



Southeastern Overeaters Anonymous Region 8

Second Business Assembly of 2026

September 25-26th 2026

Little Rock, Arkansas- Hybrid

Zoom Information Meeting Ids/Links TBA

All times are in Central Time

Green Dot Orientation - September 18th, 6:00 PM, Zoom only

Friday Board and Funded Chairs Meeting 2:00 PM

Friday PM Assembly Convenes 06:30 PM

Saturday Assembly Convenes 08:30 AM

Sunday Board and Funded Chairs Meeting 08:30 AM

Sunday Topic: IGOR Sharing Meeting 09:30 AM

This is the initial packet. An update final packet will be posted on the Region 8 website, assembly page approximately 2 weeks prior to the assembly.

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 at the end of this packet.

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.

Table of Contents

Notes for the Region Reps 4

Board Meeting Agenda Pre-Assembly.....6

Business Assembly Agenda7

Standing Rules Assembly13

Business Assembly Unapproved Minutes – First Assembly 2026 OA Region 8.....16

Results of Motions – First Assembly 2026 21

Chair Report.....22

Vice Chair Report.....23

Treasurer Report24

Secretary Report25

Trustee Report 26

Motion 1: clarifying whom budget requests are sent for consideration when creating a proposed budget. 27

Motion 2: Int Com updates Spanish and Portuguese versions of Bylaws and PnP 29

Motion 3: update PnP that the bylaws committee sends updated documents to Int for updates 31

Motion A: Board elected terms33

Motion B: appointed board terms are not considered elected.....35

Motion C: appointed chair terms do not count as consecutive terms.....37

Committee Reports

Ways & Means Committee Report..... 39

PIPO Committee Report.....41

Tech Committee43

Bylaws Committee 114

TSW Committee47

International Committee 49

IGOR Committee 51

Application Vice Chair Michelle D53

Application R8 WSBC Delegate Dora P 56

SOAR 8 First 2026 Convention/Assembly Report 58

Convention Evaluation Results First 2026 65

Assembly Evaluation Results First 202671

Appendix A: Region 8 Service Directory	75
Appendix B: Decorum In Debate.....	76
Appendix C: Links to Online Forms	77
Appendix D: Virtual Assembly Information.....	78
Appendix G: Service Body information	79
Instructions for turning on interpretations in Zoom	80

Notes for the Region Reps

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

What do I need to do before attending the assembly?

1. Have your intergroup chair fill out a certificate of eligibility form for the reps coming from your intergroup. They can do this here: <https://oaregion8.org/certificate-of-eligibility/>
2. Registration – can be found on the Region 8 website under the assemblies tab.
3. Fill out a committee assignment sheet and send to secretary@oaregion8.org <https://oaregion8.org/files/PDFs/Region8-Committee-Selection-Form.pdf>
4. **READ THIS PACKET!!**

CERTIFICATE OF ELIGIBILITY In order for your Intergroup Region 8 Representatives to be able to vote at the assembly, **your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for the current year.** You can fill out the Certificate of Eligibility online at our website, www.oaregion8.org . Select the documents tab, fill in the information and hit submit! The form can be translated into Portuguese or Spanish by using the language selection at the top of the page. If you need help filling out the form, contact the Secretary. ***All Intergroups are requested to submit a new Certificate in January of each year AND during the year any time there is a change in IG Chair, Reps or Alternates for a Region 8 Assembly.*** Voting at the assembly is the best way to show how much you support a healthy Region 8!

COMMITTEE ASSIGNMENTS Part of your responsibility as a Region 8 representative is to participate in a committee. The sign-up sheet can be found on the documents page of the region 8 website and contains a brief explanation of each committee. If you were a Rep in the last assembly, we will try to place you in the same committee as last time. If you desire to change committees, please first contact your Committee Chair, and then contact the Secretary at secretary@oaregion8.org . If this is your first assembly or you are returning, please email the form to the Secretary at secretary@oaregion8.org when you register for the assembly.

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

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

Funding may be available for this business assembly and is available for future assemblies. If your Intergroup is unable to financially send at least one Representative to the business assembly, perhaps Region 8 can help you for a future assembly. You can submit the Representative Funding Application from the documents section of region 8 website. Application for Rep Funding is requested sixty (60) days prior to the Assembly. Contact the IGOR Chair (igorchair@oaregion8.org) for more information. We appreciate your service and need you.

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

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

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

Time Central/Eastern	Item #	Description / Topic
9:30/10:30 AM		Board Meeting: R8 Board Only
2:00/3:00 PM	1.	BOARD MEETING CONVENES as per Bylaws Art. V, Section 10A Board and Funded Chairs Join – Open to All.
	2.	Old Business: a. Encouraging and mentoring Region 8 leadership b. Audits/Finances (Treasurer) c. OA Strategic Plan (Trustee)
	3.	New Business: a. 2027 Assembly update b. Emergency Motions c. Secretary position d. Committee Chair terms e. This assembly's emphasis on P&P/Bylaws. 1. In committee meetings please read the purpose and duties of your committee. 2. Discuss if changes are needed to the P&P or Bylaws.
	4.	Break (10 minutes) if needed
	5.	a. Check in & update on Committee issues & activities, questions, concerns – 10 min. each 1. Ways and Means 2. Bylaws/Electronic Documents 3. Intergroup Outreach (IGOR) 4. Twelve Step Within (TSW) 5. Public Information/Professional Outreach (PIPO) 6. Technology (Tech) 7. International
3:30/4:30 PM	6.	Close - Responsibility Pledge, followed by The OA Promise Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. The OA Promise: 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. We are all together now, reaching out our hands for power greater

Friday, September 25, 2026 (All Times Central/Eastern)

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

	11.	Recess - Responsibility Pledge, followed by The OA Promise Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. The OA Promise: 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. 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!
--	-----	---

Time Central/Eastern	Item #	Description / Topic
8:30/9:30 AM	12.	ASSEMBLY RECONVENES
	13.	OA Readings a. Serenity Prayer b. Serenity Prayer Spanish c. Serenity Prayer Portuguese d. 12 Steps e. 12 Traditions f. 12 Concepts g. Voices of Recovery
	14.	Introduction of Center Mic & Timer
	15.	Credentials Report
	16.	Adoption of Agenda
	17.	Introduction of Parliamentarian & short parliamentary lesson
	18.	Adoption of Standing Rules
	19.	Approve Consent Agenda a. Proposed Motion B b. Proposed Motion A c. Proposed Motion C d. Proposed Motion 1 e. Proposed Motion 2 f. Proposed Motion 3
	20.	Approve minutes from First 2026 Assembly
	21.	 7th Tradition Please go to oaregion8.org to donate or scan the QR code. Thank you!
	22.	Break
	23.	Board Reports (5 minutes for report and 5 minutes for questions) a. Chair b. Vice-Chair c. Secretary d. Treasurer

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

	24.	Trustee Report (10 minutes for report and 5 minutes for questions)
10:30 AM	25.	Committee Meetings 1.5 hours or until finished
12:00/1:00 PM	26.	Lunch Break
2:00/3:00 PM	27.	ASSEMBLY RECONVENES
	28.	Credentials
	29.	Motions - Bylaws and P&P
	30.	Break
3:30/4:30 PM	31.	Elections a. Vice-Chair b. Secretary c. WSBC delegates 2027
	32.	New Business a. Approve 2026-2027 Budget b. 2027 Assembly presentation c. Emergency motions d. Committee Chair selection announcements
	33.	Committee Reports
		a. Ways & Means
		b. Bylaws/Electronic Documents
		c. Intergroup Outreach (IGOR)
		d. Twelve Step Within (TSW)
		e. Public Information / Professional Outreach (PI/PO)
		f. Technology (Tech)
		g. International Committee
4:55/5:55 PM	34.	For the good of the order (time permitting)
	35.	GREEN DOT CEREMONY
	36.	Assembly Evaluation –
	37.	Announcements Tomorrow 7:30/8:30 AM Region 8 Board & Committee Chairs Meeting 9:00/10:00 AM Intergroup Sharing Meeting (Everyone Invited)

5:00/6:00 PM	38.	ASSEMBLY ADJOURNS- Responsibility Pledge, followed by The OA Promise Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. The OA Promise: 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. 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!
--------------	-----	--

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

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

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

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

1. Participation in Assembly

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

2. Voting Procedures

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

3. Recognition for Physically Present Representatives

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

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

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

4. Motions and Debate

a. Process for New Business Motions

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

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

5. Miscellaneous Rules

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

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 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 7th 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 12th on the 12th 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**

Second Assembly 2026, September 25-27th, 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

JC
Secretary
Region 8 OA

Trustee Report

Assembly II, September 25, 2026

Gary Davis, Trustee Liaison to Region 8, 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, 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:
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. 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.	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 <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. 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 <u>Second</u> Assembly prior to the fiscal year for which the increase is requested. D. Funding for Additional Committees 1. The Ways and Means Committee <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. 2. A committee requesting funding must submit a Region 8 Annual Budget Request (Appendix F-Forms) to the Ways and Means Committee Chair <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.

--	--

SUBMITTED BY:

- Position/Committee: Region 8 Board
- Name: JC Devitt
- E-mail contact: 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:
XXVI. International Committee 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. B. <i>Duties</i> 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	XXVI. International Committee 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. B. <i>Duties</i> 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 5. Update the Spanish and Portuguese versions of the Bylaws and P&P to reflect any changes after each Assembly. 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.

SUBMITTED BY:

- Position/Committee The International Committee
- Name: Stuart Stewart
- E-mail contact: 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:
XXI. Bylaws/Electronic Documents Committee 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.	XXI. Bylaws/Electronic Documents Committee C. Documents Sub-Committee 1. Purpose a. The purpose of the Documents Subcommittee is to 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. F To foster a greater awareness for of the uses and purposes 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. 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.

--	--

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

SUBMITTED BY:

- Position/Committee: Region 8 Bylaws
- Name: Debby H., Chair
- E-mail contact: 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:
ARTICLE V – THE REGION 8 BOARD 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.	ARTICLE V – THE REGION 8 BOARD 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. Such appointment shall not be considered as an elected term under ARTICLE V, Sections 3-C, 6-B and 6-C.

SUBMITTED BY:

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

INTENT:

IMPLEMENTATION:

COST:

PRIMARY PURPOSE:

TYPE OF MOTION: ASSEMBLY OUTCOME:

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:
<u>ARTICLE VIII – COMMITTEES</u> Section 1 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 they are 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 their 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.	<u>ARTICLE VIII – COMMITTEES</u> Section 1 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 they are 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 their compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year. Have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA. 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 two consecutive terms (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. Any appointment to complete the term of a vacated Chair shall not count towards these two consecutive terms.

SUBMITTED BY:

- Position/Committee Region 8 Bylaws Committee
- Name: Debby H. Chair
- E-mail contact: 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



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

REGION 8 COMMITTEE PROGRESS REPORT

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

Committee: Technology Assembly: Second 2026 Sept 24-26, 2026

☐ Packet for Assembly _____ ☒ Progress Report 08/13/26
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



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

REGION 8 COMMITTEE PROGRESS REPORT

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

Committee: _____ Assembly: _____

Packet for Assembly _____
Date of Assembly

Progress Report _____
Date Period Covered

Specific objectives for the period: (Numbered List)

1.

2.

3.

4.

5.

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

1.

2.

3.

4.

5.

Projections for the next period:

1.

2.

3.

4.

5.

Expenditures for the period: \$ _____

Committee Chair: _____

Date: _____



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

REGION 8 COMMITTEE PROGRESS REPORT

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

Committee: 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

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

Committee: 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

Region 8 Board Application

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

Office applied for:

☐ Chairman

☒ Vice-Chairman

☐ Secretary

☐ Treasurer

Name 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.

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

SOAR8 Vice Chair Application

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.

Region 8 Delegate to WSBC Application

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

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

WSBC Dates applied for: 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.*)

BRIEF ACCOUNT OF OA STORY

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

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 7th 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

Expenses	
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
	<u>\$13,993.62</u>

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

Profit Total	\$3,152.08
For Region	\$1,576.04
For Intergroup	\$1,576.04

Not Included as Costs Donated by Members	
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	85	\$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
Total Hotel Costs			<u>\$7,711.04</u>

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. Ie. 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 36%	9 64%
SOAR 8 Board's service to me was..	2 14%			2 14%	10 71%
Meeting rooms	1 7%	1 7%	1 7%	5 36%	6 43%
Pre-publicity and flyer				5 36%	9 64%
PI/PO display was information and helpful	1 8%			4 31%	8 62%
Cost of registration	1 7%			5 36%	8 57%
Green Dot mentoring / Information	6 43%		1 7%	4 29%	3 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 1st 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 1st 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

--Appendix A: Region 8 Service Directory

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

Appendix B: Decorum In Debate

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

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

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

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

2. Refraining from attacking a member's motives.

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

3. Addressing all remarks through the chair.

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

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

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

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

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

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

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

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

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

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

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

9. Refraining from disturbing the assembly.

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

Jan Strand, PRP

March 1, 2014

Appendix C:

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

<https://oaregion8.org/>

Voucher and Advance Request Form

Committee Progress Report

Region 8 Delegate to WSBC Application

Request for Budget Override

Certificate of Eligibility – English

Appendix 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	https://oacentralalabama.blogspot.com/
Alabama	09198	Southwest Alabama IG	Mobile, Atmore and Daphne	N/A	N/A
Alabama	09283	North Alabama OA IG	Southeast Tennessee and North Alabama	N/A	N/A
Argentina	09671	Buenos Aires ARGBA IG	All of Argentina	54 911 57505020	https://oa-argentina.org/
Arkansas	09138	Arkansas IG	Arkansas	501-425-5781	https://oa-arkansas.org/
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	https://ccaonline.com.br/
Brazil	09679	IG Virtual Serenidade Online	Virtual	N/A	N/A
Brazil	09704	Rio de Janeiro IG	Rio de Janeiro state	N/A	https://cca.org.br/
Brazil	09962	Juncab NSB	MG Brazil	55-21-2532-5174	https://cca.org.br/
Colombia	09688	CCA Colombia IG	All of Colombia	57-32-0821-5476	https://comedorescompulsivoscolombia.org
Costa Rica	09604	Costa Rica IG	All of Costa Rica	506 85243106	http://www.cacostarica.org
Cuba	09576	Love Cuba IG	All of Cuba	53 -5833-0350	N/A
Dominican Republic	09635	IG de Comedores Compulsivos Anonimos de Republica	Republica Dominican	1-829-786-0033	N/A
Florida	09016	Central Florida IG	Orlando Metro Area, Brevard, Citrus, Lake, Marion, Orange, Seminole Sumpter, Osceola and Volusia Counties	via website	http://www.oacfi.org/
Florida	09065	Suncoast IG	Tampa Bay And Pinellas And Hillsborough Counties Area Included: Tampa Bay Hillsborough County Parts of Pasco and Citrus Counties	813-378-7275	http://www.oasuncoast.org/
Florida	09089	New Freedom IG	Northeast Florida And Southeast Georgia (200 mi. radius of Jacksonville)	516-286-1888	http://www.oanfig.org/
Florida	09095	Gold Coast IG	South Florida, Fort Lauderdale, Boca	954-546-0348	http://www.oabroward.org/
Florida	09179	Highlands Ridge IG (Florida Ridge)	Highlands Ridge, Polk, Hardie, and Desoto Counties	727-310-5760	https://oahri.org/
Florida	09231	Southwest Florida IG	Lec, Hendry and Collier Counties Area	760-464-4399	http://southwestfla.org/
Florida	09233	Palm Beach County IG	Palm Beach County	561-820-9242	http://www.oapalmbeachfl.org/
Florida	09240	Manasota IG	Sarasota and Manatee Counties	941-556-1293	http://www.oamanasota.org/
Florida	09386	Miami-Dade and the Keys IG	Miami, Dade and part of Monroe, Keys County	305-857-5627	http://oamiami.org/
Florida	09412	Gulf Coast of Florida IG	Pinellas, Hernando, Pasco	NA	https://ogulfcoast.org/
Georgia	09114	Greater Atlanta IG	Atlanta Metro Area	404-634-3314	http://atlantaoa.org/
Guatemala	09551	Guatemala-Vale La Pena IG	All of Guatemala	502-333-7584	N/A
Louisiana	09023	Central Office of Louisiana IG (COLA)	New Orleans and surrounding area	504-366-3230	https://www.oaneworleans.org
Louisiana	09064	Baton Rouge IG	Baton Rouge, Donaldsonville, New Roads, Plaquemine, Lafayette and Carencro	205-267-8759	http://oabatonrouge.org/
Louisiana	09213	North Louisiana IG	Northern half of LA, above 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	https://www.greaterozarksoa.org
North Carolina	09185	Piedmont IG	50 Mile radius of Charlotte	803-493-6870	http://piedmontintergroup.org/
North Carolina	09314	Triangle IG	Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties	919-406-9300	http://triangleoa.org/
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	https://grandstrandsoa.org
South Carolina	09080	Central Midlands IG	Central midlands area of South Carolina	803-466-8853	https://www.centralmidlandsoa.com/
South Carolina	09220	Central Savannah River Area IG (CSRA)	Central Savannah River area	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	https://oasmokymtn.org/
Tennessee	09228	Middle Tennessee IG	Middle Tennessee, Nashville And Surrounding Counties	615 856 7370	http://oanashville.org/
Tennessee	09165	Greater Memphis Area IG	Western TN, Northern Mississippi	901-860-4990	http://www.oamemphis.com/
Tennessee	09260	Unity IG	Chattanooga, Tennessee And Northern Georgia	423-503-6851	http://www.oaunity.org/
Venezuela	09634	IG Esperanza Venezuela	Gran Caracas, Centro Oriente De Venezuela	005-841-4302-7205	N/A

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?



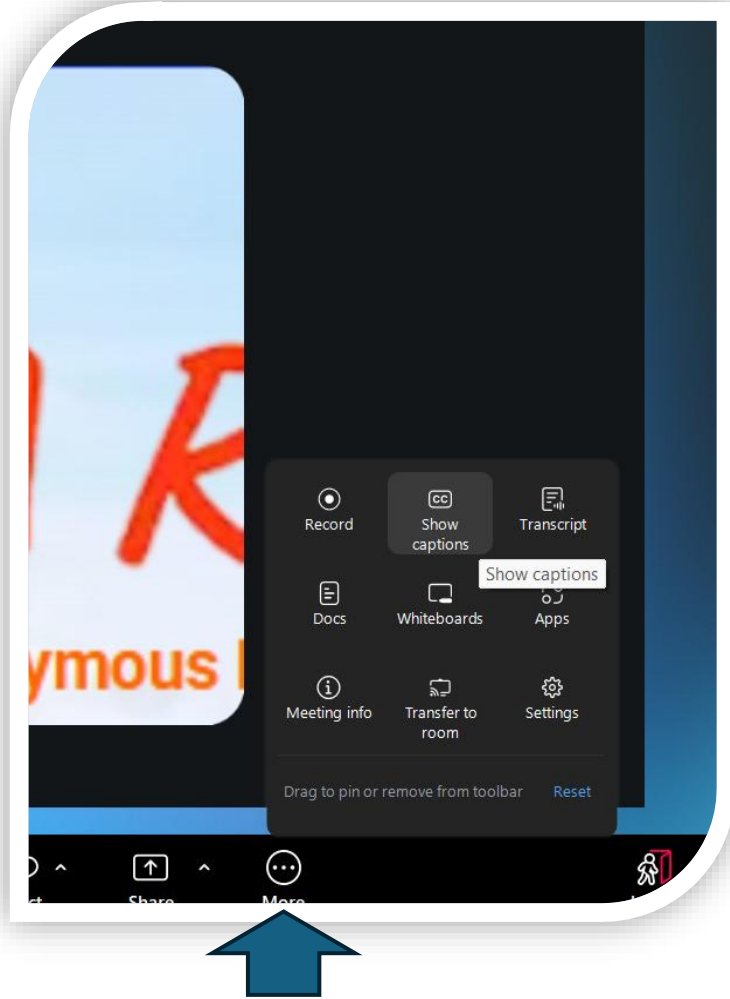


Southeastern Overeaters Anonymous Region 8



YOU MUST SELECT YOUR
SPEAKING LANGUAGE TO
BE UNDERSTOOD.

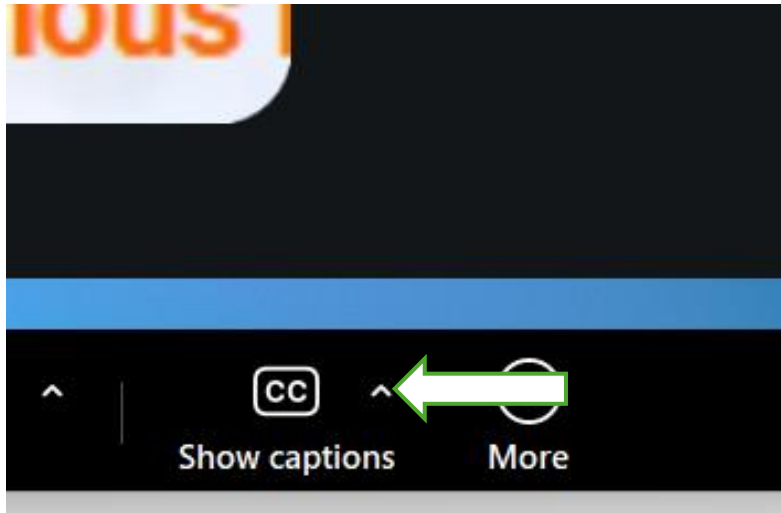
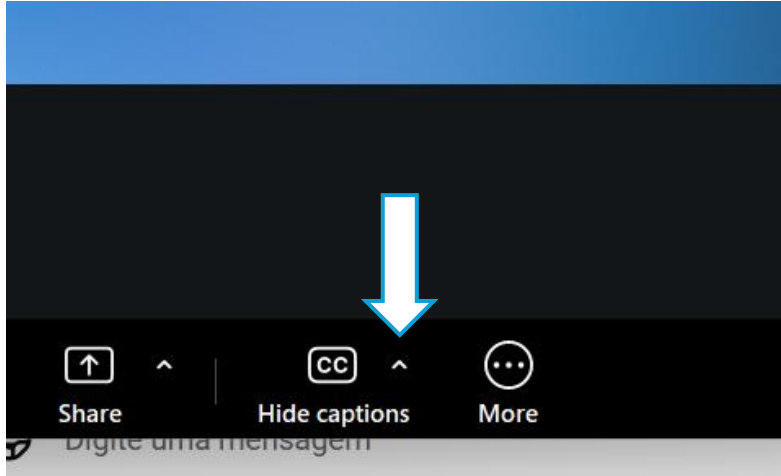




1. AT THE BOTTOM OF YOUR ZOOM SCREEN,
SELECT **[MORE]**
2. SELECT **[CAPTIONS]**
3. SELECT **[SHOW CAPTIONS]**

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

Southeastern Overeaters Anonymous Region 8



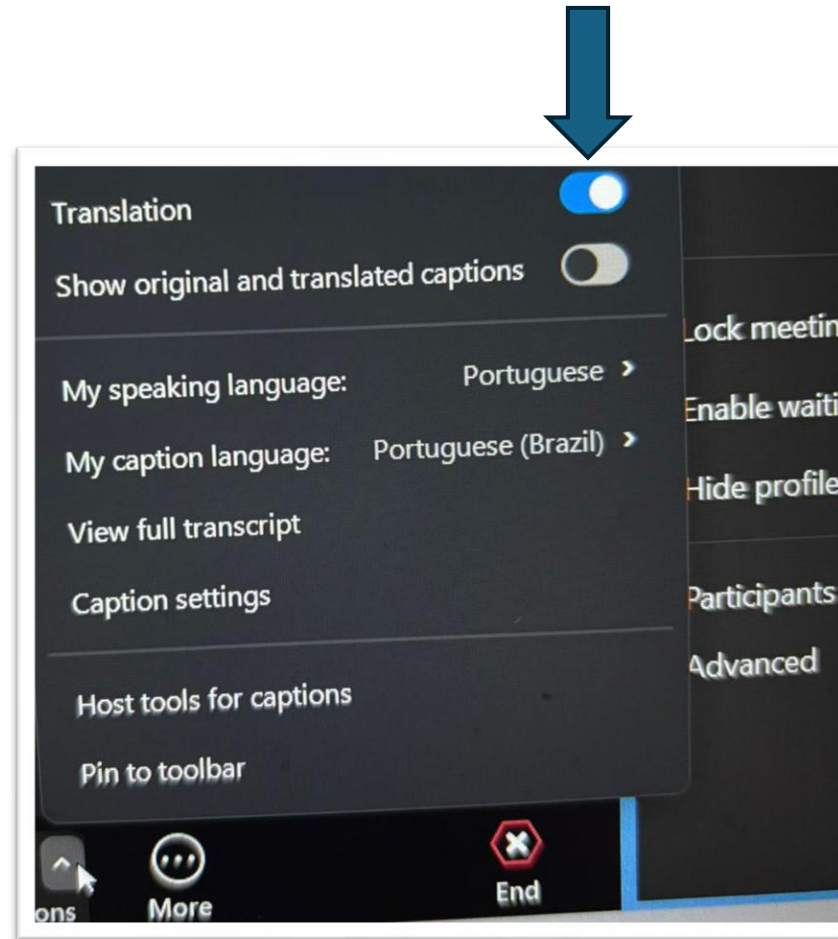
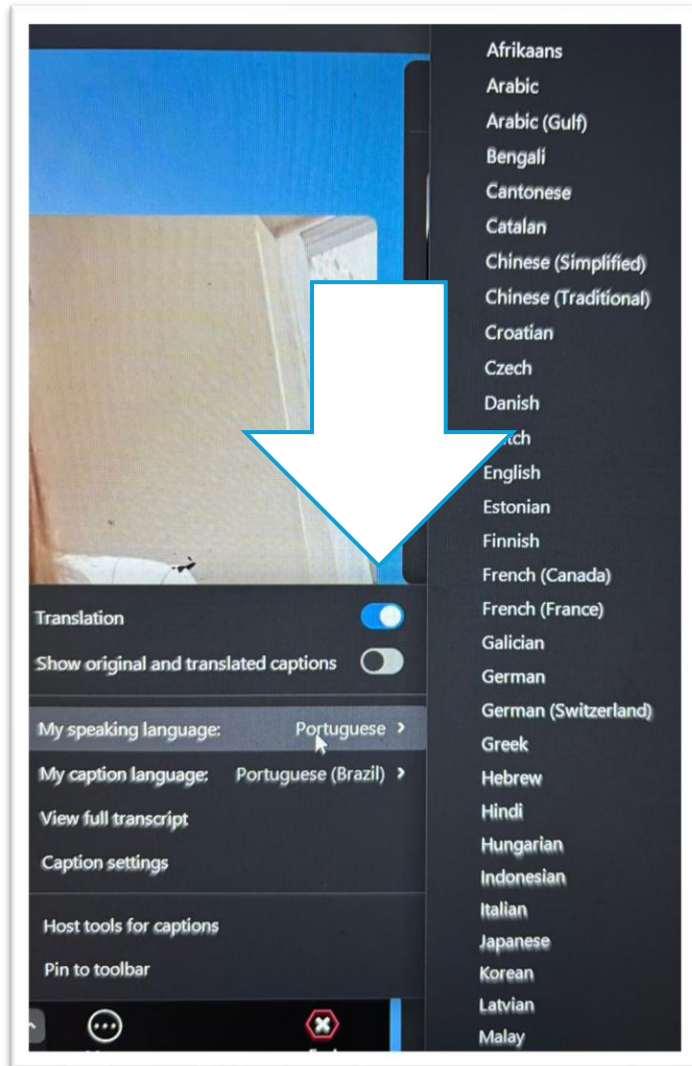
1.SELECT THE SMALL ARROW NEXT TO IT



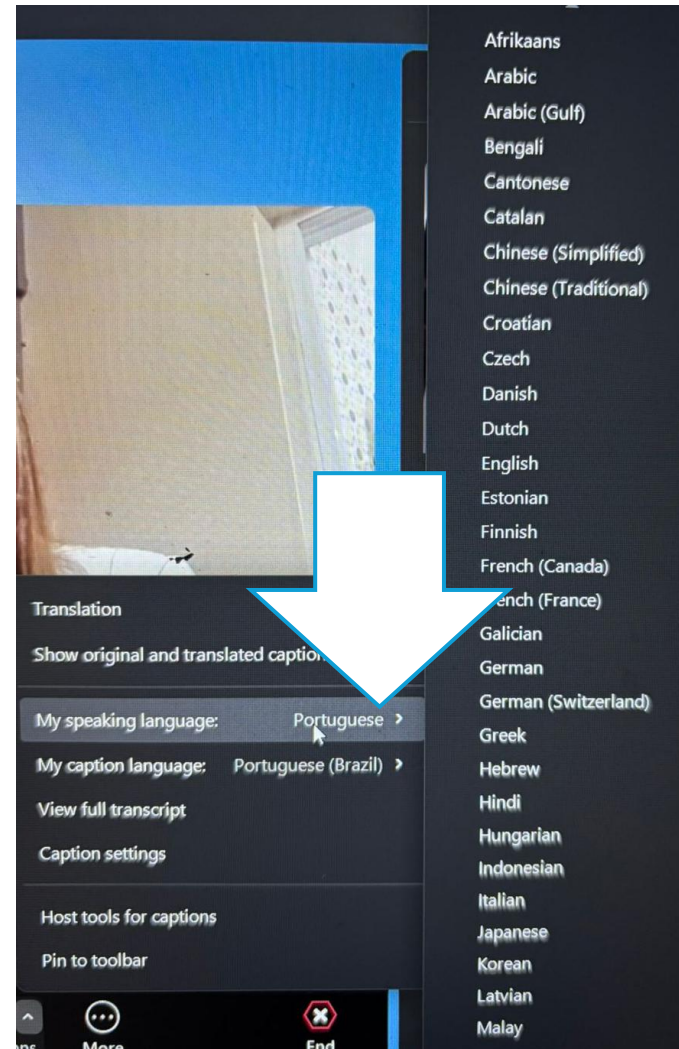
Southeastern Overeaters Anonymous Region 8



TURN ON TRANSLATIONS



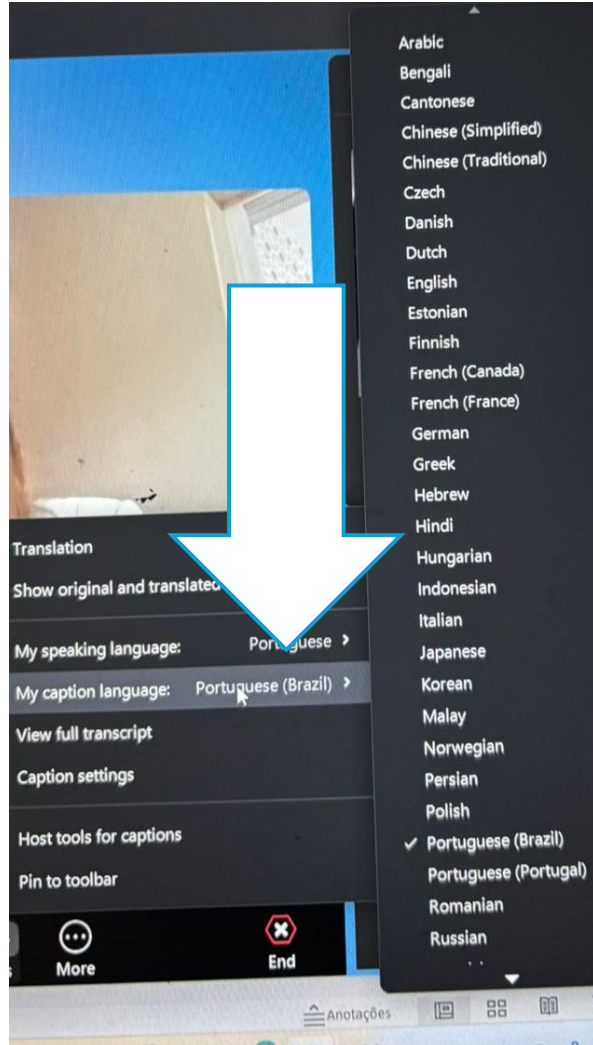
Southeastern Overeaters Anonymous Region 8



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







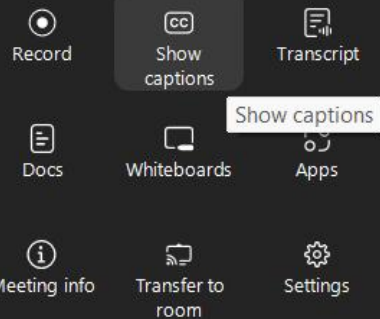
Southeastern Overeaters Anonymous Region 8

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





[MOSTRAR LEGENDAS]



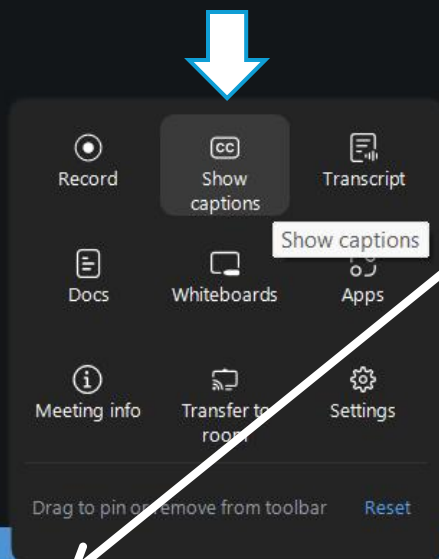
Como ativar as legendas ao vivo no Zoom (Desktop)



Southeastern Overeaters Anonymous Region 8

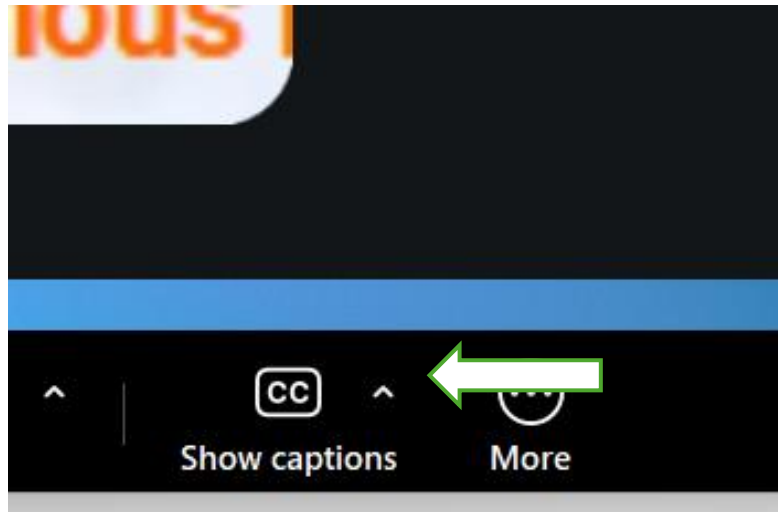
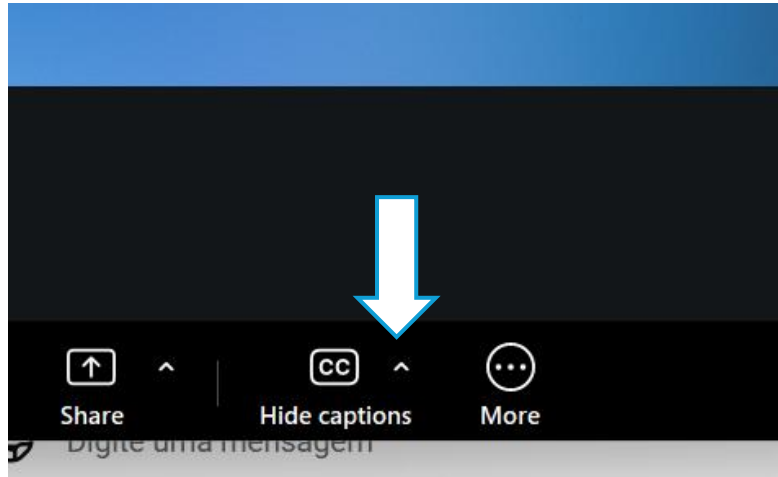
Como ativar as legendas ao vivo no Zoom (Desktop)

[MOSTRAR LEGENDAS]



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

Southeastern Overeaters Anonymous Region 8

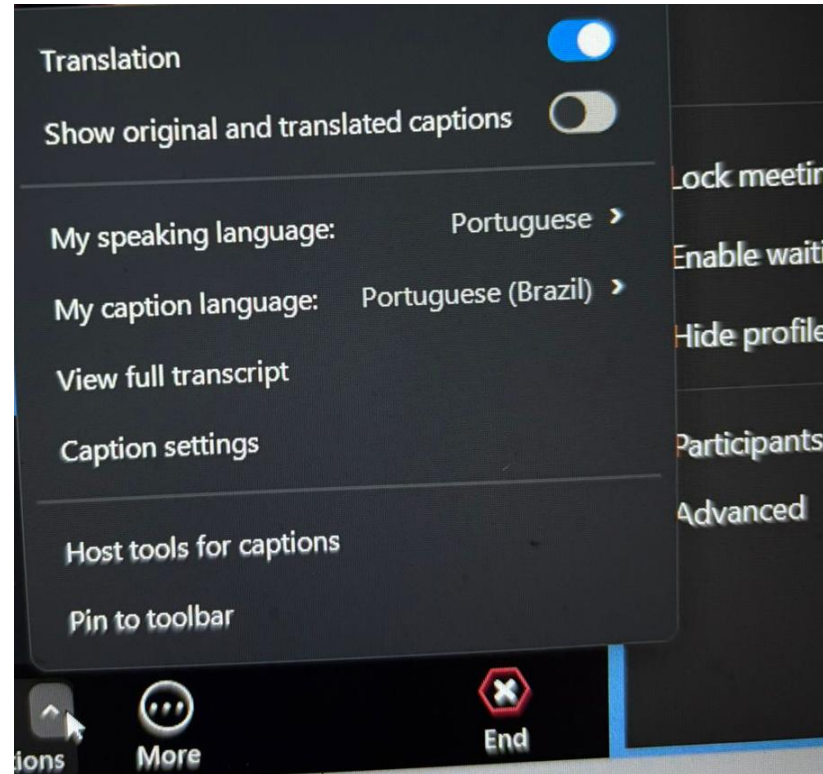
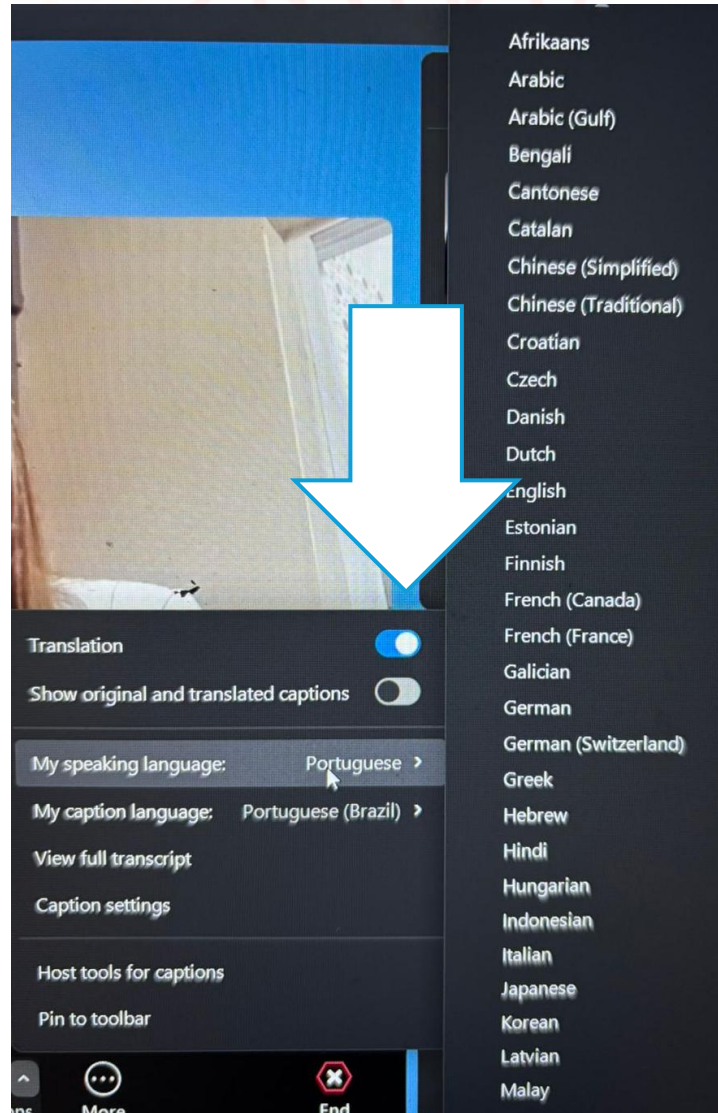


1. Selecione a pequena seta ao lado^

Southeastern Overeaters Anonymous Region 8



ATIVAR AS TRADUÇÕES (TRANSLATION)



Southeastern Overeaters Anonymous Region 8

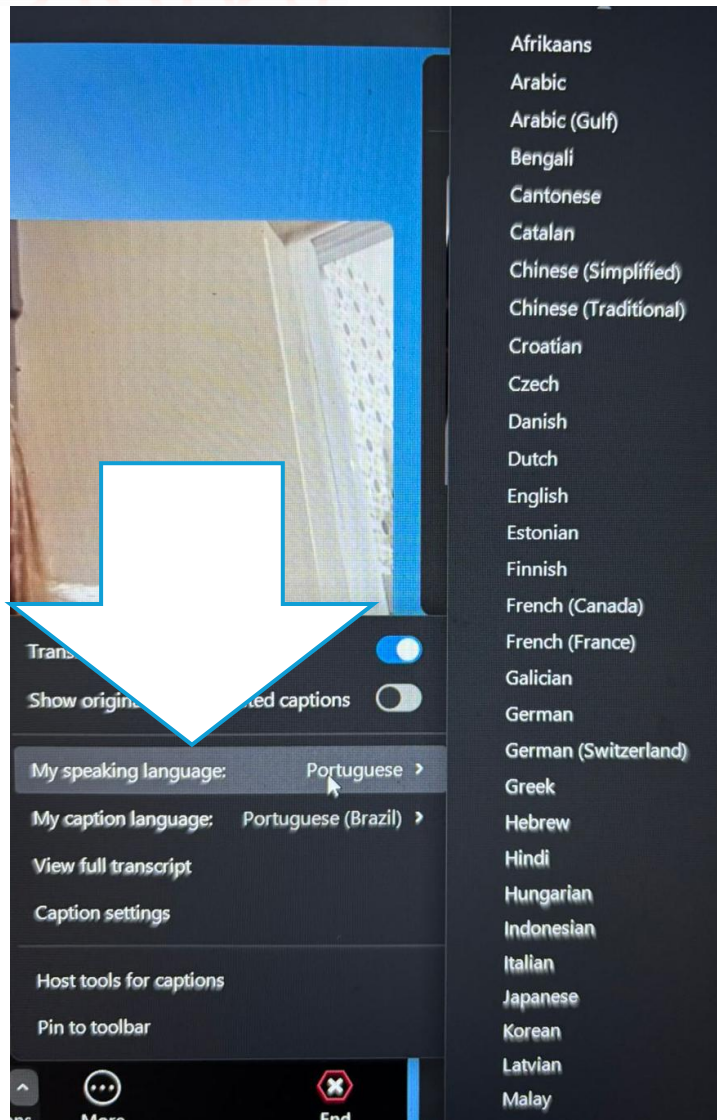
1. Select your caption language for **speaking** (the language you will speak)

Selecione o idioma das legendas para falar (o idioma em que você vai falar)



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

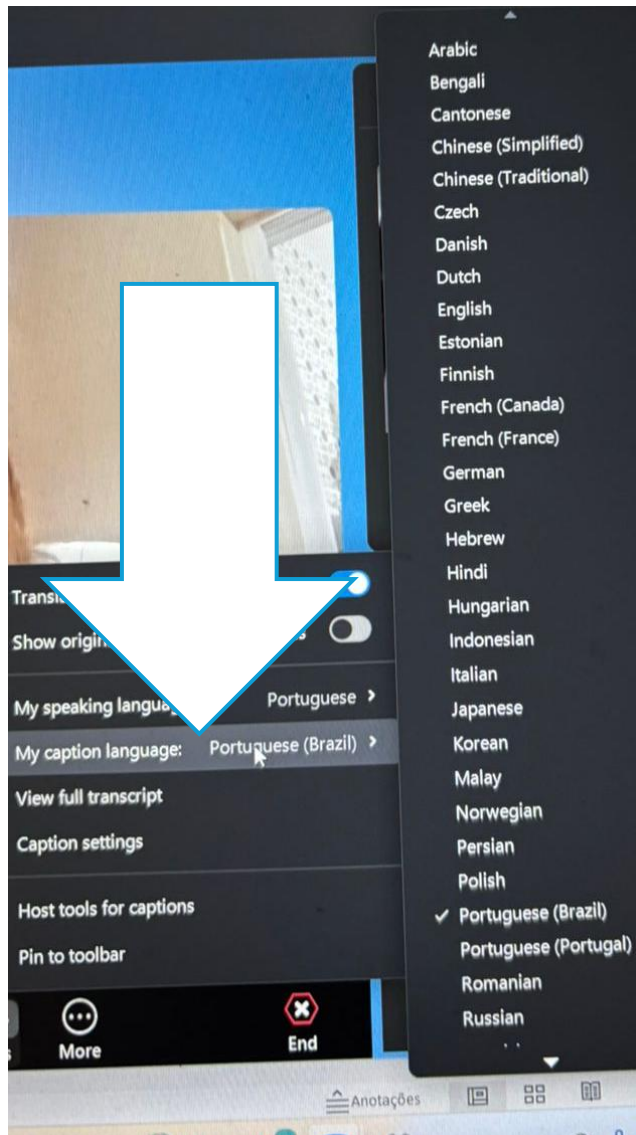
Southeastern Overeaters Anonymous Region 8





1. Select your caption language for reading (the language you want to read)

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)

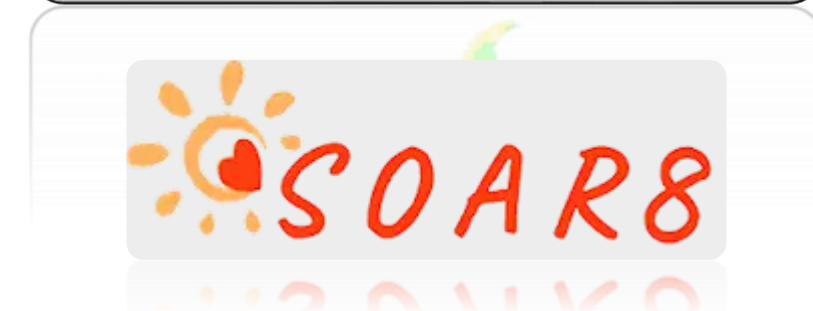
1. NA PARTE INFERIOR DA TELA DO ZOOM, SELECIONE [MAIS]
2. SELECIONE [LEGENDAS]
3. SELECIONE [MOSTRAR LEGENDAS]
4. SELECIONE A PEQUENA SETA AO LADO
5. SELECIONE O IDIOMA DAS LEGENDAS PARA FALAR
(O IDIOMA EM QUE VOCÊ VAI FALAR)
6. SELECIONE O IDIOMA DAS LEGENDAS PARA LEITURA
(O IDIOMA QUE VOCÊ QUER LER)

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





Southeastern Overeaters Anonymous Region 8





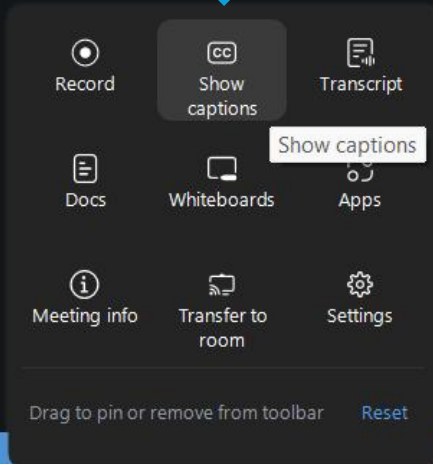
Southeastern Overeaters Anonymous Region 8

DEBE SELECCIONAR SU
IDIOMA HABLADO PARA
SER COMPRENDIDO(A).



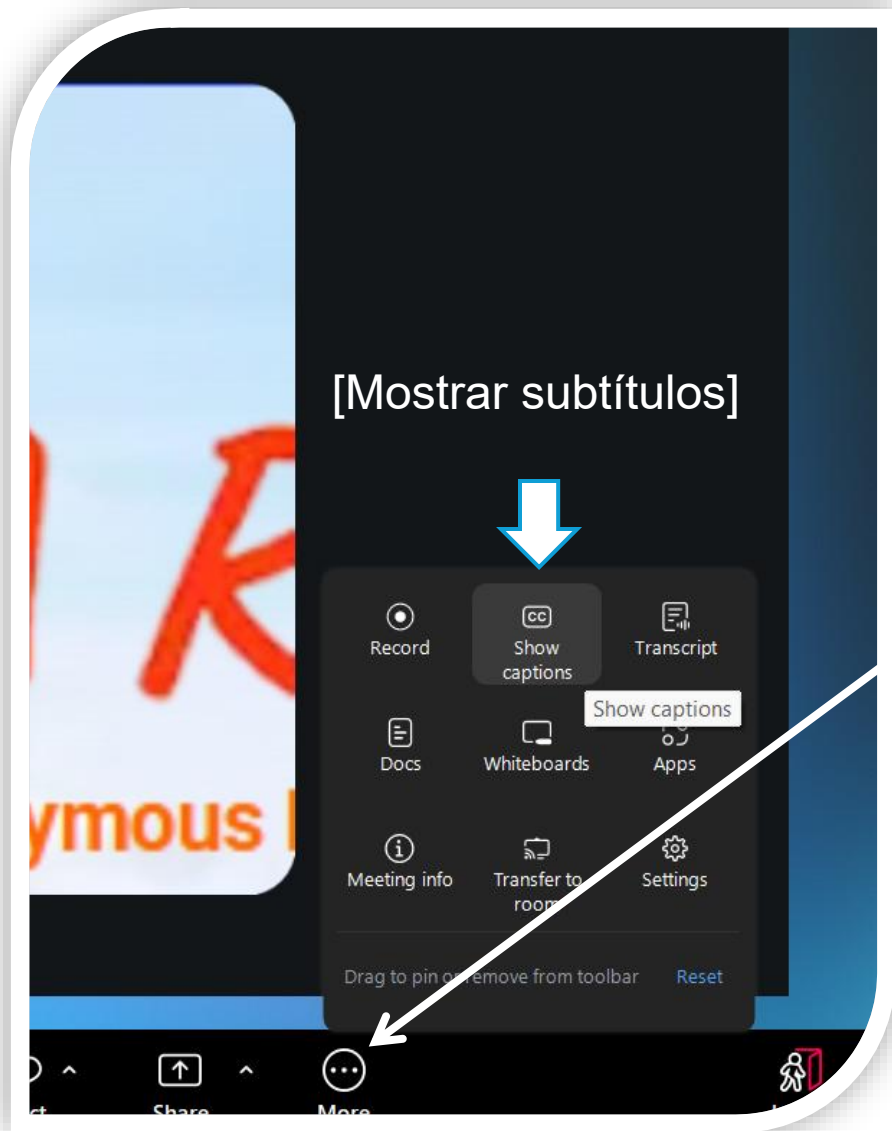


[Mostrar subtítulos]



CÓMO ACTIVAR LOS SUBTÍTULOS EN VIVO DE ZOOM (DESKTOP)

Southeastern Overeaters Anonymous Region 8



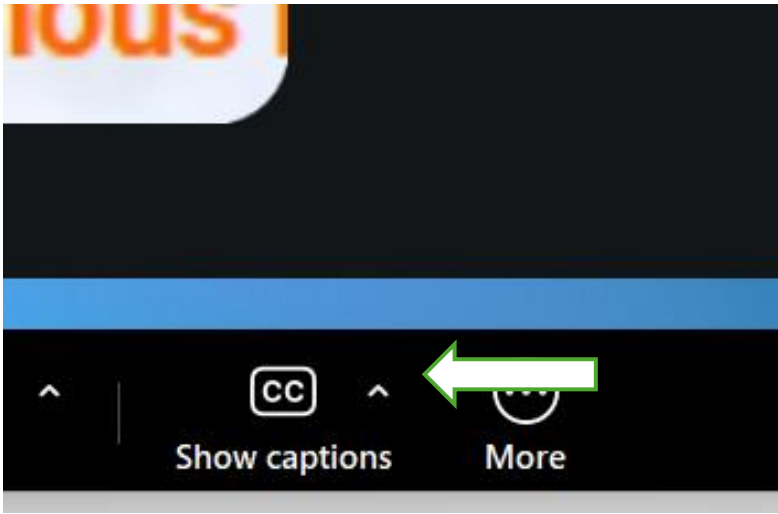
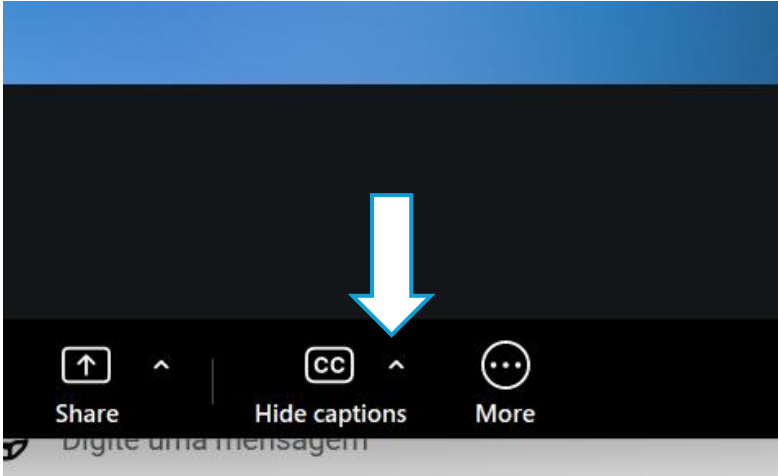
CÓMO ACTIVAR LOS SUBTÍTULOS EN VIVO DE ZOOM (DESKTOP)

1. EN LA PARTE INFERIOR DE SU PANTALLA DE ZOOM, SELECCIONE [MÁS]
2. SELECCIONE [SUBTÍTULOS]
3. SELECCIONE [MOSTRAR SUBTÍTULOS] (SHOW CAPTIONS)

Southeastern Overeaters Anonymous Region 8

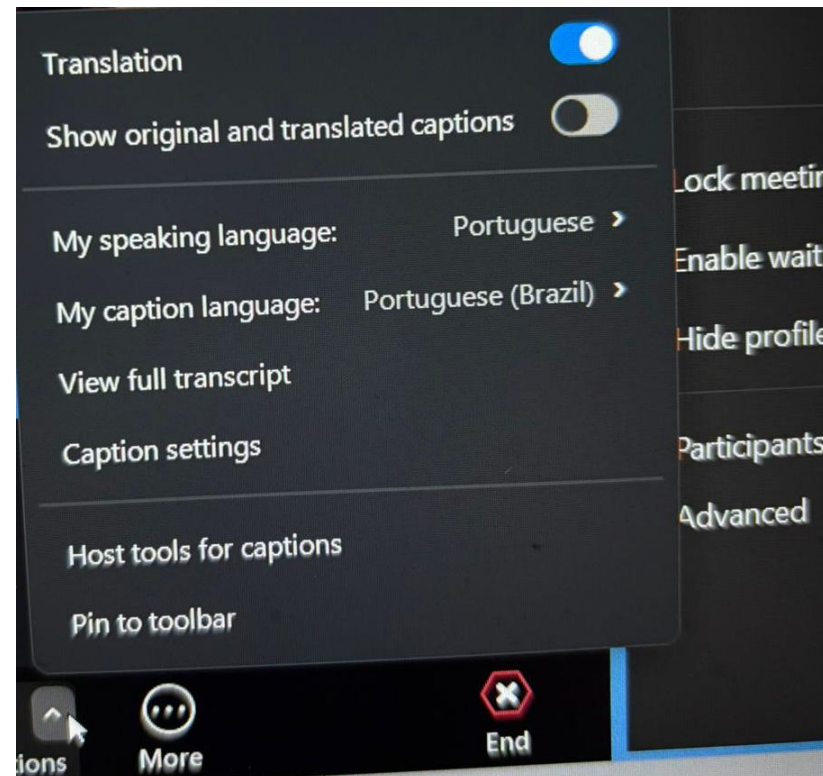
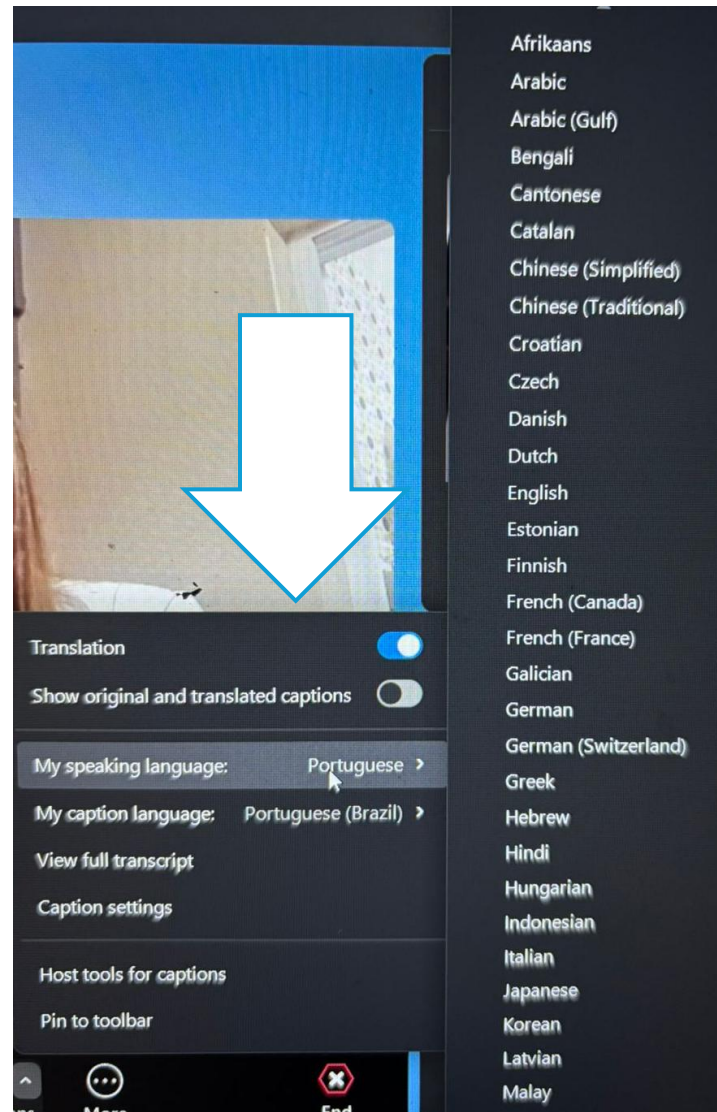


1. SELECCIONA LA PEQUEÑA FLECHA JUNTO A ÉL ^



Southeastern Overeaters Anonymous Region 8

ACTIVAR LAS TRADUCCIONES (TRANSLATION)



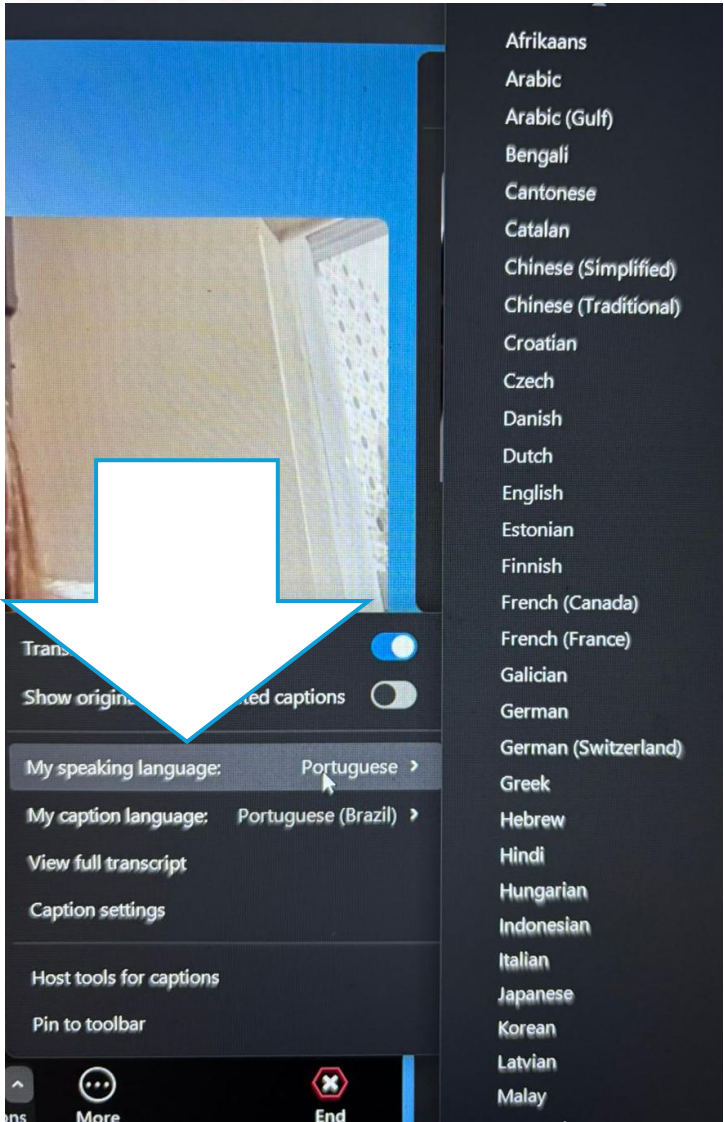
Southeastern Overeaters Anonymous Region 8

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)



DEBE SELECCIONAR SU IDIOMA HABLADO PARA SER COMPRENDIDO(A).

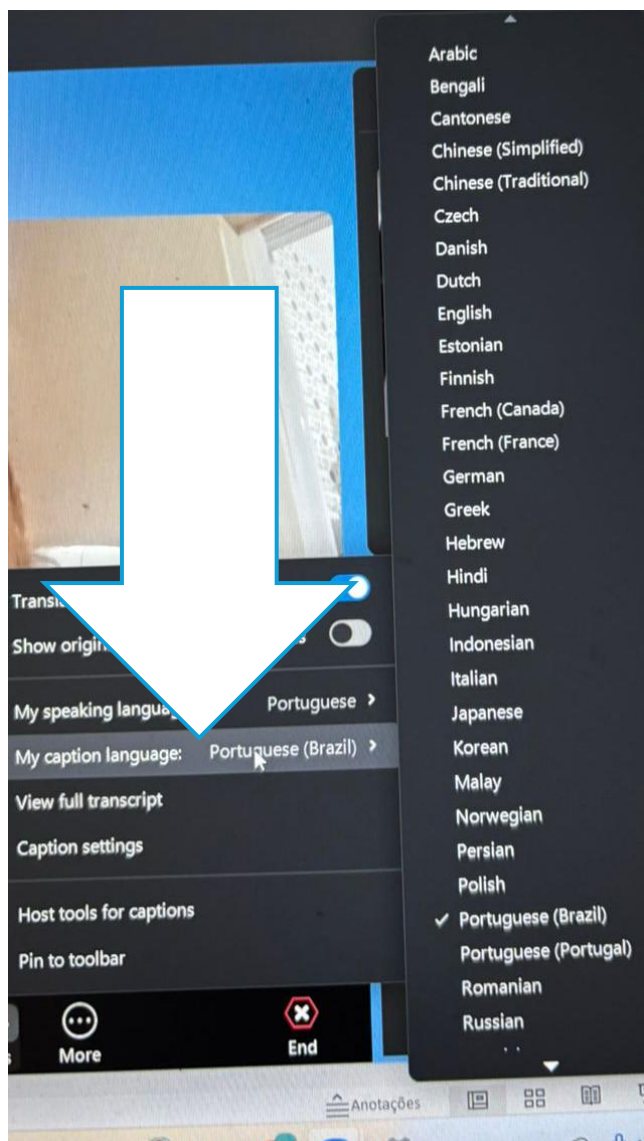


Southeastern Overeaters Anonymous Region 8



1. Select your caption language for reading (the language you want to read)

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

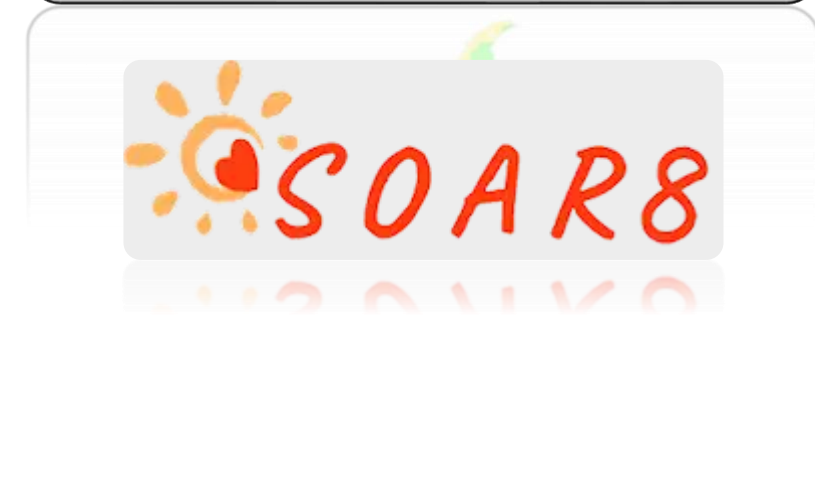


Southeastern Overeaters Anonymous Region 8

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





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

REGION 8 COMMITTEE PROGRESS REPORT

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

Committee: Bylaws and Electronic Documents

Assembly: 2nd Assembly 2026-Little Rock

☐ Packet for Assembly _____
Date of Assembly

☐ Progress Report _____
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: _____