

## Miami, Dade and the Keys IG, FL

Fifty-five people (including 10 “green dots”) registered for the business assembly. JC Dewitt was elected as the Region 8 Secretary. No Vice-Chair was elected as the nominee was not able to be present at the meeting. (Late note: Lonna Cohen was appointed as Vice Chair by the Board.) The main portion of the assembly was fully interpreted in Spanish, Portuguese and English, but we do not have full capabilities for interpretation in the break out rooms for committee meetings. We did not receive any bids to host the spring 2023 recovery convention, so we may hold just the business assembly. New Freedom Intergroup entered a bid to host a face-to-face business assembly and recovery convention in Fall 2023 at Tybee Island, GA.

**March 17-19, 2023**

## VIRTUAL ASSEMBLY

## Region 8

Theme: “Service = Recovery.” This was a virtual business assembly only; no recovery convention. The Friday night panel discussed the benefits of hosting a RC & BA. Fifty-three people (including 9 “green dots” and 12 non-voting visitors) attended. The main portion of the assembly was fully interpreted in Spanish, Portuguese and English. Motions to Bylaws included: trustee liaison terminology; adding a revision date to footer of document. Motions to P&P Manual included: rewording Sections III and IV; updating the service structure graphics and script; revising the Region 8 Delegate Support Fund and Carry the Message Fund sections; establishing an international subcommittee under IGOR; splitting duties of technology committee and webmaster; changing trustee section to reflect Trustee Liaison;; moving acronyms to an appendix; We did not receive any bids to host the spring 2024 recovery convention.

**October 27-29, 2023**

**TYBEE ISLAND, GA**

## New Freedom IG, FL

Hosted by New Freedom IG, this was the first face-to-face recovery convention and business assembly (hybrid) since the pandemic (2019). Theme was “Welcome Home, Y’all.” P&D theme was “Keeping Your Program Strong.” There were 61 registrants at the business assembly, including 12 virtual voting members and 15 non-voting visitors (34 in the room; 14 green dots total). Technology Committee made it possible to allow virtual members to ask questions. The budget for 1 NOV 23 – 31 OCT 24 was adopted. A proposed motion to the Bylaws to hold business assemblies virtually only, without a corresponding recovery convention, was overwhelmingly defeated. Changes were made to applicable sections of both Bylaws and Policy and Procedure Manual to allow discussion and questions about motions for 7 minutes BEFORE calling for the pros and cons. Motion to stop tracking Continuing Effects in the P&P and make sure they are reflected in the written history was adopted. The Bylaws Committee section of the P&P was rewritten, expanded, and adopted. The secretary was made responsible for updating Appendix F of the P&P, “Region 8 Intergroups/National Service Boards.” Susan Berland was elected as Chair for a second term; Tina Mascorro as Treasurer. We did not receive any bids to host the fall 2024 recovery convention.

**March 15-17, 2024**

## VIRTUAL ASSEMBLY

## Region 8

This was a virtual Assembly; there was no hosting Intergroup therefore there was no Recovery Convention. The theme of the Friday night P&D was “The Concepts” featuring three speakers discussing in-depth four concepts each. There were 40 voting members including green dots, plus visitors were in attendance. The Assembly was translated into Spanish and Portuguese.

**September 20-22, 2024**

## HYBRID ASSEMBLY

## Region 8

This was a hybrid assembly held in South Florida and hosted by two intergroups: Gold Coast IG and Palm Beach IG. The theme was “Be Protected, Stay Connected”. The question: “How does connection keep you protected”? was the theme for the Panel & Discussion on Friday night.

The consent agenda included 2 motions regarding changing “Spring” to “First Assembly” and “Fall” to “Second Assembly” in the PnP. These were adopted. Another motion giving a 3rd night option (when needed) to Funded Committee Chairs was approved. Lonna Cohen was re-elected Vice Chair and JC Devitt as Secretary for second terms.

There was an Assembly discussion on using a Hotel Broker to negotiate for IG's hosting Assemblies/Conventions. No consensus was reached. Also discussed at the Assembly was hiring a paid Social Media professional to build and maintain a Region 8 presence on social media.

Susan B. announced the new WSO policy that no longer endorses minors attending OA meetings.

There were 8 virtual, and 8 green dots with a total of 43 representatives in attendance.

**First Assembly, Baton Rouge LA      March 14-16, 2025      Region 8**

This was a Hybrid Assembly hosted by Baton Rouge Intergroup (BRIG) and Central Office of Louisiana (COLA). Once again two Intergroups paired up to bring about a successful weekend of business, fun and fellowship. The theme for the weekend was "Travel the River Road of Freedom", and the theme for the Panel & Discussion was "How does service provide immunity from relapse and what freedoms come as a result?" Three speakers shared, incorporating the topic.

A detailed presentation on how to use Canva, an online creative app for use in creating flyers, and presentations (with copyright free images) was made by the Tech committee. A motion to amend the PnP to "Approve applications for new Face-to-Face meetings, and provide up to \$100 funding" passed after 3 amendments to the motion regarding specificity failed. Nominations were held for Chair and Treasurer. Bids for the 2026 First Assembly by Piedmont IG and Second Assembly by Central Arkansas IG were presented and approved. In attendance there were 30 in-person reps (including 3 Green Dots) + 16 virtual reps (including 2 Green Dots and 2 Board members).

**Second Assembly (Virtual)      October 24-26, 2025      Region 8**

This was a virtual Assembly; there was no hosting Intergroup therefore there was no Recovery Convention. The theme of the Friday night P&D was "Coming Together in Unity" featuring three speakers. There were 43 voting members including green dots, plus visitors in attendance. The Assembly was translated into Spanish and Portuguese. Two motions were passed on the consent agenda: - a revision to the secretary duties to reflect actual practices and, an increase for registration fees to \$60. There were two motions that were defeated; expenses for auto travel and reduction of the number of funded chairs of Technology Committee – A motion to have Region 8 allocate \$1500 to hosting intergroups to pay for needed professional technology support was adopted. Elections: Julia Spears, COLA, was elected as Chair, and Sherry Schuster, Gold Coast, Treasurer. If there is money in the Treasury or from the WS fund, two delegates were elected to WSBC 2026. The budget for the year was presented and approved. Presentation for First Business Assembly/Recovery Convention of 2026 by Charlotte, North Carolina (Piedmont IG). March 13-15, 2026 was given. There was one Emergency Motion: An authorization for the Region 8 Board to increase funding (over and above the approved budget) for the next fiscal year without voting by the assembly. Motion was adopted.

**First Assembly 2026    March 13- 15th    Charlotte, NC**

The first Assembly of 2026 was held in Charlotte NC. by the Piedmont Intergroup. This was a Hybrid Assembly. In-person representatives of Region 8 were warmly welcomed by the Piedmont Intergroup, their theme was "Recovery Soars". In addition there were 6 representatives attending Virtually.

The Friday night Panel & Discussion's topic was: What does the slogan "Focus on the Solution" mean to you or in your recovery? Three panelists shared their experience, strength and hope relating to the question. Saturday's agenda contained the voting of two motions regarding the transfer of the Seed Money disbursement from the PIPO committee to the IGOR committee. These motions were put on the Consent agenda and passed. The third motion regarding financials for this matter, after lengthy discussion, failed. Also on Saturday's agenda was an in depth, and well received Marketing Presentation by the PIPO committee. Nominations for Secretary and Vice Chair ensued.

There were 34 representatives voting on Saturday.

*Appendix I. Abbreviated Terms and Acronyms Used in this Manual*

| Abbreviated  | Full Term                                                                                      |
|--------------|------------------------------------------------------------------------------------------------|
| AA Big Book  | Alcoholics Anonymous (called “The Big Book”)                                                   |
| Assembly     | Region 8 Business Assembly                                                                     |
| BOT          | Board of Trustees                                                                              |
| Bylaws Chair | Chair of the Bylaws/Electronic Documents Committee                                             |
| CPA          | Certified Public Accountant (Financial)                                                        |
| EC           | Executive Committee                                                                            |
| “Green Dot”  | A first-time representative to the Business Assembly. The “green” is a reference to being new. |
| IG           | Intergroup                                                                                     |
| IGOR         | Intergroup Outreach                                                                            |
| IRS          | Internal Revenue Service (Tax Organization)                                                    |
| P&P          | Policy and Procedure Manual                                                                    |
| PC           | Personal computer                                                                              |
| PI           | Public Information                                                                             |
| PIPO         | Public Information and Professional Outreach Committee                                         |
| Q&A          | Question and Answer                                                                            |
| R8DSF        | Region 8 Delegate Support Fund                                                                 |
| Region 8     | Southeastern Overeaters Anonymous Region 8 (SOAR 8)                                            |
| Rep          | Registered Representative                                                                      |
| SOAR8        | Southeastern Overeaters Anonymous Region 8                                                     |
| Tech         | Technology Committee                                                                           |
| TSW          | Twelfth Step Within Committee                                                                  |
| Voucher      | Expense Voucher and Advance Request Form                                                       |

|      |                                       |
|------|---------------------------------------|
| WSBC | World Service Business Conference     |
| WSO  | World Service Office (Rio Rancho, NM) |