

# SOAR 8

Southeast Overeaters Anonymous Region 8



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

## SECRETARY

JANE C  
PO BOX 1016  
Windermere, FL 34786  
407-532-6560  
secretary@oaregion8.org

## IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION MEDELLIN, COLUMBIA NOVEMBER 4-6, 2011

**FIRST THINGS FIRST: IMPORTANT REMINDER:**  
**PLEASE BRING YOUR LAPTOP COMPUTER, POWER CORD, AND YOUR OWN  
EXTENSION CORD AS THERE MAY BE A LIMITED NUMBER OF OUTLETS AVAILABLE.**

REMEMBER: Return to [www.oaregion8.org](http://www.oaregion8.org) after October 14th to download the ADDENDUM to this packet

### REGION 8 REPS

This packet is being distributed electronically. Please DOWNLOAD the entire packet on to your computer in case there is no WiFi connection in the Assembly room. All Reps are responsible to read the material in the packet and to bring either a printed copy or an electronic copy to the business portion of 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. Printed copies of this packet will not be available at the Assembly. Please contact [secretary@oaregion8.org](mailto:secretary@oaregion8.org) if you have any questions.

**"Unidos Mantendremos Nuestra Abstinencia" – Together we will maintain our Abstinence** There is certainly nothing more important than the message of maintaining your abstinence. Our program tells us we cannot do in alone and we cannot maintain it in isolation. Together we get better.

### CERTIFICATE OF ELIGIBILITY

In order for your intergroup region 8 representatives to be able to vote at the NOVEMBER 2011 assembly, your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for 2011. One is included with the forms at the back of the packet. Please send the Certificate of Eligibility form to the Region 8 Secretary signed by your Intergroup Chair ASAP. 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 or reps or Alternates for a SOAR 8 Assembly. Voting at the assembly is the best way to show how much you support a healthy Region 8! The form is available in Spanish Certificado de Elegibilidad – Asamblea de Servicio Regional SOAR 8 is on page 58-59.

### COMMITTEE ASSIGNMENTS

Part of your responsibility as a Region 8 delegate is to participate in a committee. If you were not at the last assembly you will sign up for a committee when you sign in to get your credentials in MEDELLIN. If you were a rep in the last assembly you will be placed in the same committee as last time. If you desire to change committees please first contact your Committee Chair and then contact the secretary at [secretary@oaregion8.org](mailto:secretary@oaregion8.org).

### ASSEMBLY REGISTRATION FORMS

Registration forms for this assembly can be found at [www.oaregion8.org](http://www.oaregion8.org) and at the back of this packet. You are responsible for making your hotel reservation for the assembly.

### CALLING ALL INTERGROUPS

We need you. Is your intergroup going to be represented at the MEDELLIN, COLUMBIA or ready to send a rep to the Raleigh, NC assembly in March? Please send at least one representative to our regional 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. If your intergroup is unable to financially send at least one Rep. to this assembly, perhaps Region 8 can help you. Please submit the Representative Funding Application at the back of this packet. Contact the Region 8 Treasurer for more information. We appreciate your service and need you.

### HOSTING A FUTURE ASSEMBLY AND RECOVERY CONVENTION

We will be accepting bids for the NOVEMBER 2012 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-Chairman Gloria L. with questions. Her contact info is in the SOAR 8 Service Directory.

**HAVE MORE QUESTIONS?** Please feel free to contact any board member or committee chair with anything that concerns you. Email and mailing addresses and phone numbers for all board members and committee chairs can be found on page 3.

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## SOAR 8 Service Directory

### SOAR 8 BOARD

#### CHAIRMAN

Stephanie D  
65 Verbena St  
Clearwater, FL 33767  
727-442-9855  
[chair@oaregion8.org](mailto:chair@oaregion8.org)

#### VICE CHAIRMAN

Gloria L  
721 Glen Eagle Dr.  
Winter Springs, FL 32708  
407-340-2008  
[vicechair@oaregion8.org](mailto:vicechair@oaregion8.org)

#### TREASURER

Patti S.  
1001 Starkey Rd #456  
Largo, FL 33771  
727-533-8403 or 727-871-1643 cell  
[treasurer@oaregion8.org](mailto:treasurer@oaregion8.org)

#### SECRETARY

Jane C  
PO BOX 1016  
Windermere, FL 34786  
407-595-5947  
[secretary@oaregion8.org](mailto:secretary@oaregion8.org)

#### PARLIAMENTARIAN

Judy K  
981 Ruth Ave  
Jacksonville, FL 32250  
904 704 7004  
[parliamentarian@oaregion8.org](mailto:parliamentarian@oaregion8.org)

#### TREASURER PO BOX

Region 8 Treasurer  
PO Box 1277  
Largo FL 33779

#### WS Regional Trustee

Gerri H  
737 Baytree Drive  
Titusville FL 32780  
407-921-7268  
[trustee@oaregion8.org](mailto:trustee@oaregion8.org)

#### WEBMASTER

Sander B.  
3250 Indian Hills Dr.  
Marietta, GA  
770-977-1235  
[webmaster@oaregion8.org](mailto:webmaster@oaregion8.org)

### SOAR8 FUNDED COMMITTEES

#### Twelfth Step Within Committee

Linda H  
10845 Shawnee Rd  
St. Petersburg, FL 33708  
727-394-7639,  
[TSWchair@oaregion8.org](mailto:TSWchair@oaregion8.org)

#### Bylaws & Electronic Documents

Atiya M  
6631 Rockglen Way Apt. 311  
Raleigh, NC 27615  
919-302-1030  
[bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

#### Intergroup Outreach (IGOR)

Betty S

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

#### Tech Committee

Burton T  
5441 DeLeon Ln  
Elkton, FL 32033  
321-214-3446  
[techwebchair@oaregion8.org](mailto:techwebchair@oaregion8.org)

#### Public Information/Professional Outreach (PIPO)

Gary D  
780 NE 69<sup>th</sup> St #804  
Miami, FL 33138  
305-758-3050  
[pipochair@oaregion8.org](mailto:pipochair@oaregion8.org)

#### Ways And Means

Katherine M.  
12114 Glenclyff Cr.  
Tampa, FL 33626  
813-855-3239  
[WaysandMeanschair@oaregion8.org](mailto:WaysandMeanschair@oaregion8.org)

#### Unity With Diversity (WID)

Lonna C  
PO Box 630102  
Miami, FL 33163  
305-338-0423  
[unitychair@oaregion8.org](mailto:unitychair@oaregion8.org)

### UNFUNDED SUB-COMMITTEES

#### 12 Step Within: Email Sponsor

Claudia C  
1451 Wexford Dr S.  
Palm Harbor, FL 34683  
727-781-7411  
[sponsors@oaregion8.org](mailto:sponsors@oaregion8.org)

Sima M  
172 Ryan Road  
Benton, LA 71006  
318-458-6326  
[speakers@oaregion8.org](mailto:speakers@oaregion8.org)

## FRIDAY BOARD MEETING

Medellin Colombia November 4, 2010

**Informal gathering of Board bring Breakfast 8-9am**

**9:00 a.m. Board Meeting Convenes**

### Old Business

**Topics for next Assembly-March 9-11, 2012 Raleigh NC**

- Physical, emotional and spiritual recovery: the results of working the 12 Steps
- Balancing work and play through the 12 Steps
- Rediscover Abstinence: Recovery from Relapse
- Out of balance? How I recovered through the 12 Steps
- 

**Forum - To be done by Committee Chairs...ask if need help**

### New Business

**Bylaws for consideration - Region Composition add Caribbean**

**Encourage more diverse Board membership**

**Continue carrying the message - Issues**

- Finances - # & location of Assemblies/ plan 2 years out/multiple years at same location
- Language
- Translation - Portuguese
- Location & Travel - Brazil
- Help from non-Board members

**12 noon Break for lunch**

**2:00 p.m. Board Meeting Reconvenes with Funded Committee Chairs \**

**Check-in - Personal status Chairs & Committee well being -**

**Forum -**

**New Business -**

**4:00 p.m. Meeting Adjourns**

**ASSEMBLY AGENDA**  
**Medellin Colombia SA November 4-6, 2011**

**Friday November 4, 2011**

1. **7:00pm ASSEMBLY CONVENES**  
OA readings
2. Appointment of Timer
3. Recognition of New Intergroups, New Reps, **Green Dots**, Conventioneers & Visitors
4. Introduction of Region 8 Board members, Funded Committee Chairs & IG Chairs
5. Introduction of former Region 8 Board Members and Trustee
6. Credentials & Roll Call
7. **Adoption of amended Agenda (if needed)**
8. FUN - Crossword puzzle
9. Forum - Committee- Chairs
10. **8:15pm BREAK**
11. Announcements
12. 8:30pm Welcome & short skit by hosting Intergroup
13. Announcement re OA Birthday Party
14. 8:50pm Presentation & Discussion - Together we can, We are a global community
15. **10:00pm RECESS**

**Saturday November 5, 2011**

16. **7:30 New Rep Orientation**
17. **8:30 CALL TO ORDER**-OA readings
18. Credentials
19. Adoptions of Standing Rules
20. Introduction of Parliamentarian & short parliamentary lesson
21. **Approve Consent agenda ( if needed)**
22. Approve minutes from last Assembly - Nashville July 8-10, 2011
23. 7<sup>th</sup> Tradition
24. Board reports - 5 min each +5 minutes questions
25. Trustee Report - 5 minutes + 5 minutes for questions
26. **BREAK**
27. Credentials
28. **Motions** - Bylaws & P&P
29. **12:00 LUNCH BREAK with SPEAKER**
30. **RECONVENE 2PM**
31. **2-3:30pm Committee Meetings** (Take break if needed-be ready to go @ **3:30** ) Hand in report to Secretary
32. Final report from Nashville July 2011
33. Credentials
34. Unfinished Business (Continue motions if needed)
35. New business
  - A. **Budget**
  - B. Election of Chair - each Candidate 5 min speak/5 min answer questions
  - C. Election of Treasurer - each Candidate 5 min speak/5 min answer questions
  - D. Election of Region 8 WSBC delegates - each Candidate 5 min speak/5 min answer questions
  - E. Bids (NFI, PTI) November 2012 Assembly & Convention
  - G. Emergency Motions (if needed)
36. Committee reports
  - Ways & Means
  - Bylaws/Electronic Documents
  - IGOR
  - TSW
  - PI/PO
  - Technology/Website
  - Unity With Diversity
37. **"Did You Know?"** Educational segment - Translations
38. Any other new Business
39. Ask - it - Basket (time permitting)
40. For the good of the order (time permitting)
41. Break out for additional Committee Meetings (time permitting)
42. **GREEN DOT CEREMONY**

# UNAPPROVED MINUTES OF THE NASHVILLE ASSEMBLY

## SOAR 8 Nashville TN July 8-10, 2011

### Friday July 8, 2010 – SOAR 8 Assembly Meeting Agenda

- 7:10pm ASSEMBLY CONVENES** OA readings: Serenity Prayer (Spanish-on screen then English) ALL, 12 Steps (Kathy), 12 Traditions (Maureen), For Today (Ann)
- 7:28 Appointment of Timer- Gary
- 7:18 Recognition of New Intergroups, New Reps, Green Dots, Conventioneers & Visitors
- 7:20 Introduction of Region 8 Board members, Funded Committee Chairs & IG Chairs
- 7:30 Introduction of former Region 8 Board members and Trustee
- 7:34 Credentials & Roll Call
- 7:46 Adoption of Amended Agenda
- 7:56 Technology Tutorial – Video conferencing
- 8:02 Forum -3 legged Recovery - Fattest states: Miss, Ala, Arkansas, South Carolina, Tennessee, Louisiana  
There are over 6000 registered meetings in Region 8. 29% in the state of Florida.
- 8:24 Forum Responses read
- 8:34 BREAK
- 8:45 Announcements
- 8:30 Welcome & short skit by Middle Tennessee Intergroup
- 8:45 Presentation & Discussion – Step 12 - Practice these principles in all of our affairs (3 members shared their ESH)
- 10:00pm RECESS**

### Saturday July 9, 2010 – SOAR 8 Assembly Meeting Agenda

#### 7:30 New Rep Orientation

#### 8:39 CHAIR CALLED BUSINESS ASSEMBLY TO ORDER

- 8:41 OA readings: Serenity Prayer (TODD) 12 Concepts (JENN), Voices of Recovery (ANITA)
- 8:46 ANNOUCEMENT about Map contest, fliers for Medellin Assembly and Five Alive Campaign
- 8:49 Chair explained recovery map and handed out tent cards (7<sup>th</sup> Tradition-Service Structure-Strategic Plan)
- 8:50 Credentials Voting 42, Non-Voting Board 2, Non-voting visitors 2
- 8:51 Standing Rules were Adopted
- 8:52 Introduction of Parliamentarian & short parliamentary lesson on the points of these procedures and how  
They insure the rights of all members while also keeping business flowing in a good orderly direction.  
These include the rights of the minority, the rights of the absent, the rights of the majority without  
trumping the rights of the minority. Fairness and good faith.
- 8:57 Approve minutes from Baton Rouge Assembly  
Correction to the minutes of Aleta as a GS trustee instead of a WS trustee. Correction accepted.
- 8:59 7<sup>th</sup> Tradition-Chair spoke about how donations are down across Region 8 and introduced the Five Alive campaign
- 9:01 Board reports --  
*Chair's report spoke about serving our less served Region areas outside the US States. We are struggling to maintain our current budget. Three assemblies outside Florida have caused our travel expenses to be much higher than normal. Most chairs/board are from Florida. So we have the Five Alive campaign to help serve the underserved. Chair encouraged people to go to Medellin to help spread support. Together we are a Global Community is the P & D topic in Medellin. The forum will be done by the Region 8 Committee Chairs. This is our first R8 assembly outside the continental USA. Please help us to help Region 8.*

VICE CHAIR – Thanked Nashville for their hard work for this assembly. Reminded Reps to put their IG on their registration forms. Reminded Reps to contact Burt (TECHWEB) so that they can learn more how to electronically transmit their information.

SECRETARY – Gave everyone email address. Encouraged contact. Spoke about giving workshop with Trustee in Charleston and Vice Chair in Daytona.

TREASURER – Gave quarterly report. Reminded members of the prudent reserve. Spoke about the plan to raise enough money to go to Medellin and warned that in November be prepared for a severely limited budget including possible P&P motions to change the number of assemblies per year and motions for changing from funding chairs to subsidizing chairs. Question was asked about discussion on the Region 8 Board about doing more research on the front end about costs, instead of on the back end (fund raising).

9:37 *Trustee Report. Trustee gave out Lifeline copies to members who do not subscribe. Talked about the Recovery Checklist approved by WSBC. Talked about other WSBC decisions. Shared about first WSBC as a Trustee. Shared about amazing recovery meetings that happen at WSBC. Shared about how much service goes on when it looks like we are having fun.*

9:52 Chair corrected previous information given out earlier. Registered with WSBC- Region 8 are 674 meetings , 147 unaffiliated meetings. =841 Groups. A lot of the unaffiliated groups are in South America.

9:57 *Region 8 WSBC delegates report –*

*Lisa S. gave report. Loved that WSB Chair reminded people if they do not feel abstinent at the time of voting – not to vote. Gratefully abstinent and she attributes it all to service. Talked about all the work she has to do as a WSBC Delegate between now and the next conference and how much good work is actually done at conference.*

10:03 7<sup>th</sup> tradition was \$244 plus \$80 for Five Alive appeal.

10:05 **BREAK**

10:22 Credentials 42 eligible to vote -

10:23 **Motions** – Bylaws/P&P/General

10:33 Motion 1 from the Addendum pg 6. The motion passes (copy of motion appears on next pages)

10:35 Motion 1 from the packet– hosting manual changes. Motion divided into 2A, 2B. and 2C.

- 2A is read by the VC, Discussion followed Pro and Con motion. Motion 2A Passes
- 2B is read by the VC, Pro and Con, Amendment made to change Banquet to Luncheon and Dinner meals. An amendment was made to remove the last sentence. An objection to the change was made. It became a full vote. The motion was then seconded (to change the sentence). Additional sentence was added. Motion was then made to table this motion (2C Only). Motion passes.
- Motion 2C is tabled until next assembly. (Copy of full motion appears on next pages)

11:42 Final report from Baton Rouge March 11-13, 2011.

11:50 SECRETARY made announcement about the committees and service

11:52 Chair made some reminder announcements

**12:00 LUNCH BREAK with SPEAKER**

**30. RECONVENE 2PM**

31. 2-4pm Committee Meetings

33. Credentials - 42 are eligible to vote

**NO UNFINISHED BUSINESS**

4:05 New business

Election of Interim Treasurer : One candidate: Patti S. Candidate gave a 3 minute presentation.

Questions were asked. Vote taken by ballot. Patti S is Treasurer until the November election.

4:11 Nominations for Chair – three nominations: Gloria L, Atiya M, Burton T.

4:24 Nominations for Treasurer – Patti S, Kat M (declined).

4:30 Nominations for Region 8 WSBC delegates Lonna C, Melanie Corbett, Burt T. Stephanie from Nashville, Linda M, Claudia C, Erica from Triad, Lisa S.

4:40 Bid for July 2012 Convention - Short presentation of current status. Miami Dade wins the bid for July 2012

4:49 Emergency Motions One emergency motion is budget override for Ways and Means

Motion passes

4:53 Committee reports – All reports were read by the committees. Copies have been given to Secretary.

5:16 Chair asked to extend assembly by 15 minutes – vote was yes

5:18 There is 315.05 in the Region 8 budget to send a board member to give a workshop to an IG that wants to have a board member come to their area.

**5:20 “Did You Know?”** Educational segment – Twelfth Step Within Committee - There to deal with relapse and membership attendance to deal with the properties of both. Strong meetings list. Maintains recovery and prevents relapse. Being abstinent and well ourselves is a service. GIVING service increases abstinence and fellowship. The OA responsibility pledge – to extend the hand and heart to all. For this I am responsible. Get well meeting sponsors. Get sponsors by email when there are none available. Region 8 Speaker List is maintained by 12<sup>th</sup> Step Within. Get involved with your IG. They have their own email loop to share ideas. Email TSWChairOARegion8.org and she will get you on that list. Meeting inventory is in the handbook on page thirty. – The Handbook is available for purchase.

5:32 **GREEN DOT CEREMONY**

5:33 – Ways & Means gave information about Spirit Airlines and encouraged members going to Medellin to investigate all airlines flying to Medellin.

**5:37pm ASSEMBLY ADJOURNS**

**Motion**

Move to amend the SOAR 8 Policy & Procedure Manual, by striking the following language from page 39 and inserting it on page 41, as a sub-committee of the Twelfth-Step-Within Committee:

**12. Bylaws/Electronic Documents Committee  
Lifeline & Designated Downloader Sub-committee**

*Duties*

1. Help carry the message of recovery in Region 8 through the promotion of *Lifeline* magazine.
2. Promote sale of *Lifeline* subscriptions.
3. Encourage members throughout Region 8 to submit articles and sharing to *Lifeline*.
4. Ensure that one (1) or more *Lifeline* displays will be provided for each SOAR 8 Business Assembly and Convention.
5. Contact all Intergroups during the time between assemblies and encourage having *Lifeline* representatives and designated downloaders at the intergroup and the group levels.

**Submitted By:**

The Bylaws/Electronic Documents Committee

**Intent:**

The intent is to move the *Lifeline*/Designated Downloader subcommittee to the Twelfth-Step-Within Committee.

**Implementation:**

Amend the SOAR 8 Policy & Procedure Manual.

**Cost:**

There is no cost associated with the motion.

**Rationale:**

This subcommittee fits better with the mission of the Twelfth-Step-Within Committee. The duties of the Bylaws/Electronic Documents Committee include producing, updating, revising and distributing all Region 8 official documents and ensuring that Region 8 motions, bylaws, policies, and procedures comply with OA, Inc. Bylaws, and that all internal documents are consistent with each other. Promoting *Lifeline* is consistent with the duties of the Twelfth-Step-Within Committee which include gathering and sharing literature to promote membership retention and recovery.

**THIS MOTION PASSED with changes from original submission JULY 2011 NASHVILLE**

**SOAR-8**

**PROPOSED BOARD MOTION TO AMEND THE POLICY  
PROCEDURE MANUAL/BIDDING GUIDELINES AND  
MISCELLANEOUS GUIDELINES SECTION**

**MOTION 2:**

Move to updated the Hosting Procedures- Bidding Guidelines and Miscellaneous Guidelines in the Policy and Procedure Manual (Version on the Region 8 Website designated as “Updated July 2010”) to reflect current fund raising practices ( P and P pages 26-27 ).

<b>Current Wording</b>	<b>Proposed Wording</b>
<p>Hosting Procedures Bid Guidelines</p> <p>An Intergroup interested in hosting an Assembly should contact Vice Chairman (see Appendix C for contact information) who will provide Hosting Manual. It is suggested that an Intergroup bid an Assembly no more often than every two years. Primary consideration will be given to Intergroups which have never hosted an Assembly.</p> <p>Upon being chosen to host an Assembly, Hosting Intergroup must follow all guidelines in Hosting Manual.</p> <p>Written Bids are submitted to Vice-Chairman prior to Assembly at which bid is to be presented. If no bids are presented at any given Assembly, the Board will accept bids by mail for forty-five (45) days following the Assembly. The Board will decide which Intergroup will be awarded the Assembly. If no bids are received within the time limit, bids will be accepted at the next Assembly.</p> <p>In the event no bids are received at two consecutive Assemblies, the Vice-Chairman will submit to the Board the names of Intergroups which have not hosted an Assembly in the prior two years. The Board will select one of those Intergroups by lottery. The chosen Intergroup will be announced prior to the closing of the Assembly on Saturday. The Board may hold an Assembly and Convention (or an Assembly) in a location near the selected Intergroup. The Board and Committee Chairmen will give assistance to the selected Intergroup to hold a Convention, but the Intergroup will not be compelled to do</p>	<p>Hosting Procedures Bid Guidelines</p> <p>An Intergroup interested in hosting an Assembly should contact Vice Chairman (see Appendix C for contact information) who will provide Hosting Manual. It is suggested that an Intergroup bid an Assembly no more often than every two years. Primary consideration will be given to Intergroups which have never hosted an Assembly.</p> <p>Upon being chosen to host an Assembly, Hosting Intergroup must follow all guidelines in Hosting Manual.</p> <p>Written Bids are submitted to Vice-Chairman prior to Assembly at which bid is to be presented. If no bids are presented at any given Assembly, the Board will accept bids by mail for forty-five (45) days following the Assembly. The Board will decide which Intergroup will be awarded the Assembly. If no bids are received within the time limit, bids will be accepted at the next Assembly.</p> <p>In the event no bids are received at two consecutive Assemblies, the Vice-Chairman will submit to the Board the names of Intergroups which have not hosted an Assembly in the prior two years. The Board will select one of those Intergroups by lottery. The chosen Intergroup will be announced prior to the closing of the Assembly on Saturday. The Board may hold an Assembly and Convention (or an Assembly) in a location near the selected Intergroup. The Board and Committee Chairmen will give assistance to the selected Intergroup to hold a Convention, but the Intergroup will not be compelled to do</p>

<p>SO.</p> <p>1. Assembly is bid one year in advance.</p> <p>a. Choose date for Assembly, avoiding dates near holidays to allow more affordable travel. Contact Vice-Chairman for date of Board of Trustees meeting, to avoid a conflict in dates.</p> <p>b. Choose hotel which can accommodate Assembly in the same building as guest rooms. Accommodations must include a room to seat 75 people, classroom-style.</p> <p>c. Choose theme and prepare a 10-15 minute presentation, focusing on recovery rather than locale.</p> <p>d. Prepare 75 copies of proposed flyer with following information about Assembly:</p> <ol style="list-style-type: none"> <li>1) Hosting Intergroup, City, State</li> <li>2) Date</li> <li>3) Theme</li> <li>4) Name of Hotel, with room rates for single, double, triple, and quadruple occupancy (\$2 per room may be added as fund-raiser if hotel approves and price is reasonable)</li> <li>5) Airport information, including accessibility to hotel and rates for taxi/limo/shuttle service</li> <li>6) Price of Banquet (\$1 per meal may be added as fund-raiser if hotel approves and price is reasonable)</li> <li>7) Prices of registration and late registration. (See item #2 below under Miscellaneous Guidelines)</li> </ol> <p>Miscellaneous Guidelines  <b>This section highlights a few of the Hosting Guidelines; please see Hosting Manual for complete information.</b></p> <p>1. Region Treasurer will forward \$500.00 seed money to Hosting IG, six months in advance of Assembly. An increase in seed money of up to an additional \$500.00 may be allotted if</p>	<p>SO.</p> <p>1. Assembly is bid one year in advance.</p> <p>a. Choose date for Assembly, avoiding dates near holidays to allow more affordable travel. Contact Vice-Chairman for date of Board of Trustees meeting, to avoid a conflict in dates.</p> <p>b. Choose hotel which can accommodate Assembly in the same building as guest rooms. Accommodations must include a room to seat 75 people, classroom-style.</p> <p>c. Choose theme and prepare a 10-15 minute presentation, focusing on recovery rather than locale.</p> <p>d. Prepare 75 copies of proposed flyer with following information about Assembly:</p> <ol style="list-style-type: none"> <li>1) Hosting Intergroup, City, State</li> <li>2) Date</li> <li>3) Theme</li> <li>4) Name of Hotel, with room rates for single, double, triple, and quadruple occupancy (\$2-<u>10</u> per room may be added as fund-raiser if hotel approves and price is reasonable)</li> <li>5) Airport information, including accessibility to hotel and rates for taxi/limo/shuttle service</li> <li>6) Price of <u>Saturday Lunch and Dinner Meals</u> (\$<u>4-8</u> per meal may be added as fund-raiser if hotel approves and price is reasonable)</li> <li>7) Prices of registration and late registration. (See item #2 below under Miscellaneous Guidelines)</li> </ol> <p>Miscellaneous Guidelines  <b>This section highlights a few of the Hosting Guidelines; please see Hosting Manual for complete information.</b></p> <p>1. Region Treasurer will forward \$500.00 seed money to Hosting IG, six months in advance of Assembly. An increase in seed money of up to an additional \$500.00 may be allotted if</p>
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<p>needed and approved by the Board.</p> <p>2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of \$50.00 with the approval of the Vice-Chairman. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. An additional \$15.00 for late fee may be added.</p> <p>3. The Region Vice-Chairman is the liaison between Hosting IG and the Board. The Vice-Chairman is responsible for seeing that Hosting IG is aware of the complete guidelines and duties in the Hosting Manual.</p> <p>4. Banquet speaker shall be an OA member with a minimum of two (2) years of back-to-back current abstinence, practicing the Twelve Steps and Twelve Traditions, and be familiar with the Twelve Concepts of OA Service.</p> <p>5. The only literature to be sold at an Assembly is OA- and AA-Conference approved.</p> <p>6. No items advertising any outside enterprise shall be included as giveaways in the packets or as door prizes.</p> <p>7. The split of the proceeds, excluding Hospitality Room (except proceeds from sales of Ways and Means Merchandise), will be 50% for hosting IG and 50% for Region 8.</p> <p>8. Sale of merchandise:</p> <p>In accordance with our Traditions, each Group, IG, Region, World Service and other OA service bodies may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions which warn against endorsement of any outside enterprise. The following guidelines are suggested for the sale of merchandise:</p> <p>a. all sales shall be made by and for OA service bodies.</p> <p>b. each sale item shall be approved by a group conscience; and</p> <p>c. sales at OA events and functions should be</p>	<p>needed and approved by the Board.</p> <p>2. Registration fees <u>including a late fee of up to \$15</u> shall be determined by the Hosting Intergroup up to a maximum of <del>\$50.00</del> <u>60.00</u> with the approval of the Vice-Chairman. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. <del>An additional \$15.00 for late fee may be added.</del></p> <p>3. The Region Vice-Chairman is the liaison between Hosting IG and the Board. The Vice-Chairman is responsible for seeing that Hosting IG is aware of the complete guidelines and duties in the Hosting Manual.</p> <p>4. Banquet speaker shall be an OA member with a minimum of two (2) years of back-to-back current abstinence, practicing the Twelve Steps and Twelve Traditions, and be familiar with the Twelve Concepts of OA Service.</p> <p>5. The only literature to be sold at an Assembly is OA- and AA-Conference approved.</p> <p>6. No items advertising any outside enterprise shall be included as giveaways in the packets or as door prizes.</p> <p>7. The split of the proceeds, excluding Hospitality Room (except proceeds from sales of Ways and Means Merchandise), will be 50% for hosting IG and 50% for Region 8.</p> <p>8. Sale of merchandise:</p> <p>In accordance with our Traditions, each Group, IG, Region, World Service and other OA service bodies may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions which warn against endorsement of any outside enterprise. The following guidelines are suggested for the sale of merchandise:</p> <p>a. all sales shall be made by and for OA service bodies.</p> <p>b. each sale item shall be approved by a group conscience; and</p>
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<p>conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers.  Soar 8 Policy and Procedure Manual 28  Updated July, 2010  Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help insure that such sales will not be interpreted as Region-sponsored events</p>	<p>c. sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers.  Soar 8 Policy and Procedure Manual 28  Updated July, 2010  Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help insure that such sales will not be interpreted as Region-sponsored events</p>
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**SUBMITTED BY:** Region 8 Board (Vice Chair)

**INTENT:** To raise the amount of money that can be added to the cost of meals, registration and hotel rooms by a Hosting Intergroup as a fund raiser to reflect current practices.

**IMPLEMENTATION:** Changing the P and P so that Vice Chair can make these changes to the Hosting Manual.

**COST:** None; current practice reflects the proposed changes so there will be little or no cost effect.

**RATIONALE:** The P and P states on Page 18 that the Vice Chair is “ Responsible for all changes to the Region 8 Hosting Manual (with Board approval and not in conflict with the SOAR 8 Policy and Procedure).” At last March Assembly the Board approved changes to the Hosting manual that we received from Hosting Intergroups and also changes that were needed based on our collective experiences as we learn from each Assembly. The Board also approved the 3 changes listed in the Motion. However, it was determined that the three changes shown above would be inconsistent with the P and P and therefore require changes to the P and P which requires Assembly approval. These three requested changes reflect current practice and reflect what the Hosting Intergroups find is necessary to meet costs and still raise some revenue, given that everything is more expensive than it used to be. Putting on an Assembly is so much work, especially for the smaller Intergroups and the current Hosting Manual simply does not reflect price increases over the last few years.

# 2011 Forum Questions

## Perception of OA's credibility through physical recovery

1. When members represent OA to the public, at health fairs, on panels, or in the media, how important is it that they are near or at a normal body weight?

*There should be a mixture. Perhaps someone who is at a healthy body weight and someone who is in transition. Use before and after photos. Attraction, not promotion requires something that would be attractive to the still suffering COE. All stages of our disease should be represented either in person or in photos. Our general consensus is we should represent different stages of recovery (either in person or in photos) to attract all the suffering.*

## Perception of OA's credibility through physical recovery

2. What is part of your daily action plan that you take to attain and maintain your physical recovery?

*Work the steps daily. Use the tools daily. Physical activity. Drink water. Conscious eating. Pray before eating. Scales are your friend. W&M food.  
Using helpful info from doc/nutritionist  
Qualify  
Apply literature to life  
Gratitude list  
Stick with the winners (friends in OA)  
Practice Principals in all affairs*

## Carrying the message through emotional recovery

3. What is part of your daily action plan that you take to attain and maintain your emotional recovery?

*Wake up thanking your higher power. Do a written 10th step. Make many calls. Journal. Sponsor and be sponsored. Use Literature. Read and meditate. Commit your food. Make a gratitude list. Have prayer list. Do exercise. Give service. Pause pray think and act. Have fun daily. Stay abstinent. Be completely honest. Ask for help. Practice optimism.*

## Carrying the message through emotional recovery

4. Now that you are practicing a life of recovery give some examples of how you act differently when facing uncomfortable or stressful emotions.

*Know the difference between physical and emotional hunger.  
Ask God for guidance. Don't eat over it.  
Serenity prayer  
Talk to sponsor  
Take it one day at a time  
Use the tools.*

## **Carrying the message through spiritual recovery**

5. How do I utilize the 12 steps and 12 traditions and concepts plan in my daily action plan take attain and maintain your spiritual recovery.

*Pray and meditate. Use daily readers. Sponsor others. Service at all levels. Daily inventory. Email. Call newcomers. PAUSE. Relax and take it easy. Move a muscle/change a thought. Walk. Swim. Utilize tools. Seek balance in our lives. Plan of eating.*

## **Carrying the message through emotional recovery**

6. Give examples of spiritual growth and how that carries the message of recovery.

*OA has increased spiritual awareness. When you see someone happy and begin to talk to them you are a more spiritual person without even knowing it. Giving us an increased acceptance of others because of OA. Let us handle events w/ease and grace. Sit back and know we are enough – our higher power knows what is best for us. We trust comfortably in the arms of our higher power.*

## **Grateful service as a result of three legs of recovery**

7. How does physical, emotional, and spiritual recovery increase our gratitude and desire to give service?

*Cannot give away unless you have it. Cannot keep it if you don't give it away. It takes all three legs of recovery. The more physical recovery enables us to have a better spiritual and emotional recovery and increases gratitude and results in wanting to give service as a way of giving back.*

TOGETHER WE CAN...  
Annual Report from the Chair....  
Medellin, Colombia, SA November 2011

**Bienvenidos a Medellín Colombia y a la primera Asamblea histórica de la Región 8 fuera de los Estados Unidos Continentales. Quiero agradecer a la Junta de Servicio Generales de Colombia, Intergrupos de Medellín y de Bogotá y la Vicepresidenta de la Región 8. Este importante evento es la culminación de los esfuerzos de muchos miembros de la Región 8. Gracias a todos por hacer esto posible.**

(Welcome to Medellín Colombia and Region 8's historic 1<sup>st</sup> Assembly outside the continental US. I want to thank Junta de Servicio Generales de Colombia, Intergrupos de Medellín y Intergrupos de Bogotá and the Vice Chair of Region 8. This important event is the culmination of the efforts of many members of Region 8. Thank you all for making this possible.)

This has been a busy and productive year for Region 8

November 2010 started with one of the most highly attended SOAR 8 Assemblies & Recovery Conventions in memory. Members from Colombia, Venezuela, Ecuador, Puerto Rico as well as most of the states were in Orlando. 59% of the IGs/SBs were in attendance. During that assembly the body voted to have the 2011 November Assembly in Medellín Colombia SA.

Baton Rouge, Louisiana was home to the March 2011 SOAR 8 where good Cajun fun was had by all (124 attended). We voted to change the way the credentials are reported. Financial health was the topic of the Forum and the "Did you know?" segment was about what IGOR offers to members. We did some preliminary testing on remote attendance.

During the WSBC 2011 the body voted to amend the definition of Abstinence to include "**In Overeaters Anonymous Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.** Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program," the tool of Plan of Action was defined and added to the Tools pamphlet, and the body voted to require registration with WSO for any meeting calling itself an OA meeting. The delegates had input on the Strategic plan for the first time. **(1. STRONG MEETINGS** - Filled with abstinent members; all service positions filled; active rotation of service; meeting is growing; newcomers stay and become abstinent; sufficient sponsors; operates in the spirit of all 12 Traditions, **2. PUBLIC/PROFESSIONAL AWARENESS** - All members, groups and service bodies working at carrying the message so that the possibility of recovery is offered to the still-suffering compulsive eater, **3. COMMITTED SERVICE BODIES** - All service positions filled; active rotation of service; operates within the spirit of the 12 Traditions and 12 Concepts; involved in carrying the message locally, regionally, internationally, **4. FINANCIAL HEALTH** - Sufficient contributions to enable OA to grow: sufficient contributions to do outreach to the public and professionals; all levels of service structure are fully self-supported; and sufficient contributions to decrease the reliance on literature sales for income.)

May brought an opportunity to share about recovery on a personal level with new friends in Venezuela as well as some of our old friends from Medellín. The Trustee, Gerri, and I stayed in the home of Carolina while we were in Caracas. She is so excited about recovery she will be attending this Assembly (thanks to IGOR funding) and is running for WSBC delegate. We carried the message as we ate abstinent meals together, told our stories in Caracas, lead workshops in San Cristobal, facilitated 4th & 5th steps, had a fashion show with members, helped members develop food plans, talked about the future of Region 8 with local members, weighed & measured out meals, asked for help with translation, laughed and cried. The folks we met have a heart for OA and a strong desire to know more about abstinence.

We "Tuned into the Principles" at the July Nashville, Tennessee Assembly & Recovery Convention. A hosting manual update was passed and the motion to move the Lifeline & designated downloader sub-committee to the Twelfth-Step-Within Committee. OA members from Colombia SA attended remotely. We saw Pedro the Chair of the Junta de Servicio Generales de Colombia on the 'big screen' where he invited us to the November Assembly. Working together we came up with "Five Alive" to collect funds to support carrying the message at the Medellin assembly. The entertainment was star studded and the speakers kept us laughing.

The 2<sup>nd</sup> RCC meeting took place in Albuquerque in August. Region 8 had an opportunity to speak with the BOT and Region Chairs about our delicious dilemma. Region 8 has a desire to continue carrying the message and offering support to South & Central America and the Caribbean fueled by requests from our Latin American brothers & sisters. The Trustee and I both discussed concerns of language, finances, geography, and time. We continue to look for solutions. As Region 8 navigates the next few years we will need to think outside the box to extend the hand and heart of OA.



We also worked on OA strategic plan. As one of my fellow Region Chairs put it:

A Strategic Plan sounds like a very business-like term, - we are not a business but we are 'in the business of carrying the OA message' and a Strategic Plan will keep us focused in our journey to help OA to grow and to ensure that we all keep focused on the responsibility pledge: "When anyone, anywhere reaches out their hand, I want the hand of OA to be there, and for this I am responsible." The WSBC delegate suggestions from the WSBC were great! We took a look at how we might utilize them and if they were attainable.

Wow!!! Here we are in South America. Our historic third 2011 Assembly and Recovery Convention is in Medellin Colombia! We have the privilege of hosting Region Chairs from almost all the 10 regions. We will get to hear how OA works for them and in their part World! At this assembly we will elect a new Chair, Treasurer and WSBC delegates. I believe some of the nominees may appear remotely. Motions concerning the following will be considered: alternative ways of voting, computer purchase for Tech/web Committee, extending Committee Chairs term, appointment term for Board vacancies, changing definition of Abstinence in glossary to agree with new WSBC approved definition, and further definition of what "present" means. Our hosts have planned an amazing formal banquet and entertainment for Saturday night. Perfecto!!!

Who knew a few years ago this would be possible? Many challenges make this successful event all the sweeter. Many thanks to all the people in the Region 8 who gave their time, talent & treasures to bring this event to fruition. What an opportunity to enjoy fellowship & fun, abstinence & action and business & pleasure. The event has brought me renewed appreciation for my recovery and new relationships that I trust will last a lifetime.

Thanks again for the opportunity to serve as your Chair of Region

*stephanie...action is the magic word...d*



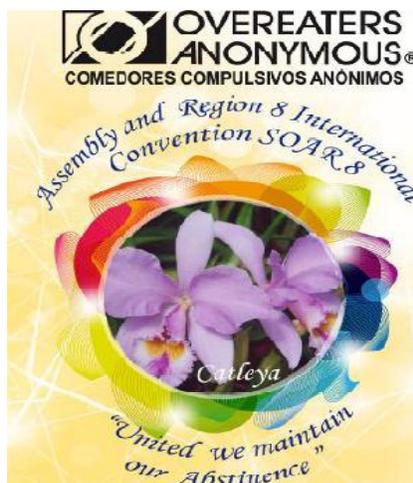
P.S. Our next SOAR 8 events are hosted by Triangle IG on March 9-11, 2012 in Raleigh NC and hosted by the Miami Dade IG on July 13-15, 2012 in Miami FL.

# SOAR 8

Southeast Overeaters Anonymous Region 8



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



Región 8 Reporte Anual de la vice presidente de 2011  
Gloria M. Lockridge

2011 ha sido un año maravilloso para llevar el mensaje!

Desde Baton Rouge, Louisiana a Nashville, Tennessee a todos los Estados de la Región 8 de Venezuela, Ecuador y Colombia! OA es una verdadera comunidad global!

Mirando hacia atrás en 2011, es difícil creer que hace apenas un año, mi ciudad de Orlando y mi Intergrupo, Central Florida Intergrupo, fue el sitio de un momento histórico en la historia de la Región 8, cuando la Asamblea votó a favor de tener la Asamblea en Medellín, Colombia, nuestra primera Asamblea Internacional!

Es muy bonito ver el entusiasmo y la voluntad de aquellos en recuperación de probar cosas nuevas y caminar a través del temor y hacer lo necesario para mejorarse! Gracias HP!

El Marzo pasado, encontramos SERENIDAD en el pantano en Baton Rouge, LA. y escuchamos un gran foro sobre la salud financiera de la Región 8. Tuve una enorme cantidad de diversión! Incluso me fui con la camiseta de un equipo deportivo rival que valoro por el amor y la recuperación que me recuerda de esa gran asamblea. También en esa Asamblea se produjo un nuevo Manual de alojamiento con muchos de los cambios recomendados por aquellos de ustedes que han dados muy buenas ideas en las Asambleas. Sus ideas no solo son buenas pero tambien muy prácticas! Muchas gracias!

En Mayo asistí a mi segundo servicio Conferencia Mundial de Negocios en nombre de mi intergrupo local. Vaya que la Región 8 brillar! Teníamos todas las banderas de los estados y los países de la Región 8 y fue maravilloso. A estas alturas es probable que tenga los resultados de todas las propuestas de negocios, tales como nuestra nueva definición de la abstinencia y la definición de un plan de acción para nuestro folletos. Este plan de acción es una herramienta tan útil, especialmente si tienden a posponer las cosas. En una nota

personal, en WSBC este año fue asignado la Comité de Literatura de la Conferencia y tuve el privilegio de presidir uno de los subcomités, el nuestro es el subcomité que trata de reescribir el folleto? Antes de tomar la primera mordida compulsiva. Más adelante se reveló que en una vez que la Junta de Síndicos examina nuestros comentarios.

En Julio, todos tuvieron la oportunidad de sintonizar a los principios de Nashville, Tennessee. Tuvimos un gran foro en el taburete los tres pies de la recuperación y un poco de entretenimiento fantástico también. Otra Asamblea fabulosa!

Así como ustedes se pueden imaginar, ha sido un año muy ocupado preparando las 3 Asambleas y las preparaciones para Medellín. La gente en Raleigh están haciendo un gran trabajo preparando para marzo de 2012 y en base a su sketch oferta increíble ¿verdad? Ay que esperar a ver qué Triángulo Intergupo tiene reservado para nosotros, con parodias y entretenimiento! Va a ser fantástico!

Miami-Dade también está trabajando muy duro para la reunion en Miami en Julio de 2012. Y sinedo una gran locacion central, esperamos que muchos de nuestros amigos en América del Sur puedan venir.

Trabajando para la Asamblea en Medellín ha sido una gran oportunidad para dar y recibir, y el Intergupo de alojamiento han trabajado tan duro para hacer esta Asamblea muy especial. Hemos tenido muchos problemas de lenguaje y problemas tecnológicos con Skype y ooVoo, pero en todo esto ha sido una experiencia increíble para mí. Apenas es mediados de Septiembre, mientras escribo este informe, pero estoy tan entusiasmada con Medellín que si no fuera por el hecho de que todavía tenemos mucho que hacer todavía antes de 04 de Noviembre, me gustaría que la Asamblea fuera mañana. ¡Qué gloriosa aventura tendremos. No se olviden sus zapatos de baile!

Durante el año pasado, he seguido presentando y trabajando en los puntos de la Región 8 y me ha dado mucha energía a mi recuperación. Felicitaciones a nuestro Custodio de la Región y Presidente por el desarrollo de estas herramientas impresionante. El Consejo y los presidentes financiados serían muy feliz si pudieran llegar a su intergrupo o el evento para presentar uno o más de sus puntos que se revuelven alrededor de temas como las tradiciones, la abstinencia, Patrocinio, El Plan de Acción de la abstinencia, y Lista de reuniones fuerte. Por favor, dejen nos saber si ustedes están interesado.

Sería negligente si no dijera una palabra acerca de nuestros puntos fabuloso Verde y sus mentores. Los maravillosos representantes por primera vez son una bendición, ya que traen consigo nuevas ideas y nueva creatividad. Es un gran honor trabajar en el programa de mentores Punto verde y una vez más les agradezco a todos los puntos verdes y mentores.

Por último, vamos a tener elecciones este Noviembre para Presidente, Tesorero, Presidentes de Comisión y Delegados del WSBC. Su voz y su voto es importante para la buena salud y recuperación de la Región 8!

Como mi tercer año como vicepresidente llega a su fin, quiero decirles que he tenido el placer y el privilegio de trabajar con todos los Intergrupos que estan en cargo, y sigo siendo inspirados por su arduo trabajo y dedicación al servicio de Comedores Compulsivos Anónimos. La alegría de la recuperación la veo en los grupos de servidores de confianza que trabajan juntos y dan de sí mismos para que otros puedan escuchar el mensaje y mejorarse. Pueden comenzar con temor, pero terminan en Alegría (oh sí, a veces agotados, pero eso también causa una gran sensación de haber ayudado.).

Nos vemos en Medellín!

Confiar en Dios, otros limpian Casa Ayuda, Gloria L, Región 8 Vicepresidente  
vicechair@oaregion8.org

**Region 8 Vice Chairman's Annual Report 2011**  
**Gloria M. Lockridge**

**What a wonderful year for carrying the message far and wide 2011 has been!**

**From Baton Rouge, Louisiana to Nashville, Tennessee to all the states in Region 8 to Venezuela, Ecuador and Colombia! Yes, OA is truly a global community!**

**Looking back on 2011, it's hard to believe it was just a year ago that my "home" town of Orlando and my home Intergroup, Central Florida Intergroup, was the site of an historic moment in Region 8 history when the Assembly voted for this year's Assembly to be right here in Medellin, Colombia-our first International Assembly. I am often amazed by the enthusiasm and willingness of those in recovery to try new things and walk through the fear and just do it! Thank you HP!**

**Then last March, we found SERENITY ON THE BAYOU in Baton Rouge, LA. and had a great forum on the financial health of Region 8. We were searching and fearless in our Presentation and Discussion on Relapse and had an enormous amount of fun! I even came away with the T-Shirt of a rival sports team which I treasure because of the love and recovery it symbolizes from that great Assembly. Also at that Assembly we produced a new Hosting Manual with many of the changes recommended by those of you who have put on Assemblies-what great and practical ideas you all have! Thank you very much!**

**In May I attended my second ever World Service Business Conference on behalf of my local Intergroup. Boy did Region 8 shine! We had all the flags of the states and countries in Region 8 displayed and it was wonderful. By now you probably have the results of all the business motions such as our new definition of abstinence and a definition of Action Plan for our tools pamphlet. That Action Plan is such a useful tool, especially if I tend to procrastinate. On a personal note, at WSBC this year I was assigned to the Conference Literature Committee and have the privilege of chairing one of the subcommittees-ours is the Subcommittee dealing with rewriting the pamphlet, "Before you take that First Compulsive Bite". More will be revealed on that one after the Board of Trustees reviews our comments.**

**In July we all had the opportunity to TUNE IN TO THE PRINCIPLES in Nashville, Tennessee. We had a great forum on the three legged stool of recovery and some great entertainment too. Another terrific Assembly!**

**So as you can imagine it has been a busy year putting on 3 Assemblies and preparing for Medellin. The folks in Raleigh are doing a great job preparing for March 2012 and based on their incredible bid skit I can't wait to see what Triangle Intergroup has in store for us with skits and entertainment! It is going to be fantastic!**

**Miami- Dade is also working very hard on the Miami July 2012 assembly. And what a great location-hopefully many of our friends in South America will come.**

**Working on the Assembly in Medellin has been a great opportunity to give and to receive, and the Hosting Intergroups have worked so hard to make this Assembly very special. We have had many language challenges and our technological problems with SKYPE and OOVOO, but all in all it's been such an incredible experience for me. It's only mid-September as I write this report but I am so excited about Medellin that if it weren't for the fact that we still have so much yet to do before November 4<sup>th</sup>, I would wish the Assembly were tomorrow. What a glorious adventure we will have. Better bring your dancing shoes too!**

During the past year I have also continued to present and work on the Region 8 Power points and that has been such a great boost to my recovery. Kudos to our Region Trustee and Chair for developing these awesome tools. The Board and the Funded Chairs would be so happy to come to your Intergroup or event to present one or more of these Power Points which are about subjects such as the Traditions, Abstinence, Sponsorship, The Abstinence Action Plan, and Strong Meeting Checklist. Please let one of us know if you are interested.

I would be remiss if I didn't say a word about our fabulous Green Dots and their Mentors. The wonderful first time reps are such a blessing as they bring in new ideas and new creativity. It is such an honor to work on the Green dot mentor program and once again I thank all you green dots and mentors.

Finally, we will have elections this November for Chair, Treasurer, Committee Chairs and WSBC Delegates. Your voice and your vote are important to the continued health and recovery of Region 8!

As my third year as Vice Chair draws to a close I think of all the Hosting Intergroups I have had the pleasure and privilege of working with and I continue to be inspired by their hard work and dedication in service to Overeaters Anonymous. The joy of recovery is played out over and over as I see a core group of trusted servants work together and give of themselves so others may hear the message and get well. They may begin in fear but they end in Joy (oh yes, sometimes exhausted, but that too is a great feeling of having helped.).



See you in Medellin!

Trust God, Clean House Help Others, Gloria L, Region 8 Vice Chair  
vicechair@oaregion8.org

# **REPORT FROM THE REGION 8 SECRETARY**

## **HOLA! I CANNOT WAIT TO SEE EVERYONE IN MEDELLIN!**

I wish I had something very exciting to tell you. Something wonderful like a way to have our cake and eat it, too but my service to Region 8 has been less dramatic than that. Swinging to the other side of the pendulum, I do not have any bad news, which is good news.

I have enjoyed speaking with many members of Region 8 these the last 12 months via assemblies, workshops, email and video conferencing. Because I receive so many emails pertaining to information and service in Region 8 I sometimes cannot keep up and I ask for your patience – and I encourage you to poke me again and remind me if you are waiting to hear back from an earlier query.

Recently I had the opportunity to give service at an obesity conference in Orlando. During the time I represented OA to the medical and medical research community I had the opportunity to speak with doctors who wanted to bring OA to their Spanish patients because studies had revealed that the Hispanic patients who participated in groups for weight management had a much higher rate of success than Hispanic patients who tried to do it alone. I met a doctors who wanted to know about OA for their patients in Scandinavia, India, the former Baltic states, Mexico and Germany. I was very happy we had literature and a website to share with them. This conference also gave me the opportunity to share my E, S, & H with people who never heard of OA or the 12 steps.

I turn 50 on the 25<sup>th</sup> of October while I work at reinventing my life I know that my life is not worth rediscovering if it does not start with the steps, principals and traditions of this program. Changes I have experienced in business, finances and family relationships have been serenely accepted only because I choose to work this program. I am very grateful to have relationships with you because you are helping me as I practice growing up.

The Region 8 printer broke in Baton Rouge and we borrowed one for Nashville but needed to buy one for this assembly. I am grateful the money was available in the budget for the secretary. I am working with the IGOR chair to try and better organize the communications with Intergroups around Region 8. I cannot do my job as your Secretary without support and help from all the trusted servants and members of Region 8. Thank you for all you do!

Jane C.  
Region 8 Secretary

## ANNUAL TREASURER'S REPORT November 2011

I am happy to report that, thanks to you, we're ending our fiscal year in much better financial condition than we expected when we discussed our income and expense position in Nashville last July. The *Give 5 to Keep Medellin Alive Fund* has been phenomenally successful, bringing in *over \$5,000* in additional income to fund our board and committee chairs to our first ever international assembly and convention in Medellin Columbia South America.

The quarterly appeal, another special fundraiser this year, brought in *an additional \$750* in contributions. We have a very generous fellowship, especially when supporting a project like the Medellin Assembly/Convention, as you most definitely have! Thank you so much to all who donated to this very worthy endeavor, in service and/or monetary contributions.

By the time you're reading this, we will be well on our way to making it a reality. Thanks to our Vice Chair Gloria and her most trusted servants, in and outside of the USA, this has been a profound and monumental undertaking!

*In other news*, Region 8 has recently added a "donate button" to our website to make contributing to our fellowship a little more convenient, especially for our international members, and telephone and on-line meetings. Although, *everyone* can use it! You'll find the donate "button" on the Contributions page of our website at [oaregion8.org](http://oaregion8.org) which gives you the option of using a credit card or a PayPal account to make a donation.

There is also a donate "button" on the Medellin information page (click on the right side of the home page under next Region 8 Assembly) where you can make a contribution to the Give 5 to Keep Medellin Alive Fund. In addition there are *email links* that will take you to these same donation screens, the one for *7<sup>th</sup> Tradition Contributions* is:

- [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=P8M3PYV7XWNV4](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=P8M3PYV7XWNV4)

And the one for the *Medellin contribution* screen is:

- [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=UTDWPDJMF2LFG](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=UTDWPDJMF2LFG)

Thank you in advance for your continued support of our fellowship in whatever way you can afford to give; with your time, talents and energy by *doing service*, or by making a *cash donation* at your meetings or through these *web links*.

Thank you so much for allowing me to do this service, I owe my recovery to the opportunity it gives me to do service in this fellowship everyday ☺

Respectfully submitted:

*Patti Schumacher*

Region 8 Treasurer

Trustee Report  
Gerri Helms  
November, 2011

Greetings, fellow members of Region 8! Are you packing for Medellin yet?

In August, we had three wonderful days of meetings, with the Region Chairs & Trustees, discussing our strategic operations plan and dealing with the business of our fellowship. I am still in awe of the opportunity to serve our region and OA as a whole, as your Trustee. I hope it is the aspiration of every one of you to serve, if not at this level, at whatever feels comfortable for you. There is something for all of us and it truly enriches my recovery.

You know, at WSBC this year, two motions may affect your intergroup. First of all, if any changes are made to your bylaw, they need to be submitted for revision. You can send them to WSO or directly to me – either way, I'll review them. Secondly, the definition of a group changed:

ARTICLE V – OVEREATERS ANONYMOUS GROUPS

Section 1 – Definition

a) These points shall define an Overeaters Anonymous group:

- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
  - 2) All who have the desire to stop eating compulsively are welcome in the group.
  - 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
  - 4) As a group they have no affiliation other than Overeaters Anonymous.
  - 5) It has affiliated as an Overeaters Anonymous group by registering the World Service Office.
- \* Underlined areas are what have changed.

Do your bylaws have this description of a group? If not, they may be in conflict with OA, Inc Bylaws. You could reference groups in your bylaws as defined in the OA, Inc, Bylaws, Subpart B, Article V-Overeaters Anonymous Groups, Section 1.

There will also be a motion on the agenda questionnaire that comes out in January about changes to the OA bylaws that affect yours – they'll have to be amended again if it passes but for now, if you have never changed your bylaws, or even if you've changed them recently, they may be in conflict with OA, Inc's. To be on the safe side, why don't you let us take a look at them. You'll want them to be in compliance, especially if your group is applying for delegate funding. If you are not sure, send them to me or to WSO and we'll let you know if they need to be tweaked.

Ah, that's another great topic. When has your group sent a delegate to World Service Business Conference? You could be eligible for funding! Go to the OA website and download the information & application. [http://www.oa.org/pdfs/delegate\\_support\\_application.pdf](http://www.oa.org/pdfs/delegate_support_application.pdf). The completed application, including financial statement, must be received at the World Service Office by November 1, 2011. Also, if your group is financially able, consider donating to this fund: [http://www.oa.org/pdfs/delegate\\_support\\_contribution\\_form.pdf](http://www.oa.org/pdfs/delegate_support_contribution_form.pdf).

If you've got a Kindle or a similar reader, I'm happy to tell you that several more OA books will be available on Amazon. We are not endorsing this enterprise, but currently, it's the only way we can offer the books for your Kindle. Check to see what's there!

If your intergroup needs a brush up on the Concepts of Service, please get in touch with me – one of our Board Members, Committee Chairs or I can come and do a great workshop for you! Also, our chairman and I are planning to do a tele-conference on the Concepts of Service. Stay tuned to email and our website for more information.

When you email others in OA, are you using blind copy? If not, you may be compromising other's anonymity, especially if they use their whole name in their email address. If you don't know how to blind copy, ask a kid! (No just kidding, but do ask someone to teach you to blind copy)

Your Chair and I talked to the other Chairs and Trustees about the special challenges in our region:

- Most of the states & countries in our region are financially challenged
- 8 of the top 10 most obese states are in our region
- Our current structure of funding our board & committee chairs, plus 3 assemblies a year creates financial challenges.

We are dedicated to carrying the message of recovery in Region 8, so both of us presented these challenges to our fellow trusted servants and feel a real team effort to help us, to help you. I will propose a motion for November to our Board Reference Manual, to allow the region trustee budget to be more flexible, so that others besides the region trustee can help us financially to carry the message. I also challenge all of you to look at how we can continue our mission, whether it be to cut or expenses or find ways to raise greater donations. I know you hate when we talk about money, but lets face it, carrying the message costs money – there are travel and other expenses to host an assembly and/or a workshop. Let's all think outside the box!

If you are interested in a workshop, retreat for 2012, please let me know in the next few weeks, as I am working on my budget for next year. Travel is a big expense and I want to ask for the funds to come and share recovery with you.

Again, thank you all for this opportunity to serve as your Trustee. When I had a year to go on my term as Chairman, I felt God calling me to pursue this service. I prayed, and talked with my husband and he said, "Go for it – I like who you are when you do service!" Might you be interested in running for Trustee? Next year we'll have nominations, so now is the time to put it to prayer and learn about what is involved with this service. I am happy to share honestly with you. There is a lot of time and effort to do this job but it is so rewarding. You are the future of OA – consider service beyond the group level!

## **Bylaws/Electronic Documents Committee**

After two years of serving as committee chair (first of Publications now of Bylaws/Electronic Documents) my time is soon coming to an end. I have loved my position mainly because of the amazing, hard working people who make up the committee. We have done a lot of work and it is always a joy to participate in carrying the message of recovery to members of region 8. As we approach our final Assembly of the year, I am grateful for the principle of rotation of service. I am grateful for all of the blessings that I am aware of today by God's grace. I am grateful for all of those who journey with me.

Blessings to all!

## **Estatutos / Comité de Documentos Electrónicos**

Después de dos años de servir como presidente de la comisión (la primera de las publicaciones ya los Estatutos / Documentos Electrónicos) mi tiempo pronto llegará a su fin. Yo os he amado mi posición sobre todo por la gente maravillosa, trabajadora y que conforman el comité. Hemos hecho un montón de trabajo y siempre es un placer participar en llevar el mensaje de recuperación a los miembros de la región 8. A medida que nos acercamos a nuestro montaje final de los años, estoy agradecido por el principio de la rotación del servicio. Estoy muy agradecido por todas las bendiciones que soy consciente de hoy por la gracia de Dios. Estoy muy agradecido por todos aquellos que viajan conmigo.

Bendiciones a todos!

## **Estatuto Social / Comité Documentos Eletrônicos**

Após dois anos de servir como presidente da comissão (primeiro de Publicações agora do Estatuto Social / Documentos Eletrônicos) meu tempo está caminhando para um fim. Eu amei a minha posição, principalmente por causa da incrível, pessoas que trabalham duro que compõem a comissão. Temos feito muito trabalho e é sempre uma alegria participar de levar a mensagem de recuperação para os membros da região 8. Medida que nos aproximamos nossa Assembléia final do ano, eu sou grato para o princípio da rotação de serviço. Sou grato por todas as bênçãos que estou ciente de hoje pela graça de Deus. Sou grato por todos aqueles que viajam comigo.

Bênçãos a todos!

*Joyfully Abstinent, recovered & emotionally whole by the grace of God*

Atiya 

Raleigh, NC, U.S.A.

# IGOR Annual Report/2011

It is so exciting to be having a Region8 Assembly in Medellin!!

Each committee within Region 8 offers tremendous opportunities to serve and to work with other recovering members, making new friends from all over the Region 8 area for the sole purpose of reaching out to the still suffering compulsive overeater.

That is the mission of IGOR (Intergroup Outreach): To reach out to Intergroups in our Region in an effort to keep them connected to each other and to Region 8. Listed below are the programs targeted toward this mission:

**Intergroup Sponsor Program.** This program is alive and well!! Several intergroups have requested assistance, advice and sponsorship during this quarter. Every group must have one!! An IG sponsor is someone who is not only abstinent, but can offer experience, strength and hope to a sister Intergroup board. They can also be available to attend IG meetings, workshops or speaker marathons. They can facilitate an IG inventory or suggest that you sponsor a Service Traditions workshop that can be financed by Region 8 and facilitated by a Region 8 boardmember. Contact our committee at [igorchair@oaregion8.org](mailto:igorchair@oaregion8.org) for more information.

**Sponsor for an Intergroup.** Sponsorship for an intergroup is a valuable service to our program just as individual sponsorship is. Requirements for IG sponsorship are: experience, strength and hope at Intergroup and Region level and a year of current abstinence. What a wonderful service this is.

**IG chair mailing loop.** A change this year: Going forward, if you are an IG chair, send your requests/changes to the Soar8 Secretary ([secretary@oasoar8.org](mailto:secretary@oasoar8.org)).

**IG Chairs Mid Assembly Conference Call.** This is an opportunity for intergroup leaders to share “esh”, and knowledge and wisdom. Soar 8 board members are also invited to participate in this hour.

**IG Chairs Breakfast Meeting.** Held on Sunday AM each Assembly, these breakfasts offer opportunities for sharing ideas and what’s happening in each intergroup.

**Rep Funding Program.** We received one application for funding to Medellin. Thanks to this program, this person will now be able to attend the November Assembly!

Contact information for IGOR  
[igorchair@oaregion8.org](mailto:igorchair@oaregion8.org)  
407.491.4127

Blessings,  
Betty Smith  
IGOR Committee Chair  
Region8

## 12 Step Within Committee

This year has gone by so quickly, seems like yesterday we voted to go to Medellin for the Nov 2011. Soon it will be a reality. I know the board members and the funded chairs have worked hard to make it all work. We have traveled to many different parts of the Region for our Business Assembly and Convention. It's always so nice to see the enthusiasm of the new committee members in these areas. We get to add to our TSW Loop and carry the message to the inter-groups that get involved. Please come see me and I will gladly add your name! Our goal is to get as many inter-groups involved as possible. Our intention is to have anyone on the loop..not just committee members. We want to have this information available to everyone! You may ask "why do I want to join?" We share ideas that work. Retreat themes...what to do for marathons and workshops fundraising ideas....fun in abstinence and fellowship. This year we worked on making the new TSW Handbook available at all the Conventions. This Handbook has lot's of information that meeting groups and inter-groups can use to help carry the message, membership retention and help with relapse. We also have 3 subcommittees: Speaker List, Email Sponsorship..and our newest addition..Lifeline. If you would like to be a speaker or email sponsor go to our website [oaregion8.org](http://oaregion8.org) and click the contacts heading. This year our committee will be working on Sponsorship and promoting Lifeline. Our committee posts articles on the Forum at the region website too. We enjoy doing service for the fellowship! If I can help you in anyway, you can email me at [tswchair@oaregion8.org](mailto:tswchair@oaregion8.org)  
Thanks for letting me be of service to you.

Hugs,

Linda H.  
12 Step Within Chair

UNITY WITH DIVERSITY  
ANNUAL REPORT 2010-2011

Our committee has accomplished the following this year:

1. We have brought about revisions to the Soar 8 Hosting Manual to choose topics and speakers to support diversity in the fellowship. This addition appears under "Speaker Guidelines".  
To this end the July 2011 Recovery Convention/Assembly in Nashville had a diversity workshop featuring 3 people from underserved communities speak on how it is to be a minority in OA.
2. After many months of feedback and revisions the committee has finalized Outreach to Underserved Communities and Outreach to Spanish/Portuguese Speaking Communities flyers which are being translated for the Medellin Assembly
3. Efforts are being made toward developing "youth friendly" meetings. In Palm Beach and Miami, meetings have been designated as such,
4. There has been outreach to the underserved African-American, youth and people with disabilities communities through Health Fairs and Expos as reported by committee members.
5. New meetings have sprung up in African-American and Spanish speaking communities, as well as on college campuses targeting young people.

There is still much work to be done in all these areas as we strive for our fellowship to be more inclusive. We believe Region 8 is up to the challenge!

Respectfully submitted,

Love & Peace,

*Lonna Cohen*  
*Chairperson, Unity With Diversity Committee*

## WAY\$ AND MEAN\$ COMMITTEE

Annual report, 2010 - 2011 September 19, 2011

Here is what the ways and means committee accomplished this past year:

Designed and implemented a quarterly appeal that was sent to all meetings and intergroups requesting direct donations to Region 8 once each fiscal quarter.

Through the generosity of a ways and means committee member who created a handcrocheted afghan, we were able to sell it via drawing at the July, 2011 assembly. Plans are underway to do it again in Spring, 2012.

Our region trustee crocheted prayer scarves, sold at region assemblies and at WSBC.

Purchased and sold Region 8 sweatshirts. Offered personalized embroidery on the sweatshirts at WSBC and Nashville assembly.

Slogan bracelets and wallet cards, donated by Suncoast IG, were sold at WSBC, May, 2011.

After requesting and receiving a budget over-ride, adjustable measuring spoons were purchased and will be available for sale at upcoming business assemblies, starting in November, 2011.

T-Shirts and tote bags from Nashville assembly were donated for future sales.

Yours in service,

Kat  
Katherine Marish  
Ways and Means Committee Chair

## Standing Rules

### **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, Participation in Assembly**

1. Voting member must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chair, or Board Member.
2. The Secretary shall make a credentials check at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman.
3. Any registered 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 Chairman.

## **Voting Procedures**

1. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chairman.
2. A voting member may request a more accurate vote count by simply calling out "Division." The Chairman may then use a voting method which assures an exact count.
3. The Chairman may also call for division by stating, "The Chairman is in doubt."
4. Ballot vote will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots.

## **Recognition**

1. Voting members who wish to speak shall, from the center microphone, give their name and Intergroup, and wait for recognition from the Chairman. If necessary to get the Chairman's attention, the voting member may say "Madam/Mr. Chairman," but may not speak further unless recognized by the Chairman.
2. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chairman (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

## **Motions and Debate**

1. Process for New Business Motions
  - a. 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.
  - b. 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.
  - c. New motions arising outside the Business Assembly shall be submitted to the Secretary at least sixty-five (65) 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.

- d. 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 Policy & Procedure Manual for consistency or congruity.
  - e. 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:
    - 1.) create incongruity within either the Policy & Procedure Manual or the Bylaws,
    - 2.) create incongruity between the Policy & Procedure Manual and the Bylaws,
    - 3.) be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
    - 4.) result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
  - f. The Bylaws/Electronic Documents Chair will submit the reviewed motions to the Secretary electronically, no later than (sixty) 60 days after the close of the Assembly for inclusion in the mailing packet for the following Assembly.
  - g. 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.
3. 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.
  4. Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
  5. A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
  6. The **first speaker is always pro**, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
  7. 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.
  8. 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.
  9. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
  10. To save time on a simple amendment to a motion, the Chairman may ask the maker of the motion if he/she 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.

## **Miscellaneous Rules**

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

**SOAR-8**  
**BYLAWS MOTION 1: Region 8 Board Vacancy**

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**Motion:** Move to amend Article V- THE REGION-8 BOARD by **changing** - Section 9 regarding Board Vacancy as follows:

**Current wording**

**Section 9**

*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 **Business Assembly at which time nominations will be accepted from the floor and an election held to fill the balance of the unexpired term.***

**Proposed wording**

**Section 9**

*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.***

**Submitted by:**

Bylaws/Electronic Documents Committee

**Intent:**

Simplify the process to fill Board vacancies between Assemblies and avoid having multiple elections for the same office over the course of three assemblies.

**Implementation:**

Update the Bylaws and the Policy and Procedure Manual.

**Cost:**

None.

**Rationale:**

This change allows stability and consistency. For example, the Treasurer was elected as a GST, leaving a vacancy. The Board solicited applications and appointed someone. Under the current bylaws, there will be another application process and election in July and the same process must be repeated again in November. A similar thing happened last year when the Secretary resigned in June. Every November we are slated to have elections and this change could easily be accommodated.

**SOAR-8**  
**BYLAWS MOTION 2: GLOSSARY AMENDMENT**

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**Motion:** Move to amend the following glossary definition:

Current wording

*Abstinence\**

*According to the dictionary, the word “abstain” means to refrain from. Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step Program.*

Proposed wording

*Abstinence\**

*According to the dictionary, the word “abstain” means to refrain from. Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating **and compulsive food behaviors while working towards or maintaining a healthy body weight**. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.*

**Submitted by:**

Bylaws/Electronic Documents Committee

**Intent:**

Have the Bylaws reflect the current definition of Abstinence as adopted at the 2011 World Service Business Conference.

**Implementation:**

Update the Bylaws.

**Cost:**

None.

**Rationale:**

This change reflects the expanded definition of Abstinence as contained in the Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011).

### Motion 3

#### **MOTION TO AMEND THE SOAR BY LAWS PAGE 11 AS FOLLOWS:**

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

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

Replace with:

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

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

##### **Submitted By:**

Techweb Committee

##### **Intent:**

To allow elections to be held virtually and be open to all registered representatives whether or not physically present at the Region Assembly .

##### **Implementation:**

Amend the SOAR 8 By Laws

##### **Cost:**

None.

##### **Rationale:**

Since our region is so large we need to provide a more open forum.

**Motion 4** to amend the SOAR By Laws Page 15 as follows:

Change the term of the funded chairs from 1 year to two years with a maximum of 4 consecutive years or 2 terms.

**Submitted By:**

Techweb Committee

**Intent:**

The intent is to make the terms in office equal to that of the board of directors in order to maintain a more cohesive committees since the committee chair is usually the only stable committee member from Region 8 Assembly to Region 8 Assembly.

**Implementation:**

Amend the SOAR 8 By Laws

**ARTICLE VIII - COMMITTEES**

**Section 1**

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

A. Region-8 Committee Chairman shall be nominated by said Committee and appointed by The Region-8 Board yearly at each late October early November Region-8 Business Assembly.

1. To be eligible for appointment, a person must:

a. Be a past or present Region-8 Representative.

b. Have served on the Committee for which he or she is being appointed Chairman.

c. Have attended two or more Region-8 Business Assemblies held during their term of office as Region-8 Representative.

d. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.

B. Region-8 Committee Chairs shall serve no more than four consecutive years *add:(each term to be 2 years in length)* in the same position, whenever possible.

C. Final voucher reimbursements will be paid only after all files and/materials are turned over to the incoming Committee Chairman. In the event that the office is vacant, Materials are to be turned over to the Region-8 Chairman. The Treasurer shall verify that materials have been given to the proper person before giving reimbursement.

**Cost:**

None.

**Rationale:**

To establish more stable committees by keeping the chair the same for at least 2 years. Each time we have an Assembly the basic membership of the committee changes, by keeping the committee chair's term for a longer time we have more cohesive committees

## **Motion 5**

### **Motion for Budget Override**

Major Purchase Computer TechWeb Committee:

#### **Submitted By:**

Techweb Committee

#### **Intent:**

Computer for TechWeb since they need it to do their work on AV , Remote Attendance and overhead presentations to the Assembly .

#### **Implementation:**

Buy computer and necessary supplies

#### **Cost:**

\$600- \$700.00 .

#### **Rationale:**

The members of the Techweb committee have been using their personal computers (and other hi tech equipment such as routers cameras ) at assemblies and workshops for the last 3 years our personal computers are aging and new technologies such as 12 user OOVOO are requiring faster computers IE: Intel I5-I7 processors to be able to better carry the message to the rest of the body who can't attend these events.

# Region 8 Board Application

## Office applied for: Chairman

Name BurtonTucker

Phone 4074040015

Address 5441 De Leon Ln

City Eklton State FL Zip 32033

Email showupoa@aol.com

Years in OA 34 Current Service Body

4 NFI

Are you a past Rep? yes If so, which Service

Body? CFI

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; Vicechairman 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**

**SOAR**

**I was originally dragged into the rooms. It took a tragic look into amends to find the programs full meaning in my life.**

**I went through many trials in dealing with my multiple compulsions and because of my message I was elevated to the position of Super Star high on the OA pedestal.**

**I was a WSBC rep for many years as well as the region rep for my Intergroup and maintained a ten year Back to Back Abstinence I lead retreats and conventions all over the country.**

**Developed fund raising techniques that raised a large amount of money from within the fellowship. I was soundly reprimanded by WSO for things that I did to raise funds which we do daily this day in OA. I guess I was just ahead of the curve.**

**I went from compulsion to compulsion and one day took that first compulsive bite.**

**After a personal tragedy it took 18 years of looking for my true calling in the fellowship. I was in and out of the rooms, but never far from abstinence; it came-it went, I came back-I left, until I was told by a member with 40 years of program, someone who went into the bowels of industry and worked with AA's on corporate Boards of Directors who were losing their way and needed strengthening of their program, that all I had to do was to "SHOWUP and GROWUP"**

**So I finally did. Six years ago picked up my recommitment chip and picked up my abstinence and went to meetings almost every day carrying my message of recovery to those who still suffer, I rejoined the Intergroup and was elected REP. I chaired registration at retreats I spoke of my real recovery that was growing in each day of service.**

**I give service and have given service as a rep to this Region from CFG and now NFI. I have served as your Publications Chairman and Tech Web Chairman. I am busily developing Remote attendance so that reps that cannot come to assemblies can join us online. I am also developing and using electronic Registration for events all over the region. I am training in the use of all the new technologies. I have worked with our Vice Chair to develop Audio Visual equipment and techniques I have arranged with hotels for conventions and Regional assemblies for my IG and I have been convention chairman and sold out the house. And today I am Chairman of Tech Web**

**and Corresponding Secretary of NFI.**

**But all this is secondary to my personal recovery and my commitment to this fellowship as I give service to this fellowship and Wanting A New Day in OA one day at a time with the help of GOD and Technology.**

## Position Paper

### Standing on the Concepts Steps and Traditions

I stand on the fact that it is a new day in OA

We cannot continue to do things on the premise that "well that's the way it always was done"

We must reach out into the future while honoring our past. We must research each thing we do and share those things with the entire body. All must be privy to our action as the board.

"Government in the Sunshine" egos set aside Principals before Personalities

We cannot stand on one person's opinion no matter their rank, we are autonomous in person and in the body.

We cannot risk the fellowships financial position no matter how the outcome may look as a good deal.

Technology gives us the ability to meet as a board or as a body instantaneously, we just must call this body to order.

I see the BOD as the keeper of the Traditions, the transmitter of the message, the builder of the fellowship through technology; the old ways are the old ways we must move forward.

The Message must be carried in every way possible

Do you really know the message do you really know how to carry the message

When is the last time you truly carried the message

We must not slay the messenger.

We have taken risks, but not covered the risk with appropriate actions, when we don't receive an adequate disclosure source, we need to listen to the members closely on their feelings, and we then need to research the risk before committing to the action.

We need to be able to have our Region Delegates to have access to the Region Assemblies from where ever they are by using technology since they are our link to the fellowship at large. They must be able to vote on the issues of the Region by email , eballot, or proxy.

We stand on the ledge of a financial cliff for not calling for the research, I will try never to let the BOD or the body takes these risks again. I will call on all the members to comment on risky adventures no matter how it might seem that we are the carrier of message to the underserved.

As it stands, at this time we may have taken a dire risk to the regions finances. I am asking each one of you to look at the place we are and how we actually got here.

I wish to be the chair of the region to be a devil's advocate and to ask each member of the board to do the same, question yourself in the light of concept one

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

That means the entire body!

4. The Right of Participation ensures equality of opportunity for all in the decision-making process. Government in the sunshine!

The first 3 steps require us to live in sanity, to give up being General managers of the Universe and to let go of the control

1. We admitted we were powerless over food — that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Are we putting our decisions to the tests of the first 3 steps

Always remembering that we are not the General Managers of the Universe and are we looking to the real General Manager in each decision.

I will be your chair 365 days a year 24 hours a day As I am committed to my abstinence I am committed to yours.

I am committed to leading through example and avoiding outside influence you are the power of the Region not the Board not the WSO not the trustees

Remember you are the representatives of this Fellowship and carry the message of recovery and hope

## **Documento de posición**

De pie en la Plaza de conceptos y tradiciones Yo estoy en el hecho de que se trata de un nuevo día en la OA No podemos seguir haciendo las cosas en la premisa de que "bueno, esa es la forma en que siempre se ha hecho" Debemos llegar en el futuro al tiempo que respeta nuestro pasado. Debemos investigar cada cosa que hacemos y compartir esas cosas con todo el cuerpo. Todos deben estar al tanto de nuestras acciones como la junta.

"El gobierno en la Sunshine" egos a un lado los directores a las personalidades

No podemos quedarnos en la opinión de una persona sin importar su rango, somos autónomos en persona y en el cuerpo.

No podemos arriesgarnos a la posición financiera de becas no importa cómo el resultado puede parecer un buen negocio. La tecnología nos da la capacidad de cumplir como una tabla o como un cuerpo de forma instantánea, sólo debe llamar a este cuerpo de orden.

Veo la DBO como el guardián de las tradiciones, el transmisor del mensaje, el constructor de la beca a través de la tecnología, las viejas costumbres son las viejas maneras tenemos que seguir adelante.

El mensaje debe ser realizado en todas las formas posibles

¿Conoces realmente el mensaje es lo que realmente saben cómo llevar el mensaje

¿Cuándo es la última vez que realmente llevó el mensaje

No hay que matar al mensajero.

Hemos tomado riesgos, pero no están cubiertos los riesgos con las medidas adecuadas, cuando no recibimos una fuente de revelación adecuada, tenemos que escuchar a los miembros de cerca de sus sentimientos, y entonces necesidad de investigar el riesgo antes de comprometerse con la acción . Tenemos que ser capaces de tener nuestros delegados región para tener acceso a las Asambleas de la región donde quiera que estén usando la tecnología ya que son nuestro enlace con la comunidad en general. Deben ser capaces de votar sobre las cuestiones de la Región por correo electrónico, eballot o proxy. Estamos en el borde de un precipicio financiero por no llamar a la investigación, voy a tratar de no dejar que la DBO o el cuerpo de la toma de estos riesgos una vez más. Voy a llamar a todos los miembros a formular observaciones sobre las aventuras riesgosas sin importar lo que pueda parecer que son los portadores del mensaje a los más necesitados.

Tal como está, en este momento puede haber tomado un riesgo grave para las finanzas de las regiones. Estoy pidiendo a cada uno de ustedes a ver el lugar donde estamos y cómo en realidad nos dieron aquí. Quiero ser el presidente de la región a ser abogado del diablo y preguntar a cada miembro de la junta a hacer lo mismo, se pregunta a la luz de un concepto

1. La responsabilidad y autoridad para la OA de los servicios mundiales de residir en la conciencia colectiva de toda nuestra Comunidad. Eso significa que todo el cuerpo!

4. El derecho de participación garantiza la igualdad de oportunidades para todos en el proceso de toma de decisiones.

Gobierno bajo el sol!

Los 3 primeros pasos nos obligan a vivir en la cordura, dejar de ser gerentes generales del Universo y de dejar ir el control

1. Admitimos que éramos impotentes ante la comida - que nuestras vidas se habían vuelto ingobernables.

2. Llegamos a creer que un Poder superior a nosotros mismos podría devolvernos el sano juicio.

3. Tomó la decisión de poner nuestras voluntades y nuestras vidas al cuidado de Dios, como nosotros lo concebimos.

¿Estamos poniendo nuestras decisiones a las pruebas de los 3 primeros pasos

Siempre recordando que no son los directores generales del Universo y estamos mirando hacia el director general real en cada decisión.

Yo seré su silla 365 días del año las 24 horas del día, como me he comprometido a mi abstinencia me he comprometido a la suya.

Me he comprometido a liderar con el ejemplo y evitar influencias externas que son el poder de la Región no la Junta no la OSM no los fideicomisarios

Recuerda que son los representantes de esta Comunidad y llevar el mensaje de recuperación y esperanza

# Region 8 Board Application

(Type or print in black ink only)

## Office applied for: Chairman

Name Gloria M. Lockridge Phone: 407-340-2008

Address: 721 Glen Eagle Drive

City: Winter Springs \_\_\_\_\_ State: FL \_\_\_\_\_ Zip: 32708 \_\_\_\_\_ Email: vicechair@oaregion8.org;  
Years in OA 12 \_\_\_\_\_ Current Service Body: Central Florida Intergroup

Are you a past Rep? YES \_\_\_\_\_ If so, which Service Body? Central Florida Intergroup

Bylaws Article VII – Section 1, B) states:

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3. Two Board members are elected each year for a 2 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

I was 50 years old when I went to my first OA meeting on August 9, 1999. I was fat, terribly unhappy, and full of self loathing and could not stand to hold my body up on my own 2 feet. My son had graduated college that May and I was supposed to wear a little white suit at graduation and look gorgeous! At least that's what I had vowed 4 years earlier when we drove him out as a freshman. Of course I never lost the weight I promised myself I would lose 4 yrs earlier, so I wore the only thing I could find—a blue skirt and blue and white overblouse. I was thoroughly miserable, so my solution was to keep on eating until that August when I just gave up. I weighed 255.5 pounds when I walked in. I had been fat all my life except for brief periods of crash dieting, diet pills, weight loss clubs that I quit and joined many, many times. I would have been much heavier except that I constantly abused laxatives to keep my weight in line. I lived in fear of getting to 300 lbs. Every diet worked for a while but I always gave up because I could not stand to be so deprived. I had a wonderful husband, a great son, a beautiful house and car, yet I was terribly unhappy. I had no friends except food. I had a very high stress job and I was always trying to hide. Food was how I got through my day, popping various candies in my mouth without stopping to take off the paper wrappers. At the meeting a woman who was to change my life came up to me and said "I used to be morbidly obese like you". I was horrified and wanted to punch her. So of course she became my sponsor! She took me through the 12 steps; I joined our fellowship. I became abstinent and thus began e real work of living life on life's terms without using food as a drug. I lost 125 lbs in 14 months and have kept it off within a 5 lb range for 10 1/2 years. On August 9 of this year I celebrated 12 years of abstinence in OA. I never thought the life I have today was possible; it is truly a life beyond my wildest dreams. OA made it possible!!

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

1. Vice Chair of Region 8 from November 2008 to the present.
2. Region 8 Parliamentarian for many Assemblies from 2005-2008
3. Chair, Region 8 Bylaws and P and P Committee ca 2005 (March and/or July)
4. Region Rep from CFI at November 2006 SOAR Assembly
5. Served on Region 8 ByLaws and P and P Committee for several Assemblies
6. Parliamentarian and Acting chair of Bylaws and P and P for March 2008 Assembly when the Bylaws and P and P Chair was unable to attend.
7. World Service Business Conference delegate #2 for Central Florida Intergroup 2008-2011
8. "Before You Take that First Compulsive Bite" Subcommittee Chair of Conference Literature

## **Committee at World Service**

- 9. Past Intergroup Chair of Central Florida Intergroup (“CFI”) from 1/1/06-12/31/07 (2 years)**
- 10. Past Central Florida Intergroup (“CFI”) Secretary for several years**
- 11. Past CFI Parliamentarian for several years before becoming Chair**
- 12. Past Chair of CFI Fall Retreat**
- 13. Past subcommittee Chair of Entertainment and Program Committees for CFI Fall Retreat**
- 14. CFI Hotel Liaison for SOAR 8 Assembly in Orlando at Florida Mall Hotel (ca 2004)**
- 15. Subcommittee Chair for CFI (Hosting Intergroup) SOAR 8 Assembly Planning Committee for Assembly in Orlando November 2006**
- 16. Retreat Leader at various retreats across Region 8**
- 17. Presented Region 8 Power Points at numerous Intergroups throughout Region 8**
- 18. Intergroup sponsor for East Coast Intergroup (no longer in existence)**
- 19. Intergroup sponsor for Highland Ridge Intergroup**
- 20. Chaired or co-chaired several local Marathons over the past 5 years, including one on “The Doctor’s Opinion and Recreating our Lives.”**

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

**(a) Experience.** I bring seven years of experience in Region 8 service to the Board, having been a Board Member for 3 years, and having served as a Rep and as Parliamentarian for several years. I have learned so much about Region service (especially for the 3 years I have been Vice Chair) that I believe I am now well equipped to serve as Chair. My past experience will Region 8 transitions to a new Chair.

**(b) Professional skills.** As a practicing lawyer for 26 years, and in my 3 years as Vice Chair, I have developed the problem solving techniques, organizational and time management skills necessary for productive service, including the very important skill of learning to delegate. Through my Region 8 service I get the opportunity to help others in a small way to be the best they can be, just as my higher power and my sponsor help me every day to expand my recovery and enlarge my spiritual life. Of course, what always happens is that I learn from all those I come in contact with and they help me more than I ever could dream of helping them!

**(c) Skill.** Tradition 2 tells me that in OA we have a service structure, not a power structure. To me that means, in part, learning to place service first by reaching out to help others in need, without dishonest or self seeking motives. As Vice Chair, and with the help of God, I have been blessed to do just that by developing an attitude of service and reaching out to members of Hosting Intergroups during the planning of the last 8 Assemblies. Any Chair of Region 8 needs to be able to touch and help people, and I believe the friendships I have built along the way will help me do that.

**Why do you want to be a Region Board Member? When I prayed and meditated about standing for Chair I kept remembering in the BB where it tells me the right answers will come. I kept hearing “This is the next right thing! You can do this! It would be wrong not to do this because you have the skills that are needed and I will help you along the way”. So I WANT to give back but I also feel I MUST give back to the program and the Region that has done so much for me. Gratitude must take the form of action and since I have been blessed with certain skills I want to use them accordingly. I want to show my gratitude to a program that has transformed my life. I can never repay all that has been given me but I must try. I want to show my gratitude through service. Our Chair has guided us into new horizons of service as we approach our very first international Region 8 Assembly. Her service has helped me see what is possible for our Region 8**

because we have a strong collective recovery; we are a region which places abstinence first. Not only must we continue to carry the message throughout our Region but also we must find new ways to do it. There are funding challenges; there are technology challenges, and there are apathy challenges. There is no single solution to our challenges. But we can and must face them and we will face them, in a spirit of love, gratitude and compassion in abstinence.

Thank You.

*Date 9/4/11      Signature Gloria M. Lockridge*

## REGION 8 BOARD APPLICATION

Office applied for: Treasurer

Name: Patti Schumacher

Address: 12114 Glencliff Cir., Tampa, FL 33626

Phone: 813-855-3239

Email: [impattischu@gmail.com](mailto:impattischu@gmail.com) or [treasurer@oaregion8.org](mailto:treasurer@oaregion8.org)

Years in OA: 16

Current Service Body: Suncoast IG

Past Rep: Yes

Service Body: Suncoast IG

Brief account of OA story:

I attended my first meeting in January of 1991. I immediately felt I belonged. I worked the steps and became abstinent rather quickly and lost my excess weight. I had some trouble accepting that I was powerless over food at first, but I knew my life was *unmanageable* and that I was overweight and diets had stopped working for me.

Two years later we moved to FL and I was disenchanted with my new meetings and I missed my sponsor. By December of 1992 I was willing to throw it all away to try what I thought was an easier softer way. Four and a half years later I weighed over 200 pounds and was clinically depressed; I found my way back to OA with the help of some well placed angels in July of 1997. After a 40 pound weight loss I leveled off.

After 8 years of recovery and an empty nest, I was guided to do service at the IG level. Having never given much thought to doing service above the group level, I was somewhat surprised by my eagerness to throw myself into IG service, holding 3 board positions in 4 years. When I was asked to represent our IG at Region 8, fear of commitment, and a lack of faith in my abilities made me reluctant, but no one else was willing to do it at the time so I accepted the challenge.

I attended my first assembly in *11/08* and was instantly hooked. I loved being part of the assembly process and meeting and working with other COEs from the far reaches of Region 8. I was assigned to the IGOR Committee. After completing the project I'd volunteered for: working with the bylaws chair to update the IGOR committee portion of the P&P, the current chair encouraged me to seek the chair position when she chose to step down in November of 2009. By that time I'd been to 3 assemblies as a committee member and though I didn't feel especially qualified, I began to repeat the mantra I've adopted since I first started being elected to service positions in OA, "God does not call the qualified, he qualifies the called." So now when I'm asked to do service in OA I say yes, knowing from experience that I will be given exactly what I need to get the job done.

It was about this time that I was reminded that there had been periods in my preceding 11 years of abstinence when I had prayed for and been granted the willingness to give up certain food items that had become a problem for me. So I began praying for the willingness to alter my food plan so that perhaps I could lose the remaining weight I'd been stubbornly holding onto.

Then another miracle happened, during the March 2009 assembly in Little Rock (my second one) I conferred with an OA friend about her food plan on Friday night, getting some suggestions for embarking on a new food plan, then on Sunday morning I heard the closing speaker addressing exactly the issues I needed to hear to motivate me to take my program to the next level. On April 1<sup>st</sup> of 2009 I began a new food plan, one day at a time, and have now released about 30 more pounds.

I have no doubt that my HP wanted more *from* me, as well as more *for* me, and when OA service became a priority in my life so did a willingness to accept a healthier food plan. Consequently today service is as important to me as my food plan. It is a tool that I use everyday to maintain my abstinence.

#### Summary of OA Service:

- Carried keys and literature
- Treasurer of home meeting
- Secretary of Suncoast IG *11/05 - 10/07*
- Wrote articles for Suncoast IG newsletter
- Vice Chair of Suncoast IG *10/07 - 6/08*
- Chair of Suncoast IG *6/08 - 10/09*
- Elected WSBC delegate for Suncoast IG
- Region 8 Rep for Suncoast IG *11/08 - 11/09*
- Region 8 IGOR committee member

- Worked with Region 8 bylaws chair to update IGOR committee in P&P
- Hotel Liaison for SOAR 8 Assembly/Recovery Convention 11/09
- IGOR Committee Chair 11/09 - 3/11
- Wrote articles for Region 8 newsletter
- Nominated and stood for election of Interim Secretary of Region 8 board 7/10
- Treasurer of Suncoast IG - 10/10 - 7/11
- Nominated and stood for election of Region 8 board Secretary 11/10
- Serving as Retreat Committee Chair for Suncoast IG Oct. 2011 retreat
- Invited to speak at Unity Day workshop in Memphis 2/11
- Chair of Region 8 Ways and Means Committee 3/11 - 5/11
- Attended WSBC as delegate from Suncoast IG 4/11
- Serving as secretary on WSBC finance subcommittee 4/11 - present
- Appointed interim treasurer of Region 8 5/11
- Elected Treasurer of Region 8 at 7/11 business assembly
- Nominated to serve next two year term of Region 8 Treasurer at 7/11 business assembly - election to be held in November 2011

#### Business, Professional Skills, etc.:

I am very detail-oriented and a self-starter.

I volunteered on a task force at the Women's Self Help Center in St. Louis MO in 1976 to research the feasibility of chartering a women's credit union. We successfully chartered the first St. Louis Women's Federal Credit Union in 1977 and I served on the original board of directors.

I went on to manage two other credit unions, one under a million dollars and the other, over two million dollars in assets, gaining experience in accounting, record-keeping, reporting to various government agencies and working with, and serving on the board of directors.

Five years as an Account Executive with an IT firm gave me experience managing my client's accounts, meeting deadlines, following up with client issues and keeping detailed records. I made my own appointments, and managed my own time, most of which was spent in unsupervised field work, in 3 different states. I corresponded with management primarily by email and my laptop was an essential tool.

#### Why do I want to be a Region 8 Board Member?

Now that I am retired and have time for volunteer work I can't think of anywhere else I would rather serve. It has been my experience that the more I give to this fellowship the more I

receive. I am so grateful for the gifts I continue to receive year after blessed year from my OA recovery that it is a pure joy for me to do service at every level to which I'm called. As an OA friend is fond of saying "I owe a debt I can never repay", though I plan to keep trying! As a bonus, I get to work with other recovering people, while having fun and growing and learning. Another phrase I've come to love is "The older I get the more I feel like myself" and I truly believe that the person I am becoming in this fellowship is exactly the person my HP wanted me to be all along ☺

November 2011

Respectfully Submitted,

*Patti Schumacher*

# APPLICATION FOR REGION 8 DELEGATE TO THE WSBC

Name LONNA COHEN Intergroup MIAMI-DADE

Address PO BOX 63010 MIAMI FL.33163

Phone # 305-338-0423 Email [lonnacohen@gmail.com](mailto:lonnacohen@gmail.com)

OA Start Date January 1974 Abstinance Date March 17, 2006

Number of years of service above the group level 15 years

What year did your Intergroup last send a delegate to WSBC? 2009

## 1. Brief account of your OA story.

I guess I was always a compulsive overeater. I was a fat toddler, a fat child, and a fat pre-teen. When I reached puberty my mother took me to my first diet doctor and that started the rounds of diet doctors, diet clubs, crash diets, restricting, laxatives, purging, anything and everything to get and stay thin. This lasted until I came to OA in 1974 a few months after giving birth to my son and gaining an enormous amount of weight during that pregnancy (50 lbs) adding to the weight gained during the failed pregnancies that preceded it. I stayed in OA for 8 years losing weight, having periods of abstinence (one as long as a year), and many relapses. I left the program in 1981 seeking an easier softer way. There was a new "miracle" diet out there and I once again was drawn in thinking I could handle the weight loss. Oh by the way I did lose 95 lbs and juggled a weight gain once again until I found myself 10 years later coming back to the OA program at my highest weight ever 262 lbs.

I got abstinent again, enough to lose 70 lbs, however I was back on that pattern of many relapses followed by short periods of abstinence. Enough so that I did not gain back all the weight.

I had a sponsor (many of them), I was working the steps (many times), I believed in a higher power, I was doing service for my groups and Intergroup (especially when I had periods of abstinence), what was wrong?

Why couldn't I hold on to recovery?

Looking back I can see I was taking my will back at every turn even though I prayed to my higher power for the willingness to be willing to do the right thing.

Well after taking yet another new sponsor (this time during one of my abstinent periods), she asked me if I would be willing to try a new food plan that had worked for her and others. When I said I would be willing to try and I did, that next day I was abstinent on this new plan followed by many one days at a time. Little did I know that was the day that my 5 1/2 years of abstinence was to begin I also recognized in doing the steps again that I never really took step 1. All I ever did was give Step 1 "lip service". I proclaimed I was a compulsive overeater, however in my heart of hearts, I still wanted to be a normal eater and believed that I could be a normal eater. That illusion is gone (as they say). I am a compulsive overeater and will always be a compulsive overeater!

## 2. Summary of OA service.

Group Level: Secretary; Treasurer; Literature Person; Leader; Speaker

Intergroup Level: Group Rep; Convention Chair (3years); 12 Step Within Chair; Recording Secretary; Correspondence Secretary; Vice Chair; Chair 3 years

Region Level: Region Rep; Unity With Diversity Chair; Speaker

WSBC: Delegate; Active member of 12<sup>th</sup> Step Within Committee (2009-2010); Non delegate member of Unity With Diversity Committee (2010-2011)

**3. Why do you want to be a Region 8 delegate to the next WSBC?**

As a delegate from my intergroup in 2009, I came back from WSBC with a greater understanding of just how important each member and group is to the whole. The experience was awesome!

I would like to return WSBC to gain further insight into the workings of WSO. I would also like to work on the WSBC Unity With Diversity Committee as a delegate and bring this valuable experience and information to both the Region 8 UWD Committee and our Region 8 members.

I would also like to add that Miami-Dade Intergroup will not likely send a delegate to WSBC due to budgetary constraints and this will enable me to bring back the knowledge gleaned to my home group as well.

**Lonna C.**

CCO - Comedores Comunitarios Andinos

**APPLICATION FOR  
REGION 8 DELEGATE TO THE WSBC**

Name CAROLINA PERALTA Intergroup Junta Nacional de Servicio  
Address Calle 11 entre Carrera 16 y 17, N° 16-46 Of. 4, Barrio Obrero, San Cristobal  
Phone # 58-276 3560490 Email informacion@ccavenezuela.com.ve  
OA Start Date OCTOBER 29, 2004 Abstinance Date MAY 1<sup>st</sup> 2011  
Number of years of service above the group level 5 years  
What year did your Intergroup last send a delegate to WSBC? NEVER

1. Brief account of your OA story.

### **Brief Account of my OA Story:**

My first meeting was in 29 October 2004. I came because I wanted to lose weight. I was weighing 100 kgs. I was looking forward to get surgery, but thank God, I found OA. My 6 first months I loose weight, because I was using my 3-0-1. I started to work on my steps, I found a sponsor. I worked on my first, second and third step and stoped! I started to work on my 4th many times but couldn't finish it. I think I was afraid of the comments of my OA friends.

About three years ago had some problem with my sponsor; she dropped me. She couldn't handle a suggestion I made to her. This happens when getting in someone elses business, even you love this person, so, it's better to save suggestions. I stayed in my group after that, all though I wanted to go, I didn't feel ok seeing her sharing and looking fine, after she dropped me. I prayed and finally she made amends to me. She said she was sorry about her decision of dropping me. But before that, I prayed a lot, because I knew that anger wasn't doing good to me, and I prayed for her and me, and I got free from my resentments. I received her apology and everything was ok with her, now we are friends.

I stopped losing, but did not gain more kilos. That was a big gift, because I've never stayed in one weight, I allways go like a YO-YO. I went to a nutricionist, and she put me on a maintenance diet. I was weighing about 90 kilos. I loose weight very slowly, I think I have worked my program very slowly.

Last year I began a relationship, and that took me away from my group, I didn't want to go any more to meetings. But my H P send me two good friends from OA USA, and again I felt motivated and wanting to do service again. Now I am in my 7th step, have a sponsor, I am abstinent, I have lost weight, like 7 kilos, in 4 months. I go to my meetings, even I moved from my first group, where I began, but now I feel I have a lot of work in this new one, because it was about to get closed, even is the oldest group in my country, but God puts me where I need to learn and to work. I was elected in the National Assembly to represent my country.

I know it's a big work, but I have to be grateful, give service, and I am enjoying my new roll. So I will go to Medellin, Colombia for the Region Assembly this November, 2011, and hope to go to WSBC in Alburquerque in 2012. I am working in events, and next year we'll have a retreat, for 2nd time in Caracas, and I am in charge!! It's a big challenge, but I'm comitted.

I feel great! I am working my Action Plan, and I love it!! It's the first time I take a look of all the areas in my life, I know I am lazy to work on everything but, it feels good to be in balance. Have to keep going through my abstinence and steps! One day at a time!

### **Summary of OA Service:**

When I began in OA, I was going only to the meetings, but about three months later, started to go to work meetings, and started to clean up the room, and serve tea and water. Coordinating meetings. Began friendship with my dear fellows of OA. When I was in OA a Year, I found a sponsee, but it couldn't be for long, because she didn't come back again. Later got another one, but happened the same, even though we still friends out of OA. Today, I have a new sponsee, hope to keep him for the time my HP decides. I also did service, in Literature, but we did not have enough servers, and I stayed for 2 years, knowing it wasn't good for my recovery, and may be that is why I take it so slow.

Also in my group I was elected as a delegate to go to the National assembly in 2008, I went to the assembly and also was elected to go to the WSBC , but wasn't abstinent, so we did't have any person to go, may be for the language, or for the problems to get the financial help. I remember we didn't have any number. NSB; Venezuela had to do by-laws for OA. Now we are ready, and got them, that is why, this year, again I got elected, because I am abstinent, I am working steps, and go to meetings each week. I will go to Medellin, representing Venezuela in Region 8.

### **Why do you want to be a Region 8 delgate to the next WSBC?**

I want to be a delegate, because it's a honor to meet people that have work for many years in the development of OA through the world. Also, in my country we have so much to learn about inspirational matters, service and motivation! We still young; 14 years. Now that Venezuela is formaly registerd in OA, because our By-Laws were not

ready. Now I think we are. I feel I can give OA my knowledge and can serve because I speak English, and can be a bridge between Venezuela and the rest of the OA`s world.

We need to see and to commit with OA in the world, and for so many years we have being isolated, but now is the time to grow and to develop more groups in our country. To give the message to all the people that suffer with this addiction, hoping that OA can bring happiness for the sadness that causes problems with food.

***Carolina P.***

**APPLICATION FOR  
REGION 8 DELEGATE TO THE WSBC**

**Name** Stephanie Wheatcraft      **Intergroup** Middle Tennessee

**Address** 231 Clyde Ave, Smyrna, TN 37167

**Phone #** 615-218-4676      **Email** swheatcraft@gmail.com

**OA Start Date** 8/23/2007      **Abstinence Date** 9/8/2007

**Number of years of service above the group level** 3 years

**What year did your Intergroup last send a delegate to WSBC?** 2011

**1. Brief account of your OA story.**

I came into OA in August 2007 after counseling with my pastor who worked his own 12 step program. I sought out the help because I felt so empty on in inside, the biggest hole you could ever imagine. I was the "key" person at church, I was choir director, etc etc, looking for God. Two weeks before I came into OA, i weighed in at 376lbs. My pastor recognized and worked with me that my disconnection with God, was directly related to my eating disorder. I ate all day long, yet could not get enough. I was killing myself trying to fill this spiritual hole with food. I gave in to coming to OA with him shoving me through the doors. Was willing to do whatever he said and I did that. Came to meetings and got a sponsor on 9/8/2007. I was willing to do whatever she said that that point. She wasted no time in helping get a food plan that we tweaked many times over the years and now follow a nutritionist plan, she started me on my steps, using the tools, service especially. I have a different sponsor now, due to mine losing her abstinence, and this sponsor really works this program with me. I'm on my 9th step amends, I report my food daily, I work my steps with my sponsor, I work my program the best I can. I have lost over 100lbs and I'm continuing this process of getting to a healthy weight. I never want to forget my story, because it leads to my gratitude of what God does and is continuing to do for me. The spiritual, emotional and physical has been an incredible journey.

**2. Summary of OA service.**

Lead meetings, treasurer at the group level

Region Rep for 2 years, current webmaster and meeting list chair. WSBC rep for 2011

Program Chair and Co-chair of the Region 8 hosting committee. Speaker at meetings

both locally and willing to travel. Speaker at an online meeting. Sponsor for several sponsees.

**3. Why do you want to be a Region 8 delegate to the next WSBC?**

I got the opportunity to serve as the IG rep to WSBC this last year. I went with fear and

came back in amazement and enthusiasm. I was amazed at the work accomplished, the

recovery I witnessed and the recovery I got to share with others. I'm eager to go back

I would be honored to do this as the region delegate so that someone else can have

the opportunity I got this year and serve as our intergroup rep to WSBC.

**Stephanie W.**

## **APPLICATION FOR REGION 8 DELEGATE TO THE WSBC**

Name Burton Tucker Intergroup North florida

Address 5441 Deleon In Elkton FL 32033

Phone # 407 404 0015 Email Showupoa @aol.com

OA Start Date 5/7/1977 Abstinence Date Mar 7 2005

Number of years of service above the group level 15 years

What year did your Intergroup last send a delegate to WSBC? 2011

**Brief account of your OA story.**

I was originally dragged into the rooms. It took a tragic look into amends to find the programs full meaning in my life. I went through many trials in dealing with my multiple compulsions and because of my message I was elevated to the position of Super Star high on the OA pedestal. I was a WSBC rep for many years as well as the region rep for my Intergroup and maintained a ten year Back to Back Abstinence I lead retreats and conventions all over the country. Developed fund raising techniques that raised a large amount of money from within the fellowship. I was soundly reprimanded by WSO for things that I did to raise funds which we do daily this day in OA. I guess I was just ahead of the curve. I went from compulsion to compulsion and one day took that first compulsive bite.

After a personal tragedy it took 18 years of looking for my true calling in the fellowship. I was in and out of the rooms, but never far from abstinence; it came-it went, I came back-I left, until I was told by a member with 40 years of program, someone who went into the bowels of industry and worked with AA's on corporate Boards of Directors who were losing their way and needed strengthening of their program, that all I had to do was to "SHOWUP and GROWUP" So I finally did. Six years ago picked up my recommitment chip and picked up my abstinence and went to meetings almost every day carrying my message of recovery to those who still suffer, I rejoined the Intergroup and was elected REP. I chaired registration at retreats I spoke of my real recovery that was growing in each day of service. I give service and have given service as a rep to this Region from CFGI and now NFI. I have served as your Publications Chairman and Tech Web Chairman.

**I am busily developing Remote attendance so that reps that cannot come to assemblies can join us online. I am also developing and using electronic Registration for events all over the region. I am training in the use of all the new technologies. I have worked with our Vice Chair to develop Audio Visual equipment and techniques I have arranged with hotels for conventions and Regional assemblies for my IG and I have been convention chairman and sold out the house. And today I am Chairman of Tech Web and Corresponding Secretary of NFI. But all this is secondary to my personal recovery and my commitment to this fellowship as I give service to this fellowship and Wanting A New Day in OA one day at a time with the help of GOD and Technology.**

**Burt T.**



### Representantes de la Región 8

Repr  Alt  Nombre \_\_\_\_\_

Tel. casa #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Tel. celular #: ( ) \_\_\_\_\_

#### Dirección postal

\_\_\_\_\_  
Calle /Apartado postal Ciudad Estado Código postal

### Representantes de la Región 8

Repr  Alt  Nombre \_\_\_\_\_

Tel. casa #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Tel. celular #: ( ) \_\_\_\_\_

#### Dirección postal

\_\_\_\_\_  
Calle /Apartado postal Ciudad Estado Código postal

### Representantes de la Región 8

Repr  Alt  Nombre \_\_\_\_\_

Tel. casa #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Tel. celular #: ( ) \_\_\_\_\_

#### Dirección postal

\_\_\_\_\_  
Calle /Apartado postal Ciudad Estado Código postal

### Representantes de la Región 8

Repr  Alt  Nombre \_\_\_\_\_

Tel. casa #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Tel. celular #: ( ) \_\_\_\_\_

#### Dirección postal

\_\_\_\_\_  
Calle /Apartado postal Ciudad Estado Código postal

**Por favor borrar los siguientes nombres de la lista de representantes de la Región 8:**

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Yo certifico que los representantes y los alternos enlistados en este certificado se eligieron en nuestro Intergrupo para server de \_\_\_\_\_ a \_\_\_\_\_ y son elegibles para votar en la Asamblea tal como se define en el Manual de Estatutos y Políticas de la Región 8.

Firma de la Coordinadora del Intergrupo: \_\_\_\_\_

Fecha: \_\_\_\_\_

**Por favor, actualice su información con la secretaria de la Región 8 cuando ocurran cambios.**

# CERTIFICATE OF ELIGIBILITY SOAR 8 BUSINESS ASSEMBLY

**SOAR 8 P&P, section 6.1:** Certificate of Eligibility shall be submitted to Region Secretary annually in January and throughout the year as changes occur. Rep is eligible to vote in Assembly only if duly registered with Region Secretary.

**Bylaws, Article III, section 2.b:** Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region-8 Business Assembly for each ten (10) groups or parts thereof.

**Section 3.b:** Region-8 Representatives should be selected for sound judgment, experience, stability, willingness to serve and faithful adherence to the program of the Twelve Steps of Overeaters Anonymous and the Twelve Traditions. A Region-8 Representative should have a minimum of six (6) consecutive month's current abstinence.

**Please update your information with the Region 8 Secretary as changes occur**

<b>Intergroup Information</b>			
			State: _____
Intergroup Number: _____	Intergroup Name : _____		
Intergroup Office Address	Hot Line: ( ) _____		
Street / PO Box	City	State	Zip
Intergroup Email Address: _____			
Intergroup Website Address (URL): _____			
Chair Name: _____	Home Phone #: ( ) _____		
Chair Address: _____	Mobile Phone #: ( ) _____		
Street / PO Box	City	State	Zip
Chair Email Address: _____	Term Dates: _____ To _____		

## Region 8 Representatives

Rep  Alt  Name: \_\_\_\_\_ Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_ Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

Rep  Alt  Name: \_\_\_\_\_ Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_ Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

## Region 8 Representatives Continued

Rep  Alt  Name: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

Rep  Alt  Name: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

Rep  Alt  Name: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

Rep  Alt  Name: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile Phone #: ( ) \_\_\_\_\_

### Mailing Address

\_\_\_\_\_  
Street / PO Box City State Zip

**Please delete the following names from SOAR 8's list of registered Reps:**

I certify that the representatives and alternates listed on this certificate were elected by our Intergroup to serve from \_\_\_\_\_ to \_\_\_\_\_ and are eligible to vote as defined in the SOAR 8 ByLaws and Policy & Procedure manual.

Signature of Intergroup Chair: \_\_\_\_\_ Date: \_\_\_\_\_

**Please update your information with the Region 8 Secretary as changes occur**

# Rep Funding Application

(Please see page F-8 for complete guidelines governing Rep Funding)

**This form must be accompanied by copies of the three most recent financial reports of your Intergroup**

Date \_\_\_\_\_

Intergroup \_\_\_\_\_ Intergroup # \_\_\_\_\_ State \_\_\_\_\_

## Representative

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Intergroup Contact Person

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For which Assembly is funding being requested? \_\_\_\_\_

Has your Intergroup ever sent a Rep to an Assembly? \_\_\_\_\_

If yes, where and when? \_\_\_\_\_

Has a Rep from your Intergroup ever been approved for funding by this committee? \_\_\_\_\_

If yes, where and when? \_\_\_\_\_

Has your Intergroup applied for funding in the last two years? \_\_\_\_\_

If yes, where and when? \_\_\_\_\_

What service work has your Intergroup/Rep done for Region 8 in the last 2 years? \_\_\_\_\_

\_\_\_\_\_

To help the committee determine amount of funding needed, please complete the following:

**Lodging:** 1/2 double-occupancy rate for two nights, including tax and tips \_\_\_\_\_

**Transportation:** Public transport at lowest rate, or private vehicle (\$.20 per mile) \_\_\_\_\_

Less amount your Intergroup can contribute toward expenses \_\_\_\_\_

**TOTAL AMOUNT REQUESTED** \_\_\_\_\_

Signatures:

Intergroup Officer \_\_\_\_\_ Office \_\_\_\_\_

Intergroup Officer \_\_\_\_\_ Office \_\_\_\_\_

Send completed form to Intergroup Outreach Chairman (see Appendix D)  
Include financial reports (see above)

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## Rep Funding Guidelines

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1. **Priority will be given to Intergroups which have never been represented at an Assembly, and to Intergroups which have not been funded in two years.**
2. Intergroups which request funding more frequently than every two years will be considered on a case-by-case basis, at the discretion of the Rep Funding Program.
3. Funding shall be limited to expense of transportation and one-half the double occupancy rate for a maximum of two nights. Transportation should be by automobile if possible, or air/bus/train at the lowest rate.
4. Funding shall be limited to one Rep per Intergroup. However, other members may share transportation.
5. Advance funding may be requested, or funds will be given to the Rep upon arrival at the Assembly. **Voucher** (Appendix F-2) will be required for either transaction. Unused funds and reconciliation of Advance must be returned to the Region Treasurer within six weeks after Assembly.
6. Application for Rep Funding is requested sixty days prior to the Assembly; however, application received at a later date will be considered.
7. Application requires the signatures of two Intergroup officers.
8. Application requires copies of the three most recent Financial reports of your Intergroup.

# SOAR 8

Southeast Overeaters Anonymous Region 8



Alabama \* Arkansas \* Caribbean \* Central America \* Florida \* Georgia \* Louisiana \* Mississippi \* North Carolina \* South America \* South Carolina \* Tennessee

## VOUCHER and Advance Request Form

Date \_\_\_\_\_ (If voucher, must be within six weeks of acquired expense)

- Expense Voucher                       Reconciliation of Advance dated  
 Advance Request                       Seed Money for Assembly (date & location)

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Region Position \_\_\_\_\_ Email \_\_\_\_\_

Event \_\_\_\_\_ Date(s) \_\_\_\_\_

### COMMITTEE CHAIR APPROVAL/SIGNATURE (note 1)

#### TRANSPORTATION

**Public vehicle at lowest rate \$**  
 Private vehicle actual expense..... \$ \_\_\_\_\_ (note 2)  
 Private vehicle mileage @ IRS Rate..... \$ \_\_\_\_\_ (note 2)  
 Taxi/shuttle/bus/tips..... \$ \_\_\_\_\_  
 Parking/tolls..... \$ \_\_\_\_\_  
**TOTAL TRANSPORTATION - - - - - \$ \_\_\_\_\_**

#### ASSEMBLY

Thursday lodging/tips..... \$ \_\_\_\_\_ (note 5/6)  
 Friday lodging/tips..... \$ \_\_\_\_\_ (note 5)  
 Saturday lodging/tips..... \$ \_\_\_\_\_ (note 5)  
 Friday lunch/tips..... \$ \_\_\_\_\_ (note 3/6)  
 Saturday meals/tips..... \$ \_\_\_\_\_ (note 3)  
 Sunday bkfast/tips..... \$ \_\_\_\_\_  
 Registration..... \$ \_\_\_\_\_  
**TOTAL ASSEMBLY - - - - - \$ \_\_\_\_\_**

#### MISCELLANEOUS

Telephone \$ \_\_\_\_\_  
 Postage/shipping \$ \_\_\_\_\_  
 Printing/copying \$ \_\_\_\_\_  
 Stationery/supplies \$ \_\_\_\_\_  
 Other \$ \_\_\_\_\_  
**TOTAL MISCELLANEOUS - - - - - \$ \_\_\_\_\_**

**SUB-TOTAL EXPENSES (note 4) \$ \_\_\_\_\_**

**LESS ADVANCE RECEIVED \$ \_\_\_\_\_**

**TOTAL REIMBURSEMENT \$ \_\_\_\_\_**

### SIGNATURE \_\_\_\_\_

#### NOTES

- Voucher must be submitted to Committee Chair for approval/signature.
- IRS allows actual expenses (gas/oil/tolls) or a mileage rate as specified at <http://www.irs.gov/taxpros/article/0,,id=156624,00.html> Please choose only one.
- Committee chairs, Parliamentarian and webmaster will be funded for Saturday Luncheon and Banquet, and Sunday Breakfast wrap-up meeting. Board members will be funded for Friday luncheon, Saturday Luncheon and Banquet, and Sunday Breakfast wrap-up meeting.
- Please attach specific receipts or copies of bills and explanations (as needed) for all items.
- Lodging - maximum allowable per night is one-half the double-occupancy rate.
- Board only unless requested by the Chair to arrive on Thursday

# APPLICATION FOR REGION 8 DELEGATE TO THE WSBC

Name \_\_\_\_\_ Intergroup \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

OA Start Date \_\_\_\_\_ Abstinence Date \_\_\_\_\_

Number of years of service above the group level \_\_\_\_\_ Years

What year did your Intergroup last send a delegate to WSBC? \_\_\_\_\_

1. Brief account of your OA story.

2. Summary of OA service.

3. Why do you want to be a Region 8 delegate to the next WSBC?

# Region 8 Board Application

(Type or print in black ink only)

**Form must be submitted to Region Secretary  
at least six weeks prior to Assembly at which election will be held**

## Office applied for:

Chairman      Vice-Chairman      Secretary      Treasurer

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Years in OA \_\_\_\_\_ Current Intergroup \_\_\_\_\_

Are you a past Rep? \_\_\_\_\_ If so, which Intergroup? \_\_\_\_\_

### Bylaws Article VII – Section 1, B) states:

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

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

### BRIEF ACCOUNT OF OA STORY

Use separate sheet for additional space, if needed)

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

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

Why do you want to be a Region Board Member?

Date \_\_\_\_\_ Signature \_\_\_\_\_