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2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

**SOAR 8 Service Directory**

**Board Members**

<p><b>Chair</b>                  Gloria L                  721 Glen Eagle Drive                  Winter Springs, FL 32708                  407-340-2008  <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a></p>	<p><b>Vice Chair</b>                  Sander B.                  Marietta, Georgia                  770-977-1235  <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a></p>	<p><b>Region Trustee</b>                  Linda H.                  Madeira Beach, Florida                  727 647 8280  <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a></p>
<p><b>Treasurer</b>                  Patti S.                  P.O. Box 1375                  Holmes Beach FL 34218-1375                  941-896-3265 or 813-494-6518  <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a></p>	<p><b>Secretary</b>                  Janet T.                  Winter Park, Florida                  407-310-2284  <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a></p>	<p><b>Parliamentarian</b>                  Judy K.                  Jacksonville, Florida                  904-704-7004  <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a></p>

**Committee Chairs**

<p><b>12th Step Within (TSW)</b>                  Donna D.                  St. Petersburg, FL                  727-480-0865  <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a></p>	<p><b>Technology/Website</b>                  Lynn P.                  Tampa, Florida                  813-363-0974  <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a></p>	<p><b>Bylaws/Electronic Documents</b>                  Marilyn T.                  Englewood, Florida                  630-484-1426 or 941-460-0912  <a href="mailto:Bylawschair@oaregion8.org">Bylawschair@oaregion8.org</a></p>
<p><b>Intergroup Outreach (IGOR)</b>                  Andi S.                  Coral Springs, FL                  954-295-1123 954-295-1123  <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a></p>	<p><b>Ways &amp; Means</b>                  Katherine (Kat) R.                  North Palm Beach, Florida                  561-578-2125  <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a></p>	<p><b>Unity With Diversity</b>                  Vivana G.E.                  Phone 058 2127161223                  Cell Phone: 058 4242098692  <a href="mailto:Unitychair@oaregion8.org">Unitychair@oaregion8.org</a></p>
<p><b>Public Info/Prof. Outreach (PI/PO)</b>                  Lonna C.                  Deerfield Beach, FL                  305-338-0423  <a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a></p>		

**Other Service Positions**

<p><b>TSW Mentor List</b>                  Neill M., N. Carolina                   Tammy P., SW Louisiana</p>	<p><b>TSW Email/Sponsor List</b>                  Julia S.                  985-646-2593                  Louisiana  <a href="mailto:sponsors@oaregion8.org">sponsors@oaregion8.org</a></p>	<p><b>TSW Speaker List</b>                  Dianne B.                  615-895-3177                  Middle TN IG  <a href="mailto:speakers@oaregion8.org">speakers@oaregion8.org</a></p>
<p><b>Region 8 Webmaster</b>                  Mary Jane W.                  St Petersburg, Florida                  727-954-7544  <a href="mailto:webmaster@oaregion8.org">webmaster@oaregion8.org</a></p>		

# 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

**Sander B., Vice-Chair -amended**

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SOAR 8 Business Assembly and Recovery Convention  
Sander Bellman

Bogota' Colombia  
Nov. 14 - 16, 2014



**The Golden Dream**

Welcome to Bogota' Colombia and SOAR-8's second-ever International SOAR-8 Business Assembly and Recovery Convention, hosted by Intergrupos Bogotá (Bogotá Intergroup) and Corporacion de Servicios Generales de CCA - OA de Colombia (the Colombian OA National Service Board). My many thanks to the Bogota' Intergroup and for my many friends here and in Medellin for the outstanding work they did in putting together this beautiful Assembly and Convention.

The city of Bogotá, the capital of the Republic of Colombia, is one of its main tourist destinations. Despite not having beaches or tropical climate, Bogotá is a metropolis with many cultural activities and is home to major international events. The city also offers a wide variety of international restaurants and sites specializing in nightlife as well as parks, museums, shops and architecture.

Assemblies and Conventions for March, and July 2015 are right on target. In March, 2015, we will be meeting March 13-15, in Nashville, TN. Their theme is, "Carry the Message, Be the Message." For more information, see <http://www.oaregion8.org/assemblies/upcoming-assemblies.html>. Then, on July 10-12, we will be meeting in New Orleans, LA for the summer assembly sponsored by the COLA (Central Office of Louisiana) Intergroup.

## 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

The Pinellas Traditions Intergroup of Pinellas County Florida (Greater St. Petersburg Area) plans to present a bid here to sponsor the November 2015 Recovery Convention and Business Assembly. We are currently looking for other Intergroups or Service Boards to present bids for the March, 2016 assembly and beyond.

Our primary purpose in OA is not only to abstain from compulsive eating but to also carry the message of recovery through the Twelve Steps of OA to those who still suffer. (OA Preamble, OA 12 & 12, p. v, as modified by WSBC, 2013). One of the most effective ways of spreading this message is to sponsor Recovery Conventions and Assemblies throughout our Region. Not only do such events help spread the message to those who suffer in our local Service Body areas, but they also help provide outreach funds to other Service Bodies in our Region during the rest of the year. Intergroups and Service Boards commonly raise between \$2500 and \$4000 to help in their local efforts. An equivalent sum is also raised to help spread the message throughout our Region. Our Region consists of intergroups and service boards from Tennessee, Arkansas and other Southeastern States to Central and South America and the Caribbean. If your Intergroup or Service Board would like to bid on a future assembly, contact [vicechair@oaregion8.org](mailto:vicechair@oaregion8.org). Also check out our "Hosting Manual" at <http://oaregion8.org/downloads/Hosting-Manual-as-of-May-2012.pdf> and "Guidelines for Hotels" at <http://oaregion8.org/downloads/guidelines-for-hotels-desiring-to-host-a-business-assembly.pdf>.

As your Vice-Chair, I am responsible for helping intergroups and service boards plan for and conduct SOAR-8 Recovery Conventions and Assemblies. To that end, I ask for your commitment to sponsor such an event in March, 2016, and to present your proposal (bid) at our next Assembly in Nashville. Although I am rotating out of service as your Vice Chair at the end of this assembly, I know whoever is elected as your new Vice Chair will be happy to assist you in preparing your bid.

Let us all remember OA's responsibility pledge which states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible." If you are like me, I believe OA saved my life and I am eternally grateful for those who extended their hearts and hands to me, when I was so desperately in need. Now I must give back, and I ask each of you, in your Intergroups and Service Boards, to extend your hearts and hands to those who share our compulsion and to give back that which has been given to you. I cannot keep that which I do not give away.

I hope to see you in Nashville in March so we can continue to, "Carry the Message by Being the Message." Although I will not be present as your Vice Chair, I hope to attend and participate in their Recovery Convention.

Sander Bellman, Region 8 Vice-Chair, Marietta, GA  
[vicechair@oaregion8.org](mailto:vicechair@oaregion8.org)

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

**Janet T., Secretary**

Welcome to Bogota, Colombia. I write this report with a heavy but grateful heart today. These past few weeks, after the unexpected death of my sister, Judy, have been difficult. I am strengthened by the friendships I have found in Overeaters Anonymous, most specifically in Region 8 and my Central Florida Intergroup. Thank you all for your kinds words, thoughts and prayers through this difficult family time.

I am excited to be attending my first international assembly as a member of Region 8. I look forward to getting to know all my South & Central American "peeps" while in Bogota. The energy in this area is wonderful!

As a member of the Board, I have been assigned to chair the committee review the motion from the last assembly, to consider remote voting at our assemblies. We will consider this financially and technologically to see if it is a viable option for our vast Region 8. More will be revealed for sure!!

See you all soon!

Bienvenidos a Bogotá, Colombia. Escribo este informe con un corazón pesado, pero agradecido hoy. Estas últimas semanas, después de la inesperada muerte de mi hermana, Judy, han sido difíciles. Estoy fortalecido por las amistades que he encontrado en Comedores Compulsivos Anónimos, más específicamente en la Región 8 y mi Florida central Intergroup. Gracias por sus amables palabras, pensamientos y oraciones a través de este tiempo de la familia difícil a todos.

Estoy muy emocionado de estar asistiendo a mi primera asamblea internacional como miembro de la Región 8. Espero poder conocer a todos mis Sur y de Centroamérica "píos", mientras que en Bogotá. La energía en esta zona es maravillosa!

Como miembro de la Junta, se me ha asignado para presidir el comité de revisión de la propuesta de la última asamblea, a tener en cuenta el voto a distancia en nuestras asambleas. Vamos a considerar esta financieramente y tecnológicamente para ver si es una opción viable para nuestra vasta Región 8. Más será revelado seguro !!

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

Patti S, Treasurer-current P&L and proposed budget

1:40 PM  
 11/09/14  
 Cash Basis

**Southeastern Overeaters Anonymous Region 8**  
**Profit & Loss**  
 October 2014

	<u>Oct 14</u>
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
r- 1 Contributuions	
r-1a PayPal Contributions	213.66
r-1b Special Appeal	62.00
r- 1 Contributuions - Other	<u>1,502.25</u>
<b>Total r- 1 Contributuions</b>	<u>1,777.91</u>
<b>Total Income</b>	1,777.91
<b>Expense</b>	
e- 1 Chairman expenses	132.11
e- 3 Secretary	148.73
e- 5 Board Travel	463.60
e- 7 Chairman other travel	500.00
e- 8 WSBC Chair expenses	41.14
e-11 Committee chair travel	1,837.78
e-13 Tech Web committee	129.97
e-15 IGOR rep funding	726.60
e-17 PIPO	250.00
e-19 Ways and Means	16.50
e-20 Ways & Means Projects	339.15
e-35 PayPal expenses	<u>6.20</u>
<b>Total Expense</b>	<u>4,591.78</u>
<b>Net Ordinary Income</b>	<u>-2,813.87</u>
<b>Net Income</b>	<u><u>-2,813.87</u></u>

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

3:52 PM  
 11/09/14  
 Cash Basis

**Southeastern Overeaters Anonymous Region 8**  
**Profit & Loss**  
 July through October 2014

	<u>Jul - Oct 14</u>
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
r- 1 Contributions	
r-1a PayPal Contributions	942.99
r-1b Special Appeal	62.00
r- 1 Contributions - Other	<u>9,351.72</u>
<b>Total r- 1 Contributions</b>	10,356.71
r- 2 Region Assemblies	2,591.87
r- 3 Assembly 7th Tradition	364.00
r- 4 Ways & Means projects	381.00
r- 5 Seed money returned	<u>500.00</u>
<b>Total Income</b>	14,193.58
<b>Expense</b>	
e- 1 Chairman expenses	218.10
e- 3 Secretary	148.73
e- 4 Treasurer	30.85
e- 5 Board Travel	3,053.73
e- 6 Parliamentarian	149.87
e- 7 Chairman other travel	2,880.54
e- 8 WSBC Chair expenses	41.14
e-11 Committee chair travel	4,541.92
e-13 Tech Web committee	489.93
e-15 IGOR rep funding	1,615.60
e-17 PIPO	250.00
e-19 Ways and Means	16.50
e-20 Ways & Means Projects	339.15
e-23 Seed Money	500.00
e-27 Trustee Assembly funding	200.00
e-35 PayPal expenses	<u>26.20</u>
<b>Total Expense</b>	14,502.26
<b>Net Ordinary Income</b>	<u>-308.68</u>
<b>Net Income</b>	<u><u>-308.68</u></u>

# 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

1:40 PM  
11/09/14  
Cash Basis

## Southeastern Overeaters Anonymous Region 8 Profit & Loss November 2013 through October 2014

	Nov '13 - Oct 14
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
r- 1 Contributions	
r-1a PayPal Contributions	2,165.71
r-1b Special Appeal	62.00
r- 1 Contributions - Other	21,218.08
<b>Total r- 1 Contributions</b>	23,446.79
r- 2 Region Assemblies	7,652.32
r- 3 Assembly 7th Tradition	907.51
r- 4 Ways & Means projects	4,136.00
r- 5 Seed money returned	500.00
r- 6 PIPO	45.00
<b>Total Income</b>	36,687.62
<b>Expense</b>	
e- 1 Chairman expenses	300.00
e- 3 Secretary	148.73
e- 4 Treasurer	150.41
e- 5 Board Travel	10,346.86
e- 6 Parliamentarian	960.74
e- 7 Chairman other travel	2,880.54
e- 8 WSBC Chair expenses	1,201.89
e-10 WSBC Delegate Travel	5,862.30
e-11 Committee chair travel	14,301.76
e-12 Bylaws/ED	79.93
e-13 Tech Web committee	978.17
e-15 IGOR rep funding	4,897.61
e-15A IGOR expenses	40.67
e-17 PIPO	438.55
e-19 Ways and Means	79.98
e-20 Ways & Means Projects	2,011.23
e-21 Service & Traditions Trave	238.76
e-22 WSO contributions	1,500.00
e-23 Seed Money	1,500.00
e-24 Corporate exp/Tax Filing	311.25
e-25 Insurance - Bonding	532.95
e-27 Trustee Assembly funding	600.00
e-35 PayPal expenses	67.45
e-36 Travel Fund (to carry the	966.50
<b>Total Expense</b>	50,396.28
<b>Net Ordinary Income</b>	-13,708.66
<b>Net Income</b>	-13,708.66

Region 8  
Treasurer's Report  
October 31, 2014

For the month of October 2014, Region 8 expended a total of \$4,591.78 while receiving a total of \$1,777.91. Including all outstanding checks and deposits, the current checking account reconciled balance is \$22,670.14, with our prudent reserve at 45%.

Respectfully submitted  
Patti Schumacher  
Region 8 Treasurer  
10/31/2014

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

**SOAR 8 November 2014 Proposed Budget**

**SOURCES OF FUNDS:**

Beginning Bank Balance		\$ 22,670.14
a) Prudent Reserve	\$	17,085.14
b) Excess available for expenditures*	\$	5,585.00
*includes allocation to Travel Reserve - future assemblies		

**RECEIPTS**

Contributions	\$ 24,000.00
Region 8 Assemblies	\$ 7,500.00
Region 8 7th Tradition	\$ 900.00
Way and Means Projects	\$ 2,000.00
Seed Money Returned	\$ 1,500.00
Special Appeal	\$ 2,500.00
<b>Total Receipts</b>	<b>\$ 38,400.00</b>

**TOTAL SOURCES OF FUNDS** (beginning balance + total receipts) **\$ 61,070.14**

**USES OF FUNDS:**

**EXPENDITURES**

<b>Board</b>		
Chairman	\$	200.00
Vice-Chairman	\$	200.00
Secretary	\$	200.00
Treasurer	\$	200.00
<b>Board &amp; Parliamentarian Travel</b>		
Board Travel	\$	10,000.00
Parliamentarian	\$	1,500.00
Chairman-Other Travel	\$	5,000.00
Chairman-WSBC Expenses	\$	1,500.00
WSBC Region Sponsored Delegate Travel	\$	3,000.00
Committee Chair Travel	\$	10,000.00
<b>Committees</b>		
Bylaws/ Electronic Documents	\$	200.00
Tech/Web	\$	2,280.00 (\$1,425 recurring: webmaster, oovoo & email)
Unity with Diversity	\$	200.00
IGOR Rep Funding	\$	2,000.00
TSW Committee	\$	100.00
PIPO Committee	\$	100.00
Ways and Means Projects	\$	1,000.00
<b>Miscellaneous</b>		
Service & Traditions Workshop Travel	\$	300.00
Region 8 Trustee	\$	600.00
WSO Contributions	\$	2,000.00
Seed Money Advanced	\$	1,500.00
Corporate Expenses	\$	350.00
PayPal fees	\$	55.00
<b>Total Expenditures</b>	<b>\$ 42,485.00</b>	
Allocation to Prudent Reserve	\$	17,085.14 40.21%
Allocation to Travel Reserve-Future Assemblies	\$	1,500.00

**TOTAL USES OF FUNDS** (reserve allocations + total expenditures) **\$ 61,070.14**

**Total Reserves** \$ 18,585.14 43.75%

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

Special Appeal

Give Five to Keep the Spirit of Medellin Alive!  
Donation for Special Appeal

“The Spirit of Medellin” has come to mean the life changing experience Region 8 went through during our first International Assembly in Medellin in November 2011. It marked the beginning of the coming together of all parts of Region 8, formerly separated by sea and speech, but now separate no more. Our success at reaching out to all of Region 8 has been beyond our wildest dreams!

But Region 8 needs your help! Our donations are not keeping pace with our expenses. We are now serving more and more of our Region, as we are blessed to do, but the price of that important service is increased travel costs. For Fiscal Year 11/1/2014 -10/31/2015 the Assembly decided that our Board and 7 funded committee chairs will travel to Bogota Colombia, Nashville TN, and New Orleans LA.

Region 8 is the only Region to fully fund its committee chairs. Region 8 also funds delegates to the WSBC in Albuquerque NM and several Region reps to our Assemblies. With the current gas prices and ever rising airfares, increasing costs for luggage that used to be part of the airfare, and especially international travel costs, our expenses this fiscal year are a serious challenge. Our spending is not frivolous or excessive. Our spending is in line with our primary purpose and obligation always to extend the heart and hand of OA. That costs more in Region 8, geographically, a very large Region.

Ways & Means and the Treasurer are therefore asking for help. Please print the attached Special appeal request. Ask your groups and intergroups if they are supporting Region 8 and if there is anything extra that can be sent, perhaps a special workshop or retreat can be designated for Region 8 specifically. The Region 8 board is willing to bring service, traditions, and abstinence workshops to your area. Travel expenses, again, are a challenge but all opportunities will be considered.

Please print the attached flyer and take it to your meetings and intergroup. Region 8 continues to carry the message; help us help those still suffering inside and outside our rooms.

Thank you all for your service ☺

*Patti Schumacher*  
Region 8 treasurer

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

## SPECIAL APPEAL



The suggested 7<sup>th</sup> Tradition  
split of 60/30/10 sends  
only 10% to Region 8

### HERE ARE WAYS REGION 8 SERVES YOU:

- Board members present workshops throughout the region
- Scholarships are provided so underfunded Intergroups can send reps to business assemblies and WSBC
- Region 8 web site is maintained—see our events calendar
- Remote access to business assemblies is now available
- Intergroup Chairs' support via email loop and phone meetings
- Communication and idea/information sharing: fund raising, outreach, diversity, sponsorship, relapse prevention, technology, public information, carrying the message
- Region-wide lists: speakers, email sponsors and Intergroup sponsors
- Region 8 newsletter published three times a year
- Direct connection to WSO, giving all members a voice in decision-making

**WE ARE REQUESTING A SPECIAL 7<sup>TH</sup> TRADITION EXCLUSIVELY FOR REGION 8. PLEASE "GIVE AS IF YOUR LIFE DEPENDS ON IT".**

Region 8 Treasurer  
PO Box 1375  
Holmes Beach, FL 34218  
Please write "Special Appeal" and group # on checks

# 2014 Our Primary Purpose: *Abstinence is #1*

Bogota, Colombia- November 14-16, 2014

Spanish 7th Tradition/La Séptima Tradición

## **La Séptima Tradición de Comedores Compulsivos Anónimos (OA)**

### ***Da como si tu vida dependiera de ello***

#### **¿CUANTO VALE TU RECUPERACIÓN PARA TI?**

OA depende de la generosidad de sus miembros. Las contribuciones son una forma de mostrar gratitud por el programa de Comedores Compulsivos Anónimos (OA). Las Tradiciones de OA nos sugieren que nos mantengamos totalmente por nosotros mismos, rechazando contribuciones ajenas.

#### **¿Cómo dan los miembros?**

Las contribuciones (dinero, cheques, y giros postales) se pueden hacer en las reuniones de grupos e Intergrupos o enviarlas directamente a un cuerpo de servicio o a la Oficina del Servicio Mundial (WSO). También es posible usar tarjetas de crédito y transferencias electrónicas a la WSO y a algunos cuerpos de servicio.

#### **¿Las contribuciones son deducibles?**

En Estados Unidos son deducibles. Fuera de EEUU, consultad con un consejero sobre temas de impuestos.

#### **Fuera de Estados Unidos. (Formas efectivas de hacer contribuciones)**

- 1) Usar una tarjeta de crédito por medio de la página Web.
- 2) Hacer una transferencia desde tu banco
- 3) Hacer menos y mayores contribuciones, o combinar las contribuciones de varios grupos
- 4) Incluir una contribución al comprar literatura a través de la página Web.

#### **¿Cómo distribuyen sus donativos los grupos y cuerpos de servicio de OA?**

Primero se pagan los gastos y se reserva una cantidad prudente. Los fondos que quedan se reparten generalmente entre vuestros cuerpos de servicios y la Oficina del Servicio Mundial (WSO)

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

**Spanish Special Appeal/Solicitud Especial**

**SOLICITUD ESPECIAL**



La distribución sugerencia por la 7<sup>a</sup> Tradición 60/30/10 destina sólo el 10% a la Región 8.

**ESTAS SON ALGUNAS FORMAS EN QUE REGIÓN 8 SIRVE A LOS GRUPOS E INTERGRUPOS:**

- Los miembros de la Junta acompañan eventos en toda la región
- Se proporcionan recursos a aquellos Intergrupos que no disponen de fondos suficientes para que puedan enviar representantes a las asambleas de servicio y a la conferencia mundial (WSBC por sus siglas en inglés)
- Se mantiene actualizada la página web de Región 8 –podemos ver el calendario de eventos
- Está disponible el acceso remoto a las asambleas de servicios
- Apoyo a los presidentes de los Intergrupos a través del correo electrónico y de reuniones telefónicas
- Comunicación continua e intercambio de ideas/información sobre: Recaudación de fondos, difusión, diversidad, apadrinamiento, prevención de recaídas, tecnología, información pública, llevar el mensaje
- Listas actualizadas a nivel de toda la Región de: Oradores, Padrinos/Madrinas por correo electrónico y Padrinos/Madrinas de un Intergrupo
- Se publica tres veces al año el boletín de Región 8
- Conexión directa a la Oficina del Servicio Mundial (OSM), dando a todos los miembros una voz en la toma de decisiones

Estamos solicitando una séptima tradición especial exclusivamente para la región 8. Por favor "dá como si tu vida dependiera de ello".

Región 8 Tesorero  
PO Box 1375  
Holmes Beach, FL 34218

Por favor escribe "Solicitud Especial" y el # del grupo o del Intergrupo en los cheques

# 2014 Our Primary Purpose: *Abstinence is #1*

Bogota, Colombia- November 14-16, 2014

## Portuguese 7th Tradition

### **Sétima Tradição de CCA** **Doe como se sua vida dependesse disso**

#### **QUANTO A SUA RECUPERAÇÃO VALE PARA VOCÊ?**

CCA depende da generosidade de seus membros. Contribuições são o meio para demonstrar gratidão pelo programa de CCA. As tradições de CCA nos adverte para sermos totalmente auto-sustentáveis, recusando contribuições externas.

#### **Como os membros doam?**

Contribuições (em dinheiro, cheque e vale postal) podem ser feitas nos grupos de CCA e reuniões de intergrupos ou enviadas diretamente para um centro de serviço ou para o Escritório de Serviço Mundial (WSO). Cartão de Crédito e transferências eletrônicas também são possíveis no Escritório de Serviço Mundial e em alguns centros de serviço.

#### **Posso deduzir impostos das contribuições?**

Nos E.U.A contribuições para um grupo CCA devidamente registrado ou centros de serviço são passíveis de dedução de impostos. Fora dos E.U.A, consulte um consultor tributário.

Fora dos E.U.A (Meios econômicos de fazer contribuições para CCA)

- (1) Use cartão de crédito via CCA Website ([www.oa.org](http://www.oa.org))
- (2) Faça um DOC de seu banco
- (3) Faça contribuições menos vezes e em maiores valores ou combine contribuições de vários grupos.
- (4) Inclua uma contribuição quando comprar literatura via CCA Website.

#### **Como os grupos CCA e centros de serviço distribuem suas contribuições?**

As despesas são pagas primeiro e uma quantia prudente é mantida em reserva. Os fundos excedentes são geralmente divididos entre o seu centro de serviço e o Escritório de Serviço Mundial (WSO)

#### **O que o CCA faz com suas contribuições?**

**Grupos:** Aluguel de salas, suprimentos, literatura e auxílio de outras partes da estrutura de serviço.

**Intergrupos/Centros de Serviço:** Atingir a comunidade e profissionais, eventos de recuperação, desenvolvimento do Website, suporte aos grupos, listas de reuniões, serviços de telefone, jornais, tradução de literatura e custos de viagem para mandar representantes para assembleias regionais e delegados a Conferência de Negócios e Serviço Mundiais (WSBC).

**Região:** Atividades de Intergroupo e Conselho de Serviço, assembleias, auxílio aos gastos dos servidores da região

**Escritório de Serviço Mundial:** literatura/mídia de CCA, CCA website, listas de reuniões globais e informação de contato, referência telefônica, revista Lifeline, publicação de '*Um passo á frente*', kits de iniciação para novos grupos, registro de grupos e intergrupos, Conferência de Negócios e Serviço Mundiais (WSBC), Convenção de Serviço Mundial, contatos para mídia e relações públicas, alcance aos profissionais.

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**Steps for Finding Meeting Number at OA.ORG**

Follow these steps to find your meeting number:

- Go to OA.org
- Place the cursor on “Meetings” on top menu, far right, and click
- Choose country (or enter your home address to find local meetings)
- Select state on next line, and then city on the next line
- Click search
- Scroll down to find your meeting
- Click on “Open Details” at left of meeting
- You will find your meeting number on the left and your Intergroup number and information on the right
- Make a note of your group number for future reference

Thanks!

Patti Schumacher  
Region 8 Treasurer

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### **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 Chair.
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 Chair.
4. There will be a consent agenda consisting of routine non-controversial matters. The chair will determine the matters that will be placed on the consent agenda. Any voting members may go to the center microphone to request that an item from the consent agenda be considered separately. The consent agenda shall require a 3/4 vote for adoption.

### **Voting Procedures**

1. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chair.
2. A voting member may request a more accurate vote count by simply calling out "Division." The Chair may then use a voting method which assures an exact count.
3. The Chair may also call for division by stating, "The Chair 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 Chair. 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 Chair. If necessary to get the Chair's attention, the voting member may say "Madam/Mr. Chair," but may not speak further unless recognized by the Chair.
2. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chair (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

### **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

## 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

passing of the motion, as initially proposed, would:

2. create incongruity within either the Policy & Procedure Manual or the Bylaws,
3. create incongruity between the Policy & Procedure Manual and the Bylaws,
4. be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
5. result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
  - a. 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.
  - b. 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.
6. 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.
7. Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
8. A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
9. The **first speaker is always pro**, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
10. 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.
11. 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.
12. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
13. To save time on a simple amendment to a motion, the Chair 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.

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Green Dot Glossary

Alternate	Alternate rep, elected by service body to perform the rep's duties in the rep's absence
Board	SOAR 8 officers; Chair, Vice Chair, Secretary and Treasurer
BOT	Board of Trustees of Overeaters Anonymous Inc.
Certificate of Eligibility	Document submitted by each service body annually, due each January - listing all service body Regional Representatives and alternates. Required for eligibility to vote in Assemblies.
Delegate	a representative, elected and sponsored by their service body, to attend the WSBC
501(c) 3 organization	members who make donations to your group are eligible to take a tax deduction for their contributions
Friends of Rozanne	a way members of OA may refer to themselves in public settings such as meeting announcements on a cruise ship or on a public bulletin board.
Funded Chair	A Chairperson for one of the committees in Region 8 whose expenses are reimbursed by Region 8
Green Dot	First time region representative
GST	General Service Trustee, member of Executive Committee of Overeaters Anonymous Inc.
IG	Intergroup
IGOR	Intergroup Outreach
National Language Service Board	A Service Body, like an Intergroup, but representing OA groups sharing a common language. May cross national boundaries or even Regions
Non-Profit Corporation	exempt from paying federal tax

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P&P	Policy and Procedure Manual
Parliamentary Inquiry	Inquire as to the correct motion - to accomplish a desired result, or raise a point of order
Point of Privilege	Pertains to noise, personal comfort, etc. - may interrupt only if necessary!
PIPO	Public Information Professional Outreach
Prudent Reserve	An amount of money set aside to meet an organization's operating expenses in the event that contributions decrease. For example, in SOAR 8 the prudent reserve is 40 to 60% of the annual budget.
Question of Privilege	To bring an urgent request or a main motion relating to the rights of either the assembly or an individual up for immediate consideration. It may interrupt business.
Region Trustee	Ten members of the BOT who serve as liaisons between their regions and World Service
Rep	Region Representative, selected by an Intergroup or Service Body to attend a Region 8 Business Assembly, and not to be confused with a Delegate who attends WSBC sponsored by its Intergroup or service body.
Request for information	a request directed to the chair, or through the chair to another person, for information relevant to the business at hand
Service Body	An Intergroup, Service Board, National Language Service Board, or Region.
Service Board	A Service Body, like an Intergroup, representing OA groups in a specific country
SOAR 8	Southeastern Overeaters Anonymous Region 8
SOP	Strategic Operations Plan
Tax Exempt	exempt from paying state sales tax on purchases relating to your non-profit activities
TSW	Twelfth Step Within

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UWD	Unity With Diversity
VST	Virtual Services Trustee - serves as a liaison between online and phone meetings/virtual service boards and World Service
WSC	World Service Convention
WSO	World Service Office, the business office of OA, with a paid office staff, located in Rio Rancho, New Mexico.
WSBC	World Service Business Conference, OA's annual business conference held in Albuquerque, N. M. and attended by Delegates from all over the world where the collective conscience of OA meets to do the business of OA.

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# 2014 Our Primary Purpose: *Abstinence is #1*

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### **Decorum in Debate**

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

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

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

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

**2. Refraining from attacking a member's motives.**

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

**3. Addressing all remarks through the chair.**

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

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

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

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

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

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

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

**7. Reading from reports, quotations, etc .....\*\*only with permission.**

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

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

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

**9. Refraining from disturbing the assembly.**

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

Jan Strand, PRP

March 1, 2014

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**Forms**

**“Carrying the Message” Fund**

**Request for Funding**

The Region 8 Carry The Message Fund will be created annually to help carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.

The Region 8 funding committee (Region 8 IGOR Chair & Treasurer) shall determine the allocation of these funds. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses. Qualifying events include, but are not limited to, Twelve Step Within and PIPO, with priority given to requests coming from under-served and/or financially disadvantaged areas.

Please Print Legibly:

Service Body Name	Service Body #
Address	Date
City	State/Province
Country	Postal Code
ContactName	Telephone #
Address	Email Address
City	State/Province
Country	Postal Code
Service Body Officer Signature/Title	Delegate Email Address

Please explain the reason for requesting “Carrying the Message” Funds.	
Total Cost of Program:	\$
Amount contributed by Service Body:	\$
Total Amount requested from “Carrying the Message” fund:	\$

PLEASE FORWARD APPLICATION TO:  
 SOAR 8 Treasurer  
 P.O. Box 1375  
 Holmes Beach FL 34218-1375

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**Business Assembly Committee Selection Form**

This is only for Reps who did not attend the last Region 8 Assembly and have not been working with a committee since that time. **Please** sign up for a committee. All Reps will work with a committee during and between the SOAR 8 Business Assemblies. If you do not choose, we will choose one for you.

**Your Name:** \_\_\_\_\_ **Contact #:** \_\_\_\_\_

**Your Intergroup:** \_\_\_\_\_ **State:** \_\_\_\_\_

*Please choose a first, second and third choice as a committee may be full before you can be added to it. If you are already on a committee from the LAST SOAR 8 assembly, you need to speak with your current Committee Chair before submitting a change.*

**Public Information Professional Outreach (PIPO).** This committee is concerned with getting the message about OA out to the community and to Hospitals, Institutions, Professionals, and the Military.

**Intergroup Outreach (IGOR).** This committee is concerned with the welfare of Intergroups within Region 8. One of the ways that contact is maintained is through Intergroup Sponsors. IGOR also maintains a Region 8 speakers' list.

**Bylaws / Electronic Documents.** This committee is in charge of all Region 8 official documents, including Bylaws, Policy and Procedures, and the Soar 8 Newsletter. This committee also reviews all pending motions providing guidance as needed.

**12<sup>th</sup>-Step Within.** This Committee is concerned with keeping in contact with all people suffering from this disease of food addiction both within the rooms of OA and those who have come and left OA.

**Ways and Means.** This committee proposes projects that would make additional income for Region 8. The SOAR 8 pins are an example of such a project. The committee also annually produces a budget for the next year and audits the treasurer's report. (maximum of 8 people)

**Technology/Website.** This committee is in charge of assisting Region 8 with all technology concerns and endeavors. This committee manages the Region 8 website and Remote Attendance of Assemblies.

**Unity With Diversity.** This committee is focused on ensuring and encouraging unity within all of the diverse groups of Region 8. This committee is also involved with reaching out to Young People.

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**Rep Funding Application**

**Rep Funding Application**

(Please see complete guidelines governing Rep Funding in this Appendix)

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

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

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

**Representative**  
\_\_\_\_\_

**Intergroup Contact Person**  
\_\_\_\_\_

Name  
\_\_\_\_\_

\_\_\_\_\_

Address  
\_\_\_\_\_

\_\_\_\_\_

Phone  
\_\_\_\_\_

\_\_\_\_\_

Email  
\_\_\_\_\_

\_\_\_\_\_

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?  
\_\_\_\_\_

\_\_\_\_\_

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Rev 9/2013

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 (Note 1)**

**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 C)

Include financial reports (see above)

Note 1: Private Vehicle—Expenses, including tolls and parking fees are reimbursed pro-rata at the IRS current charity rate, or actual expenses (please choose only one option), less amount received from car-poolers.

Rev 9/2013

### Rep Funding Guidelines

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* (in this appendix) 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 (60) days prior to the Assembly; however, applications received at a later date will be considered.
7. An application requires the signatures of two Intergroup officers.
8. An application requires copies of the most recent financial reports of your Intergroup.

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**Voucher and Advance Request Form**

# 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 below)

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

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

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

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

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

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

<b>ASSEMBLY</b>	Thursday lodging/tips.....	\$	_____	(note 5)
	Friday lodging/tips.....	\$	_____	(note 5)
	Saturday lodging/tips.....	\$	_____	(note 5)
	Friday lunch/tips.....	\$	_____	(note 3)
	Saturday meals/tips.....	\$	_____	(note 3)
	Sunday bkfst/tips.....	\$	_____	
	Registration.....	\$	_____	
	<b>TOTAL ASSEMBLY</b> -----	<b>\$</b>	_____	

<b>MISCELLANEOUS</b>	Telephone	\$	_____	
	Postage/shipping	\$	_____	
	Printing/copying	\$	_____	
	Stationery/supplies	\$	_____	
	Other	\$	_____	
	<b>TOTAL MISCELLANEOUS</b> -----	<b>\$</b>	_____	

<b>SUB-TOTAL EXPENSES (note 4)</b>	<b>\$</b>	_____
<b>LESS ADVANCE RECEIVED</b>	<b>\$</b>	_____
<b>TOTAL REIMBURSEMENT</b>	<b>\$</b>	_____

**SIGNATURE** \_\_\_\_\_

- NOTES**
1. Voucher must be submitted to Committee Chair for approval/signature.
  2. Private Vehicle—Expenses, including tolls and parking fees are reimbursed pro-rata at the IRS current charity rate, or actual expenses (please choose only one option), less amount received from car-poolers.
  3. Reimbursement for meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$70 per Assembly for Funded Committee Chairs and Parliamentarian, and \$120 per Assembly for Board Members, plus the cost of Saturday lunch and banquet. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.
  4. Please attach specific receipts or copies of bills and explanations (as needed) for all items.
  5. Lodging - maximum allowable per night is one-half the double-occupancy rate.

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**Final Report of Hosting Committee, Baton Rouge, Louisiana, USA, July 2014**

**July 2014 SOAR Assembly and Convention Report**

Many months of planning, working together and holding committee meetings with anywhere from 4 to 10 or more in attendance, went into the preparation of the Assembly and Convention. Most often we met for dinner at a members home (we passed a basket to help defer expenses) getting together like this allowed for camaraderie as well as enabling us to meet a little earlier in the evenings.

Although it was a great deal of work and effort, most of those participating felt that it was a worthwhile experience planning and hosting the Region Assembly here in Baton Rouge. Several people involved in the committee either found or strengthened their commitment to abstinence.....nvcxz

We would probably do it again, and would recommend hosting the event to other Intergroups.

REGISTRATION

Registrants = 121. We had 3 cancellations, only 1 of the cancellations was refunded to Region 8 (the payor).

Method of registration = Eventbrite—28; Walk-ins—17; Mail-in/Hand delivered—77.

Expenses for Registration—totaled approximately \$333.50 and included cost of pens, copying of flyers, purchase of folders, and envelopes. We saved a ton of money when one of our fellowship donated paper and toner and copied everything that went into our folder. This same member donated the journals that were included in the registration package.

Our registration chair was less than enamored with Eventbrite. She ended up creating her own spreadsheet which somewhat complicated the process, although it worked best for her.

DONATIONS = \$54.90

WORKSHOPS

Our Convention workshops were well received and the few evaluations that we received were all positive. From great topics, to fabulous speakers.

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### BOUTIQUE

The boutique was headed by co chairs. The committee spent 8 months collecting and preparing a large selection of clothing and home goods along with book covers and jewelry. Items were ticketed and displayed on clothing racks and tables and organized by size and style.

***They did a fabulous job*** \$596.30 (no expenses) **All funds go to BRIG.**

The only negative was that both the Hospitality room and the Boutique were too far from the meeting rooms. Would do that differently next time.

### T-Shirts

Shirts were purchased for \$308.09 and income from them was \$323.00. We still have several t-shirts to sell at meetings and retreats or workshops.

### Raffles 50/50 and Serenity Prayer Blanket

Total collected for the 50/50, was \$214. \$107 went to the winner and shares for BRIG and SOAR which is 25% of the total collected is \$53.50, proceeds from serenity blanket \$63.50,

### Meals

Our contract required that we needed to meet a certain minimum catering expense for our meeting room space to be at no charge. At this time we note that because of the hotel being under construction we got many concessions and additional meeting space without charge.

We charged \$28.00 for lunch and \$38.00\_ for banquet. After our flyer went out, our hotel negotiator got a fantastic rate for the meals of \$16.55 ++ (\$22.19)for lunch (buffet) and \$21.81++ (\$29.24) for banquet (plated, chicken, fish & vegetarian).

We actually had 64 lunch meals ordered and 75 Banquet meals ordered, but were charged for and paid for 60 lunches and 80 banquet meals. However, we noticed that not all 75 people who ordered banquet meals showed up. We did not argue about the 5 additional charges as we had extra lunches served and we did need to meet a minimum. Two of the no-shows were probably people who cancelled a few days before the Convention.

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Income for meals was \$4642.00. We paid the hotel \$2,737.80 for all the meal costs. Which covered the cost of the meeting room rental. We did not need to meet a room night minimum. Our contract was based only on money spent for catered meals. Which worked out very well for the hosting of this event.

DONATIONS = \$54.90

#### AUDIO/VISUAL EQUIPMENT

All audio visual equipment not provided courtesy of Embassy Suites was supplied by the tapers—Jim and Maria Hoffman, along with equipment owned by Region 8. Their experience made the process so easy. Our total cost for this was \$355.74 (two room nights as well as lunch and banquet meals for the Hoffmans).

#### HOSPITALITY

Most things were Donated some items were purchased.

Gross proceeds = 137.46; Expenses (approximate) = \$91.43; Net Proceeds Income from the hospitality suite was net \$46.03, not as much as we had hoped but the location turned out to be less than optimum. However we did do a service. Thanks to Rose and Hope and their many helpers.

#### T-SHIRTS

50 t-shirts were purchased from a business owned by a member of the fellowship. Amount paid for t-shirts = \$308.09; sold 17 shirts at price of \$19.50, that totaled \$323. (7 of these shirts were pre ordered and paid for prior to Convention and 10 were purchased during Convention.) The remaining 33 t-shirts will be sold at workshops and retreats. All funds as well as expenses belong BRIG.

#### RAFFLES

We obtained a permit from the state Gaming agency. We had two raffles: one a 50/50 and the other was for a serenity prayer throw that we ordered online. We brought the throw and tickets to meetings to sell prior to the Assembly. 50/50 raffle sales brought in \$214, with 1/2 going to the winner. The remaining \$107.00, which is split between Region 8 and BRIG.

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The Serenity Prayer throw brought in gross proceeds of \$172.00. The cost of the throw was \$45.00, resulting in net proceeds of \$127.00, which is split between Region 8 and BRIG. The throw was donated by members of Baton Rouge Interergruop.

#### EVALUTATIONS

10 received for Recovery Convention; 5 for Business Assembly.

Almost all favorable comments

Summary of comments re: Recovery

Workshops--good; liked format of speaker then sharing.; tools were perfect;

Suggestions for future workshops:spirituality, higher power, abstinence, share on food plans; steps big book; slogans

Registration Packets--fantastic; well done; pleased with journal; A+; excellent

Registration--easy; A+; smooth

Hotel--affordable; excellent service; acceptable; renovation affected perception of hotel; manager accomodating in switching from room without a/c;

Restaurant -- unfavorable; food not cooked not good; food cold; crowded; choices limited; free breakfast nice;

Hospitality -- make easier to get to; too far away; a little pricey; needs to be closer to meeting rooms

Meeting rooms--too cold; very adequate; a little noisy--move tables away from room; comfortable

Lunch Meal--good; too expensive; need more carb choices that are not white rice, potatoes  
Banquet Meal--fruit with flowers & dip fabulous, unique, and elegant; great; outstanding; too expensive; best ever attended;

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

Banquet Speaker--much appreciated; awesome; great, presented experience very well; A+; hopeful; great; incredibly good;

Entertainment-- great;

Other: liked later start on Sunday; best conference ever; make sure hotel not in renovation otherwise pick another hotel; set up for convention attendees to meet with reps;  
Almost all favorable comments

Summary of comments re: Recovery

Workshops--good; liked format of speaker then sharing.; tools were perfect;

Suggestions for future workshops:spirituality, higher power, abstinence, share on food plans; steps big book; slogans

Registration Packets--fantastic; well done; pleased with journal; A+; excellent

Registration--easy; A+; smooth

Hotel--affordable; excellent service; acceptable; renovation affected perception of hotel; manager accomodating in switching from room without a/c;

Restaurant -- unfavorable; food not cooked not good; food cold; crowded; choices limited; free breakfast nice;

Hospitality -- make easier to get to; too far away; a little pricey; needs to be closer to meeting rooms

Meeting rooms--too cold; very adequate; a little noisy--move tables away from room; comfortable

Lunch Meal--good; too expensive; need more carb choices that are not white rice, potatoes  
Banquet Meal--fruit with flowers & dip fabulous, unique, and elegant; great; outstanding; too expensive; best ever attended;

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

Banquet Speaker--much appreciated; awesome; great, presented experience very well; A+; hopeful; great; incredibly good; **Baton Rouge Intergroup shared the expenses for our out of area speaker with the speaker.**

Entertainment-- great; Many thanks to Michael and Neill They were fabulous and selfless.

Other comments:

liked later start on Sunday;

best conference ever;

make sure hotel not in renovation otherwise pick another hotel;

set up for convention attendees to meet with reps.

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

<b>July 2014 SOAR 8</b>		
<b>Recovery Convention &amp; Business Assembly Business</b>		
<b>Shared Income</b>	<b>Budget</b>	<b>Actual</b>
Registration	4200.00	5405.00
Meals	4620.00	4642.00
Raffle (50/50 & Throw)	200.00	279.00
Donations	00.00	54.90
<b>Total Income</b>	<b>9020.00</b>	<b>10380.90</b>
<b>Shared Expenses</b>		
Decorations	150.00	00.00
Entertainment	150.00	300.00
Copies	200.00	200.00
Checking Account Fees	50.00	65.20
Hotel Meals	5000.00	3640.73
Hotel Meeting Rooms	1900.00	0.00
Registration Supplies & Packets	100.00	290.50
Postage (cost included in packets)	100.00	00.00
Tapers (room & MEALS)	350.00	355.74
Raffle Item	0.00	45.00
<b>TOTAL EXPENSES</b>	<b>8000.00</b>	<b>4697.17</b>
<b>INCOME MINUS EXPENSES:</b>	<b>\$10380.90 – 4697.17 = \$5683.73</b>	
<b>MINUS SEED MONEY</b>		<b>500.00</b>
<b>TOTAL SHARED INCOME</b>		<b>\$5183.73</b>
<b>SPLIT SHARES FOR REGION 8 &amp; BRIG</b>		<b>\$2591.87</b>

2014 Our Primary Purpose: *Abstinence is #1*  
Bogota, Colombia- November 14-16, 2014

**Future Assembly Flyers**

**Middle Tennessee Intergroup, Nashville, Tennessee, USA- March 2015**



**Holiday Inn Opryland/  
Briley Pkwy**  
2200 Elm Hill Pike  
Nashville, TN 37214



**Room Rates: Deadline to register is February 10, 2015**

Special Room Rate \$115/night + tax (1-4 people)

Free Airport transportation to and from Hotel  
(5 miles away and every 20 min)  
Free Shuttle within a two-mile radius.

**Hotel Facilities and Amenities:**

Free wireless internet access in ALL rooms  
Refrigerators available upon request (limited supply)  
Rollaway bed/cot  
Free parking  
Indoor Pool; Sauna and whirlpool  
Fitness Center  
ATM machine  
Restaurant (breakfast, lunch, dinner)  
Business center with fax; copying and printing

**Attractions within 15 mile radius:**

Grand Ole Opry  
Opry Mills shopping center  
General Jackson showboat  
Country Music Hall of Fame  
Ryman Auditorium  
Downtown Honky-Tonks and Attractions



MIDDLE TENNESSEE INTERGROUP  
is hosting the March 2015 SOAR 8  
Recovery Convention and Business Assembly

**CARRY THE MESSAGE**

**BE THE MESSAGE**

**WHEN: March 13 - 15, 2015 @ Nashville, TN**  
**WHERE: Holiday Inn Opryland/Briley Parkway**  
2200 Elm Hill Pike, Nashville, TN 37214  
(615) - 883 - 9770

**OVEREATERS  
ANONYMOUS.**

Middle Tennessee Intergroup Address  
392 Harding Place Ste 200 Nashville, TN 37211

# 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

**Register online at**

[www.soar8mar2015.eventbrite.com](http://www.soar8mar2015.eventbrite.com)  
(a surcharge is added when using this site)

**Convention Highlights**

Registration (outside assembly room)  
Friday: 3:00-7:30 PM  
Saturday: 7:00 am—Noon  
Opening Ceremony: 7:30 PM Friday

**Special Events: Saturday**

Banquet: 7:00 PM  
Entertainment: Auction 9:00 PM  
Convention Ends: Noon Sunday

**For More Info:**

Committee Chair  
Sarah G 615-424-3889  
[Sarah\\_glover3@aol.com](mailto:Sarah_glover3@aol.com)

Hotel Liaison  
Jenny B 615-476-3404  
[hotelsoar8@oanashville.org](mailto:hotelsoar8@oanashville.org)

**Mail Registration form & money to: Make check to MTI**

SOAR 8 Recovery Convention  
c/o Stephanie Wheatcraft  
231 Clyde Ave, Smyrna, TN 37167

No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation. Scholarships for registration are available, contact:

Stephanie W: 615-218-4676  
Email: [registrationsoar8@oanashville.org](mailto:registrationsoar8@oanashville.org)

**Registration Form**

Name: \_\_\_\_\_

Name and City on Badge \_\_\_\_\_

Address \_\_\_\_\_

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

Intergroup \_\_\_\_\_ Phone: \_\_\_\_\_

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

Need roommate: Please check :  yes  no

I am attending as:

Board Member                       Funded Chair                       Trustee

Recovery Attendee                       1st Time Rep                       Region Rep

	Postmarked Before Feb 11	Postmarked After Feb 11
Registration	\$45.00	\$50.00
Saturday Only (no meals)	\$40.00	\$40.00
Registration + Banquet	\$79.00	\$84.00
Registration + Lunch & Dinner	\$109.00	\$114.00
Guest Lunch and Banquet	\$64.00	
Guest Banquet	\$34.00	
Name of Guest _____		
Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Pork <input type="checkbox"/> Vegan/Vegetarian		
Banquet: <input type="checkbox"/> Fish <input type="checkbox"/> Beef <input type="checkbox"/> Vegan/Vegetarian : All meals will be served buffet style		
Donation		
<b>Total Enclosed</b>		

I would like to give service:

Speaker                                       Page/Runner                                       Boutique

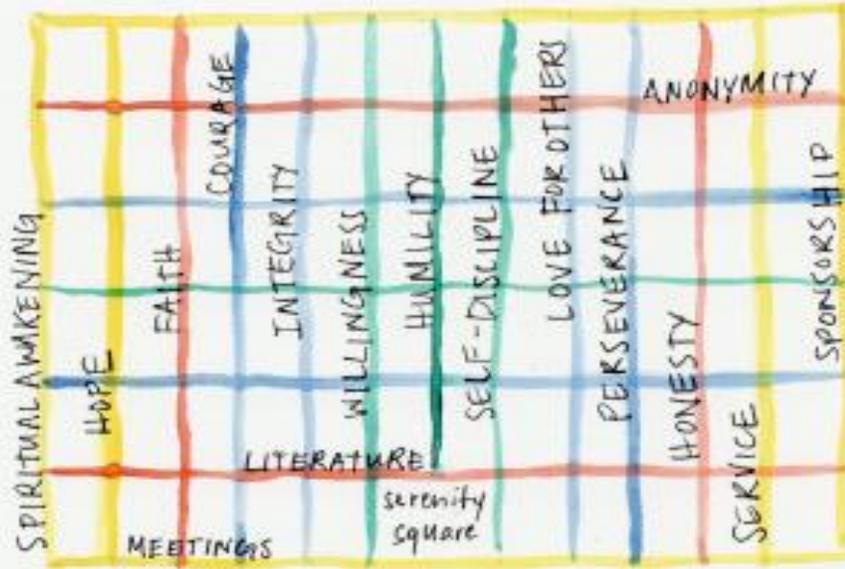
Registration Table                                       Literature Table

Timer     Greeter     Other

Decorations     Hospitality

2014 Our Primary Purpose: Abstinence is #1  
Bogota, Colombia- November 14-16, 2014

Central Office Louisiana, New Orleans, Louisiana, USA- July 2015



KEEPING it SIMPLE  
in the BIG EASY



OVEREATERS  
ANONYMOUS

Business Assembly + Recovery Convention

NEW ORLEANS

July 10-12, 2015

Central Office of Louisiana

2014 Our Primary Purpose: Abstinence is #1  
Bogota, Colombia- November 14-16, 2014

Flyers for November 2015 bids

Pinellas Traditions Intergroup, St Petersburg, Florida, USA



PINELLAS TRADITIONS INTERGROUP

Pinellas Traditions  
Intergroup  
*Presents*

# DIVING INTO THE STEPS

## SOAR 8

Recovery Convention and Business Assembly

November 13-15 2015

Return engagement to the

Tradewinds Island Grand / Sandpiper  
Resort 5500 Gulf Blvd. St. Pete Beach, Fl. 33706

*Reservations: 800 360 4016 or 727 367 6461*

**The last convention Pinellas Traditions Intergroup SOAR 8 had over 200 conventioners...Why not be one of them this year!!**

Special standard room rate of \$165.00 +12% tax.

1-4 people in a room at no extra charge.

No resort fee.

These rates are available 3 days before and 3 days after depending on availability.  
This is a Green Lodging.

Early Registration: \$40.00

Late Registration: \$50.00  
\$10 Parking fee for non-overnight guests

Walk-in Registration: \$20.00

No one will be turned away for registration due to lack of funds.

Lunch Buffet: \$35.00 Tax and Gratuity Included

Dinner: \$51.00 Tax and Gratuity Included

# 2014 Our Primary Purpose: *Abstinence is #1* Bogota, Colombia- November 14-16, 2014

## HOTEL & RESORT FACILITIES

Each huge room is appointed with a mini kitchen (sink, refrigerator, microwave, coffee maker, toaster and dishware for 4) \*\*Other room amenities include free high speed internet access \* in-room movies, hairdryer \* lighted makeup mirror \* iron and board, and daily newspaper. 14 restaurants on the resort complex \* 20% discount card to restaurants in the resort complex

## TRANSPORTATION

Tampa International Airport transportation costs: \$25.00 One Way, continuous service can be arranged directly to the hotel on day of arrival and departure. We also have an on-site transportation company, Resort Transportation, LLC is located in our lobby and offers personalized service and discounted rates for our guests.

## WHAT THE RESORT HAS TO OFFER

TradeWinds, offers extensive dining choices within our two properties. We have 14 Food & Beverage Outlets on property to include: Fine Dining Palm Court Bistro, Bermudas Steak & Seafood, Beef O' Brady's Sports Bar, Flying Bridge Poolside Dining, Pizza Hut Express, Room Service, Deli, Old Meeting House Ice Cream, Redbeards Sharktooth Tavern, Salty's Tiki Bar, Awakenings Coffee & Spirits Bar, Perk's Up Lobby Bar, the Deli and the Sand Bar, the Island Outpost and Pipers Patio at Sandpiper. We also have 30+ restaurants, shopping and entertainment options within walking distance of the resort. Publix is within walking distance.

TradeWinds on-site activities include the following: Five Swimming Pools, Two Whirlpools, Two Har-tru Tennis Courts, Paddle Boats, Mini Golf, Wal-Hokey, Beach Cabanas, 3 Beach Volleyball Nets, Spa/Salon, Beachside Hammocks, Pool Tables, Sports Bar, Tiki Bar, Nightly live entertainment in Redbeards Tavern, Fitness Center/Health Club, Aerobics Classes, Life Size Chess, 14 Food & Beverage Outlets, Nearby Golf Privileges at the Area's Finest Courses, Comedy Club, Transportation Company on-site, Hertz Car Rental on-site on-site, and much, much more! Located directly on the beach, in our back-yard, we have Parasailing, Jet-ski's, Snorkeling, Adventure Cruises, Water skiing, Boat Rental & Fishing Charters, and Dolphin & Manatee Encounter Cruises.

## FUN FACTS:

- St. Petersburg/St. Pete Beach holds the Guinness World Record for the most consecutive sunny days at an amazing 768!
  - The Bay Area averages 361 sunny days per year
  - The Bay Area/St. Pete Beach is cooled by a sea breeze in the summer reducing temperature by as much as 7 degrees from that of other Central Florida destinations
- The last convention Pinellas Traditions Intergroup SOAR 8 had over 200 conventioners...Why not be one of them this year!

Go to: [www.TradeWindsMeetings.com](http://www.TradeWindsMeetings.com) to see pictures of this beautiful resort...

# 2014 Our Primary Purpose: Abstinence is #1 Bogota, Colombia- November 14-16, 2014

Suncoast Intergroup, Tampa, Florida, USA

## Service Opportunities

There are different options to give service, some kinds of service require more responsibility than others, but all of them are equally important.

We invite you to choose one of the service opportunities listed below—

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Boutique           |
| <input type="checkbox"/> Drawings    | <input type="checkbox"/> Registration       |
| <input type="checkbox"/> Love Notes  | <input type="checkbox"/> Greeters & Huggers |
| <input type="checkbox"/> Timers      | <input type="checkbox"/> Pages & Runners    |
| <input type="checkbox"/> Speakers*   | <input type="checkbox"/> Workshop Leaders** |

Service positions that require specific periods of abstinence—

\*Speakers (2 years)

\*\*Workshop leaders (3 months). The OA member must also practice the Twelve Steps and Twelve Traditions with a sponsor and be familiar with the Twelve Concepts of Service.

*Any attendee who is willing to share a room or needs a roommate, please contact Ruby Hayn at (813) 516-0782. or at [auxihayn@gmail.com](mailto:auxihayn@gmail.com)*

*Please make copies of this flyer and post it in a visible place at your OA meeting place. More copies are available online at—*

*[www.oaregion8.org](http://www.oaregion8.org)*



## Serenity Prayer

God, Grant Me the Serenity

To Accept the Things I Cannot  
Change,

The Courage to Change  
The Things I Can,

And the Wisdom to Know the  
Difference.



Señor, concédeme la serenidad  
para aceptar las cosas que no  
puedo cambiar,

El valor para cambiar las cosas  
que puedo,

y la sabiduría para reconocer  
la diferencia.

- Reinhold Niebuhr

## Fall Into Serenity

SOAR 8 Recovery Convention &  
Business Assembly  
November 6 -8, 2015



### Location:

Holiday Inn Tampa-Westshore  
700 N Westshore Blvd.  
Tampa, FL 33609  
Phone: 813-289-8200  
Fax: 813-227-4466

### Hosted By:

SunCoast Intergroup  
PO Box 20525  
Tampa, FL 33622  
<http://oasuncoast.org>  
[auxihayn@gmail.com](mailto:auxihayn@gmail.com)



# 2014 Our Primary Purpose: Abstinence is #1 Bogota, Colombia- November 14-16, 2014

*Enjoy Floridian Hospitality  
at the Holiday Inn-Westshore*



**Fall Into Serenity**

## SOAR 8 BUSINESS ASSEMBLY AND RECOVERY CONVENTION SCHEDULE

**FRIDAY, NOVEMBER 6, 2015**

4:00 pm Recovery convention begins  
7:00 pm Business Assembly convenes  
8:30 pm Welcome and Forum - all are invited

**SATURDAY, NOVEMBER 7, 2015**

8:30 am Business Assembly re-convenes  
9:00 am Recovery Convention continues  
12:30 pm Luncheon and speaker  
2:30 pm Business Assembly reconvenes  
3:00 pm Recovery Convention continues  
7:00 pm Banquet and speaker  
8:30 pm Entertainment

**SUNDAY, NOVEMBER 8, 2015**

9:00 am Recovery Convention continues  
10:30 am Closing speaker



*"Pure Pleasure at this Blissful Tampa Lodging Choice"*

Holiday Inn Westshore is nestled in the middle of the business district of Tampa, FL. This perfect location is just blocks from world class shopping and minutes to one of the world's "Best Beaches" in Saint Petersburg, FL.

### Facilities and Amenities

Room rate per night is 119.00 USD. (1-4 people)

The hotel offers the following amenities -

- 24 hour courtesy business center
- Complimentary airport shuttle
- Complimentary shuttle service within a 3 mile radius
- Wi-Fi in all guest rooms & public areas
- Complimentary parking
- Recently renovated facilities (October 2014)
- Fitness center with cardio equipment, weights, exercise balls, yoga mats
- Outdoor heated pool & hot tub
- Pillow Menu (Choose your own pillow!)
- Blue Water Grill & Oasis Deck
- Breakfast served starting at 6am
- Refrigerators available in every room, microwaves available on a first come, first serve basis.

(Call Toll Free 888-465-4329, 877-834-3613 or 813-289-8200 to make reservations)

### REGISTRATION FORM

Sign up for:	PPP	Total
<input type="checkbox"/> Early Bird Registration before 10/1/15 (excludes meal plans)	46.00	_____
<input type="checkbox"/> Registration after 10/1/15 (excludes meal plans)	56.00	_____
<input type="checkbox"/> Day Rate	30.00	_____
<input type="checkbox"/> Saturday Plated Lunch	95.00	_____
<input type="checkbox"/> Saturday Plated Dinner	48.00	_____
<input type="checkbox"/> Meal Package (Lunch & Dinner)	79.00	_____
<input type="checkbox"/> 7th Tradition	_____	_____
<input type="checkbox"/> 7th Tradition Scholarship Donation	_____	_____
	Total:	_____
<input type="checkbox"/> Vegetarian Lunch Requested?		
<input type="checkbox"/> Funded Chairperson		
<input type="checkbox"/> Board Member		
<input type="checkbox"/> Trustee		
<input type="checkbox"/> Region 8 Representative		
<input type="checkbox"/> Intergroup Representative		
<input type="checkbox"/> First-Time Representative (GREEN DOT)		
<input type="checkbox"/> Convention Attendee		

Name for Badge \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Phone \_\_\_\_\_

\_\_\_\_\_

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

Method of Payment

Eventbrite (Website TBD)

Check/Money Order (Make Checks Payable to Suncoast Intergroup)

**Ruby Hayn**  
**PO Box 20525**  
**Tampa, FL 33622**  
**Tel: 813-516-0782**  
**<http://oasuncoast.org>**  
**Email: [auxihayn@gmail.com](mailto:auxihayn@gmail.com)**

*No one will be turned away for lack of funds.*