

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

Table of Contents

I.	SOAR 8 Service Directory	2
II.	Board Reports.....	3
	Chair-	3
	WSBC Forum Report.....	5
	WSBC Chair Report.....	12
	Vice Chair.....	15
	Treasurer	17
	Secretary	19
	Trustee	20
III.	WSBC Delegate Report.....	22
IV.	Committee Reports	26
	Tech Web Committee Report	26
	Intergroup Outreach (IGOR).....	27
	Twelfth Step Within (TSW).....	29
	Unity With Diversity (UWD)	32
VI.	Future Assembly Flyers	38
	Suncoast Intergroup, Tampa, Florida, USA November 6-8, 2015	38
	Greater Atlanta OA Intergroup, Atlanta, Georgia, USA March, 2016	40
VI.	Nashville, March 2015 Final Report	41

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

I. SOAR 8 Service Directory

Board Members

Chair Gloria L. 721 Glen Eagle Drive Winter Springs, FL 32708 407-340-2008 chair@oaregion8.org	Vice Chair Aleta P. Little Rock, Arkansas 225-937-0566 vicechair@oaregion8.org	Treasurer Atiya M. P.O. Box 443 Raleigh, NC 27602 919-302-1030 treasurer@oaregion8.org
Secretary Janet T. Winter Park, Florida 407-310-2284 secretary@oaregion8.org	Region Trustee Linda H. Madeira Beach, Florida 727 647 8280 trustee@oaregion8.org	Parliamentarian Judy K. Jacksonville, Florida 904-704-7004 parliamentarian@oaregion8.org

Committee Chairs

12th Step Within (TSW) Donna D. St. Petersburg, FL 727-480-0865 tswchair@oaregion8.org	Technology/Website Lynn P. Tampa, Florida 813-363-0974 techwebchair@oaregion8.org	Bylaws/Electronic Documents Marilyn T. Englewood, Florida 630-484-1426 or 941-460-0912 Bylawschair@oaregion8.org
Intergroup Outreach (IGOR) Andi S. Coral Springs, FL 954-295-1123 954-295-1123 igorchair@oaregion8.org	Ways & Means Samantha A. St Petersburg, FL 727-458-3668 waysandmeanschair@oaregion8.org	Unity With Diversity Vivana G.E. Phone 058 2127161223 Cell Phone: 058 4242098692 Unitychair@oaregion8.org
Public Info/Prof. Outreach (PI/PO) Lonna C. Deerfield Beach, FL 305-338-0423 pipochair@oaregion8.org		

Other Service Positions

TSW Recovery from Relapse Mentor List Neill M., N., Triangle N Carolina 919-789-9402	TSW OA Sponsors by Email List Julia S., COLA (Louisiana) 985-646-2593 sponsors@oaregion8.org	TSW Speaker List Dianne B., Middle TN IG 615-895-3177 speakers@oaregion8.org
Region 8 Webmaster Mary Jane W. St Petersburg, Florida 727-954-7544 webmaster@oaregion8.org		

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

II. Board Reports

Chair

SOAR 8
Southeast Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
North Carolina
Texas
Virginia
South Carolina
Central America
Caribbean Islands

2014-2016: "OUR PRIMARY PURPOSE"
2015: "THE NECESSITY OF WORKING ALL 12 STEPS"
REGION 8 CHAIR REPORT JULY 2015
GLORIA M.

Welcome! Bienvenidos!

Hola Amigos! Me llamo Gloria esoy conmedora compulsivo en recuperacion gracias OA!

Hello friends! My name is Gloria and I am a compulsive overeater in recovery thanks to OA!

Welcome everyone to New Orleans, LA, USA, for our July Assembly! Our theme is:
"KEEPIN' IT SIMPLE IN THE BIG EASY"

The Presentation and Discussion topic is: ""Surrender - the Simple (But not Easy) Path to Freedom"

A big thanks goes out to our hosts, COLA: Central Office of Louisiana Intergroup!

Nashville March Assembly

We had a great Assembly in Nashville, TN last March. One of the highlights was our Forum on the issue of Remote Voting and it was fun too!

WSBC 2015: The Miracle of Abstinence:

Please see my separate report on WSBC, full-I hope- of helpful information. It also contains the report I wrote about this year's FORUM at WSBC. Check it out! The WSBC Forum was entertaining and informative and we unveiled a new piece of literature, a writing exercise, that you can get on oa.org for free: "Twelve Stepping a Problem". It is very useful.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

New Pocket card: Strong Abstinence Checklist:

This is now available in the oa bookstore. However, guess how many countries were represented at WSBC this year and I will give you one!

STC Workshops:

I was privileged to join 2 other OAers in presenting the new PowerPoint, "Abstinence and A Plan of Eating". We had a great time and the workshop was presented as a fundraiser for Region 8. You can get all the necessary materials to give the workshop on OA.org.

Do you have questions about the steps, traditions, concepts, or OA's strategic plan? Attend a SOAR 8 WORKSHOP-we can bring one to your Intergroup. [Ask me how!](#)

Please be sure to say hello when you see me in New Orleans, especially if we haven't met before! I really want to meet you!

Trust God, Clean House, Help Others,

Respectfully submitted,
Gloria L,
Region 8 Chair
chair@oaregion8.org
407-340-2008
www.oaregion8.org

PS Don't forget our Virtual Step workshops!

Second Sunday

***** VIRTUAL *****

12 Step Workshops

3-4pm ET (-5:00 GMT) Second Sunday each month

US phone bridge = 424-203-8405;

Pin Code = 925619#

INTRODUCTION (Step Zero) - Jan 4;

STEP1 Jan 11;

STEP 2 Feb 8;

STEP 3 -March 8;

STEP 4 -April 12;

STEP 5 May 10;

STEP 6 -June 14;

STEP 7 - July 12;

STEP 8 - August 9;

STEP 9 - September 13;

STEP 10 - Oct 11;

STEP 11 - November 8; and

STEP 12 - December 13.

Questions? Contact: vst4oa@hotmail.com

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

WSBC Forum Report

APRIL/MAY WSBC 2015 FORUM:

**"THERE'S NO PLACE LIKE OA: FOLLOW THE YELLOW BRICK ROAD TO RECOVERY!"
WORKSHOP SUMMARY**

LEADERS:

Merry R., Chair, Region 1
Nancy J., Chair, Region 2
Roni B., Chair Region 3
Meg M., Chair Region 4
Denise O., Chair Region 5
Diana G., Chair, Region 6
Amy L., Chair, Region 7
Gloria L., Chair, Region 8
Susan S., Chair Region 9
Letitia M., Chair Region 10

The Region Chairs Committee presented the 2015 Forum with the title "There's No Place like OA: Follow the Yellow Brick Road to Recovery!" The theme for the Forum echoed the focus of year 2015 of OA's Strategic Plan: focus on the Necessity of Taking all 12 Steps in order to experience and preserve the Miracle of Abstinence and Recovery.

The Forum was a "take off" on an old popular movie, reenacting the tornado that blows Dorothy and her dog Toto to the entrance to the land of OA. This is really the "jumping off place" for Dorothy (referred to in the AA Big Book, "A Vision for You") where she must decide between the certain death of compulsive eating or the path to recovery through OA and the 12 Steps. Dorothy is looking for someone---perhaps a Wizard---to solve all her problems. She thinks going Home will solve all her problems, but she has to decide if she is ready to embark on the road to recovery through the OA 12 Steps. She does decide to choose the Yellow Brick Road-the 12 Step path of recovery!

As Dorothy begins to trudge the Yellow Brick Road of Recovery she encounters 12 Step stations, each containing a list of common obstacles often faced when taking the 12 steps. Dorothy must work each Step and overcome each obstacle in order to advance along the Road of Recovery. She meets certain interesting characters who help her on her journey, including the WSBC Delegates attending the Forum.

Dorothy gets abstinent, works all 12 Steps and with her friends meets the Wizard. When she meets the Wizard she learns that the answers to her problems now lie within herself. She recognizes a Higher Power and that there is no magic, only the miracle of abstinence. She learns she is not alone; she is part of a worldwide fellowship and together we get better.

The Delegates attending the World Service Business Conference were asked to act as Sponsors for Dorothy, offering her their experience, strength and hope concerning how she might overcome the obstacles she faces on her 12 step path. The responses of the Delegates attending the Forum and acting as Dorothy's valued sponsors, helping her take the 12 Steps, are summarized below:

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

WSBC Forum 2015: "There's No Place Like OA: Follow the Yellow Brick Road to Recovery!" List of Obstacles for all 12 Steps and Delegate Responses

Obstacle Step 1: We admitted we were powerless over food . . .

Dorothy doesn't realize she is POWERLESS over food – we know she is bulimic but . . .

"I can stop bingeing and purging, I'll stop tomorrow"

How can we convince her she is powerless over food?

Delegate Responses to help Dorothy overcome this obstacle:

1. Always making resolutions but never a decision
2. How many times did you say you could stop?
3. Try to come to meetings
4. Find someone who was doing what you are still doing and ask how he or she stopped doing it
5. Ask her to write her history with eating or purging
6. Ask her to come to a meeting and try six meetings
7. Share our experiences / struggling
8. Ask Dorothy to go to a workshop on step one and pre step one thinking
9. Let her cry
10. Is purging normal behavior; do you want to continue?
11. Suggest she try to stop for a week.

Obstacle Step 2(A): Came to believe that a Power greater than ourselves . . .

Dorothy has given up on GOD! .

"This won't work! I tried that God stuff growing up but it never worked then so it won't work now!"

Another one who has tried and failed! How can we help her find a GOD that works?

Obstacle Step 2(B): Came to believe . . . (that this Power) could restore us to sanity.

Dorothy has no idea that she is suffering from a disease of the mind!

"COULD RESTORE ME TO SANITY? How dare you insinuate that I am insane!"

Oh dear! What examples can you give Dorothy of her insanity?

Delegate Responses to help Dorothy overcome this obstacle (both A and B):

1. Read and meditate daily on conference approved literature
2. There is not a single higher power; alright to choose what the higher power could be
3. "We Agnostics"-- we don't have to choose any one concept of a higher power.
4. Ask: how did they come to believe?
5. Stick around in OA -wait for your miracle
6. Use the book "Came to Believe" and use my higher power until you get your own; lean on each other
7. "Act as if". Act as if you believe; give it a try
8. I grew up in a religion but I did not have a personal God; disconnect between food and size. I had to learn that a God cared about me and I had to ask [for help]. I saw abstinence but I said "I'll take care of this". I came to believe that God loves me. I had to trust in a power greater than me.
9. I have been there; we've all been a little crazy- join the club. We've tried everything.
10. Clean out the shelves; eating dog food doesn't mean you are insane in other things.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

11. One meal a day, healthy food
12. Get Toto to help her with her food
13. Remember insanity is doing the same thing over and over again and expecting different results.
14. Don't wait for this day to be over to start to be accountable; start now
15. Her dog talks to her! Don't worry; we've all had our battles with insanity! Someday you'll be able to quit on your own. Insane with food, not with everything in your life

Obstacle Step 3: Made a decision to turn ... our lives over to the care of God as we understood Him.
"It is one thing to turn my will over to this HP, but MY LIFE? Won't I become a robot?"

Can you explain about the leap of faith required?

Delegate Responses to help Dorothy overcome this obstacle:

- How do I turn my will over to this higher power? The principle is faith. If I make that decision won't I be a robot? Do the footwork to solve the problem; turn over the outcome...nothing robotic about that.
- Turn life over to the care of God, the care helps us take the actions we need to take. Take the action after making the decision.
- God has given us everything; our will is what we have to give Him.
- Need to take the action after making the decision (3 frogs on a log who "decide to jump or ravens who decide to fly")
- If you are hesitating to turn your will, you're not turning it over
- If you don't want to turn over your life, "How's your life so far?"
- Can you do it for today?
- Take one step out of your comfort zone; that is a leap of faith
- Turning my will is my thoughts; my life has to do with my actions, the next right thing to do
- Turn things over slowly...small things in the day, don't look at your whole life today
- Decision without action is delusion
- A new set of instructions
- Try acting as if for 24 hours, or even less time...
- Trust the group
- I thought I had free will before but it was an illusion; I was a captive of my addiction
- Can you work it based on my faith and how it worked for me; look at all of the happy people around you and how it worked for them

Obstacle Step 4: Made a searching and fearless moral inventory of ourselves.

"I am too scared to start this one! Dragging up all this is all stuff from the past seems like a waste of time and a lot of pain!"

Was it that bad for you? Please put Dorothy's fears to bed and show her how rewarding this step really is - that the only wrong way is to procrastinate.

Delegate Responses to help Dorothy overcome this obstacle:

1. You need to uncover the stuff you ate over and bring it to the li9ght of day. Talk to someone who's done it before or your sponsor
2. Do a bit every day
3. Take it one step at a time- baby steps
4. Do what you're willing to do now , more will follow, more will be revealed
5. Use questions from OA 12 and 12, one at a time
6. Return to principles of steps two and three; Fear is from lack of HP
7. Use a form to list resentments and fears with sponsor

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

8. Don't hurry, take it easy. It can be confusing
9. "Go Deep" to change your life
10. You will heal emotionally, you will feel better, shame will leave you
11. You're not alone; think of thousands before you that have done it. It is achievable; you can do this
12. Dear Dorothy you don't have to like it-- just do it!
13. Pray for willingness, then act
14. We're only as sick as our secrets and how sick do you want to be?

Obstacle Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Maybe I could admit them to myself and to my HP, but to another person? What will they think of me? They might lock me away!"

Will Dorothy the benefits of telling another human being who has been where she is.

Delegate Responses to help Dorothy overcome this obstacle:

1. Tell Dorothy the benefits of telling another human being.
2. Breaking out of isolation relieves distress
3. Relief of letting go of fourth step issues
4. It's a humbling experience
5. Gives sense of vulnerability, so closer to HP
6. Gain acceptance with a non-judgmental attitude so facing fear especially around childhood issues is healing
7. You will find out you are not terminally unique
8. We don't magnify our missteps or mistakes
9. You are not alone
10. Anonymity protects you ; Break right out of isolation
11. If you don't do it you won't recover
12. The more we let go the more we recover
13. Otherwise , if you don't let go, you will eat over your secrets because you're as sick as your secrets
14. Transparency equals freedom.
15. Trust can be learned through admitting defects of character
16. Read the promises before you work this step; remember the principles from the first five steps.
17. Keep in mind the spiritual principles of integrity, humility and honesty
18. Don't do it perfectly-- just do it again. You can do it again

Obstacle Step 6: Were entirely ready to have God remove all these defects of character.

I am willing but these defects are my comfort - who/what will I be without them?"

How can we help her to be ready to have God remove these - to realize ready and willing are two different things?

Delegate Responses to help Dorothy overcome this obstacle:

1. I am willing but the defects are my comfort; my defect is fear.
2. Practice Steps 2 and 3-God will help you.
3. You need a plan of action.
4. Identify the defect and why it is comfortable.
5. Create a positives/negatives list, that is, if I do this, what is the bad and what is the good?
6. Defects can be a comfort, for what will I be without them
7. Envision what you will be without the defect.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

8. Read step six and in the OA 12 and 12
9. Make your list and visualize that you are willing to have it removed
10. Pray for willingness
11. Comfort: is it really making you happy?
12. Remember that we need to be grounded in Steps 1, 2 and 3
13. Action: Pick the defect. What is its opposite?
14. Identify the defect; Identify the payoff; find the opposite; visualize/imagine life without it

Obstacle Step 7: Humbly asked Him to remove our shortcomings.

"I have asked him to remove some and guess what? They are still there!"

How can we help her to humbly ask God to remove these? To let God do it!

Delegate Responses to help Dorothy overcome this obstacle:

1. Go through AA and OA 12 and 12 and answer the questions. We have our own timetable but God does it in his timetable.
2. How willing is Dorothy to turn over her shortcomings?
3. Suggest she look at what her shortcomings do for her. Is perfectionism on her list?
4. What is Dorothy's definition of humility?
5. She should work on her shortcomings one at a time
6. We're not telling God to remove them; we are asking him!
7. Go back to step six. Is she truly willing?
8. Share your own experience
9. Have her define her higher power: does she know who she's asking to remove the shortcomings?
10. If my cravings come back daily, why would I not expect my defects to come back?
11. We are human, we are not perfect.
12. There are only two things we have to remember about God: there is a god and you are not it.
13. Seven step prayer: ask God to remove defects that stand in the way of my usefulness to my fellows
14. Consider your position in prayer: is it a position of humility? Am I on my knees and asking or am I sitting back and being distracted, thinking about other things? Is my ego getting in the way?
15. Not all of my defects are removed; they are transformed

Obstacle Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

"My list will be short because I've only done harm to myself"

Explain to Dorothy what an 8th Step list looks like and who it involves.

Delegate Responses to help Dorothy overcome this obstacle:

1. Praying for open-mindedness and willingness to work this step. Praying for forgiveness for the harm that you have done to yourself and others.
2. Go back to your step 4 inventory. Look at who you resent and who you fear and your part.
3. It's okay to have yourself on the list; you should, but it will be helpful for your recovery to look at what your part is in all your affairs
4. Making a list of those you will make amends to, those to whom you may make amends, and those to whom you definitely are not making your amends to--- the Yes, Maybe/No List.
5. Important side Note: It is suggested to do it with the direction of your sponsor, talk to your sponsor to know for sure if someone should be on the list or not
6. After you finished your step eight list pray to your higher power to see if it is complete or not

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Obstacle Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

"Where would I start- there are so many now? Some people hurt me too! Others - I have lost touch with."

Help Dorothy start with a plan as we cannot do them all at once.

Delegate Responses to help Dorothy overcome this obstacle:

1. Start with those I am comfortable with – this builds spiritual backbone
2. Clarify with sponsor who do I need to make amends to
3. Divide list into three : Willing/ now or later/hell freezes over
4. Make sure it matches the harm, action oriented
5. Expecting potential harm in return – own anonymity for yourself
6. Pay attention to living amends
7. Ownership of what you did to cause harm
8. Resentment prayer
9. List: Now/Later/Hell freezes Over—immediately start the resentment prayer
10. God helps us decide on how and when to make amends. As Dorothy makes amends she becomes more willing to make the hell freezes over type amends
11. The amends needs to match the harm(haunted house falling on the witches sister)
12. Living amends are done only when to make amends will cause more harm than good or cause hurt to them or others
13. Finally if Dorothy feels like someone hurt her she needs to look at what she did first (her house fell on the witch-Dorothy was not in the house, she was supposed to be in the root cellar)
14. The Principle is love-even the wicked witch of the east needs love

Obstacle Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

"I don't have time to do this every day. I'm already finished with Step 5!"

Why does Dorothy need to do a daily inventory? Does she need to make amends promptly?

Delegate Responses to help Dorothy overcome this obstacle:

1. Look at the different options to doing step 10-- finding what is right for you
2. One day at a time; daily inventory to abate larger problems; "JUST FOR TODAY"
3. Spot checks
4. As a beginner, should do a more formal 10th step inventory connect, with a 10 step sponsor or your sponsor
5. To persevere and allow my higher power's will to guide me
6. Yes Dorothy needs to do an inventory and make amends, because it is helpful in freeing us to face our truth and humbles us. Ask other fellow QAers how they work Step 10

Obstacle Step 11 (B): . . . praying only for knowledge of His will for us and the power to carry that out.

"How do I know what his will for me is? How will I know what actions to take? "

Tell Dorothy ways in which she can KNOW what God's will is for her - what her next action is.

Delegate Responses to help Dorothy overcome this obstacle:

1. When we continually do our own will even after getting directions we still do our will--

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Suggest you use the tool of writing

2. Take time for meditation and prayer in the day
3. How do I know which voice is god's? We know it's God's will when it comes out well for us , when it goes easy and not hard
4. Turn over your fears to your higher power
5. Share your insight with your sponsor
6. After praying and meditating turn it over to God
7. Accept life's outcomes and be open to what God has for you

Obstacle Step 12: Having had a spiritual awakening as the result of these Steps.

"Will I know when I have had spiritual awakening? Does this depend upon taking all 12 Steps?"

Everyone's experience is different. Give Dorothy examples and explain what it takes.

Delegate Responses to help Dorothy overcome this obstacle:

1. Dorothy, I wish I could answer that for you but you'll know in your heart that you feel differently after you have taken all 12 steps
2. It starts when you walk in the door and realize you're not alone
3. When you wake up each morning, you've had your first spiritual awakening of the day
4. We would tell Dorothy to read the Spiritual Experience in Appendix II in the AA Big Book
5. Read The Doctor's Opinion in the AA Big Book, XXVII
6. If you still have doubts write a letter to your higher power. The answer will come if you guard abstinence.
7. Let's look at the principle of service; if you are helping others and giving back what you have been given you will be able to keep it. You will never need to ask that question again. If you have had a spiritual experience you will be living it

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

WSBC Chair Report

SOAR 8
Southeast Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
North Dakota
Texas
Virginia
West Virginia
Central America
Caribbean Islands

**2014-2016: "OUR PRIMARY PURPOSE"
2015: "THE NECESSITY OF WORKING ALL 12 STEPS"
WORLD SERVICE BUSINESS CONFERENCE REPORT 2015
Gloria M. Region 8 Chair**

Hi everyone!

Thank you for the honor and privilege of allowing me to represent Region 8 at this year's World Service Business Conference ("WSBC"). It was another great one!

The WSBC Wrap Up Report can be found on oa.org website. It will give you the results of all the motions that were on the WSBC Agenda. The Final Conference Report will be posted online at oa.org in August. It will contain everything (excluding full delegate names and contact information), including the minutes of the Conference, all workshop reports, all final committee reports, and the Business Conference Policy Manual, so be sure to watch for it! The report will NOT be sent in hard copy unless requested. Delegates will be notified when the final report is available and a list of delegate names and contact information will be emailed directly to you.

In the meantime here are some highlights from the Conference:

- At WSBC 2015, there were 22 countries, 37 states and 7 provinces represented.
- The OA Preamble was changed slightly-see below at the end of this report.
- **Motions Highlights (for the results of all Motions please check Wrap Up Report on oa.org website):**
- New Business Motion B (Delegate registration and service on a Committee) was adopted stating Delegates should register by March 1 and have their committee preference form in by April 1-service on a Committee is expected and the commitment is maintained until the following WSBC.
- New Business Motion J was adopted requiring that the name "Overeaters Anonymous" be displayed on all displays, banners, and other signage at all events. **This does not apply to badges.**

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

- Bylaw amendment 1 was adopted to require that deregistering an IG require NOTICE only, (not a request for approval), to WSO, Region Chair and Region Trustee.
- Bylaw Amendment 2 required the same for service bodies-notice only, not a request
- Bylaw Amendment 3 was adopted that Delegates and alternates to WSBC should be chosen at least 70 before Conference, rather than 120.
- Bylaw Amendment 7 to change the type ratification by registered OA Groups needed if a bylaw amendment is adopted changing the 12 steps or 12 traditions, from three fourths to 55 % failed.

Elections

- Region 8's own Gerri H was re-elected Chairman of the OA Board of Trustees ("BOT").
- General Service Trustee ("GST") Tina C was reelected.
- Bonnie L from Region 5 was elected a GST.
- The following Regional Trustees were also elected or reelected:

Region Three – Vicki W.

Region Six – Karin H.

Region Nine – Stella C.

- Karin H was elected as Trustee Co Chair of the Region Chairs Committee ("RCC").
- Region 4 Chair Meg M was elected Delegate Co Chair of the RCC

Literature Motions:

New Literature:

The following three revised pamphlets were approved:

- OA Handbook for Members, Groups, and Service Bodies Group Handbook
- A Program of Recovery.
- A Guide for Sponsors.

Region 8 Funding Assistance to Delegates:

This year Region 8 funded the following Delegates to WSBC:

Viviana G

Tammy P

Region 8 Representation at WSBC

This year Region 8's percentage of Intergroups and service boards represented at WSBC was 30%, compared to only 26% last year. Terrific. Let's try for 35% next year!

12 Stepping a Problem:

- This is New Board created and approved literature you can obtain for free on OA.org

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Forum:

This year I served as the WSBC Forum Chair and it is my great pleasure to report that the Forum put on by the Region Chairs was a resounding success! It was entitled “**There’s No Place Like OA—Help Dorothy follow the Yellow Brick Road to Recovery!**” The Forum was designed to complement the year 2015 focus of OA’s new 3 year Strategic Plan (“The Necessity of Taking all 12 Steps”) and WSBC 2015 conference theme: “The Miracle of Abstinence”.

The Forum was a “take off” on an old popular movie, reenacting the tornado that blows Dorothy and her dog Toto to the entrance to the land of OA. This is really the “jumping off place” for Dorothy (referred to in the AA Big Book, “A Vision for You”) where she must decide between the certain death of compulsive eating or the path to recovery through OA and the 12 Steps. The Delegates attending the World Service Business Conference were asked to act as Sponsors for Dorothy, offering her their experience, strength and hope concerning how she might overcome the obstacles she faces on her 12 step path. The responses of the Delegates attending the Forum and acting as Dorothy’s valued sponsors, helping her take the 12 Steps, are summarized in my Forum report which is attached at the end of this WSBC Report. The Forum Report and the List of Step Obstacles with Delegate Responses are also found on oa.oeg. I also have copies of the script and the accompanying PowerPoint if you would like one.

Personal Notes:

I was blessed to be mentor to my green dot, Patti G, who was such a quick study! Region 8 had about 8 GREEN DOTS!!

The Region 8 meeting fellowship meeting was very special as we honored the inspiration of Frances W who passed away suddenly before WSBC. Frances was signed up to be a Delegate and a GD mentor and only her sudden passing kept her from the service she loved.

This was my 4th and last WSBC as your chair. What an honor to represent Region 8 at WSBC! I love our Region—we are so generous and dedicated to service from each and every Region Rep, Delegate, Committee Chair, Board Member and Trustee--- all the way down the totem pole to the very lowest, our BOT chair from Region 8.

So I am now a lame duck and that’s fun too! I will have to see what my Higher Power has in store for me in the coming year! More will be revealed!

Once again, WSBC reinforced for me our Region 8 motto: **RECOVERY: PASS IT ON!**

Thank You Region 8!
Respectfully Submitted,
Gloria L., Region 8 Chair

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Vice Chair

Vice Chair Report for July 2015 Assembly

Aleta Pickholtz

It has been an interesting quarter. The March assembly was relatively uneventful. One very significant situation was that we had no bids for the March 2016 Assembly and Convention. This produced some interesting educational experience. It did give me the opportunity to interact in a different way with various Intergroups. The Central Florida Intergroup was willing to assist a small intergroup if one came forward to host the Assembly. This did not happen. However, the Greater Atlanta Intergroup came forward with a willingness to host the upcoming event and for that we are grateful.

It has been quite beneficial to me to have the pleasure of working with the Atlanta chair, her dedication and enthusiasm has been contagious. I am looking forward to our future working relationship. Hope that you are all looking forward to being in Atlanta, March 4 through 6, 2016.

While working on the July 2015 assembly I have also had much interaction with a neighboring Intergroup. I am sure that we will all have a great time in the Big Easy this weekend. I only regret that due to my physical limitations I have been less active that I would have preferred.

I have had the pleasure of visiting Little Rock for a retreat in April, and that was just prior to an extended vacation that my husband and I took to Hawaii; where I also had the opportunity to visit meetings. We are so very fortunate to have people in recovery all over the world. This is also where I ended up confined to bed with back problems, poor me!

I am looking forward to attending the November 5 through 8 assembly in Tampa. We are slowly working out all the kinks and getting ready for that. Some of the kinks belong to only me. Unfortunately something has happened to my back and legs recently requiring that I have a lot of bed rest and little sitting time. Therefore I have not been as current with issues as I would like. I appreciate your indulgence and understanding

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

during this time. This health problem kept me from a visit to Mobile Alabama where I had hoped to be of service to their Intergroup, but we have rescheduled for November.

Thank you for allowing me to serve in this position.

In Service and Love

Aleta Pickholtz

Vice Chair Region 8

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Treasurer

For the month of June 2015, Region 8 expended a total of \$3,956.20 while receiving a total of \$3,213.62. The checking account balance was \$21,381.60 with our prudent reserve at 51%.

SCHEDULE OF MONTHLY CONTRIBUTIONS

Total			\$	2,021.60
	Intergroup or Meeting	State	Number	Jun-15
	Lilburn, Back to the Basics, Sat	GA	37146	\$ 0.95
	Lilburn, Back to the Basics, Mon	GA	31147	\$ 0.95
	Baton Rouge, Trinity Episcopal, Fri. 7:00 pm	LA	17676	\$ 1.47
	Spartanburg, Mon, 7:00pm	SC	8047	\$ 3.00
	Carencro, LA	LA	39647	\$ 4.00
	Memphis Wed	TN	49563	\$ 10.00
	Powder Springs, Thurs 7PM	GA	20176	\$ 11.00
	Birmingham, Tue. night Vestavia, 7:00pm	AL	1454	\$ 12.00
	Baton Rouge, Sun. 4:30 pm	LA	13023	\$ 12.00
	Mobile OA	AL	30066	\$ 14.00
	Mobile OA	AL	9198	\$ 14.00
	Athens, Sat, 10:30am	GA	22373	\$ 16.81
	Wake Forest	NC	50409	\$ 18.99
	Fayetteville, Tues. 5:30 pm	TN	11665	\$ 20.00
	Nashville, Tue., 12:00 pm	TN	30496	\$ 21.76
	Alpharetta	GA	50703	\$ 25.70
	Winston-Salem, Tues 7:00 pm	NC	26122	\$ 28.55
	Fresh Start Decatur	GA	16532	\$ 30.00
	Little River N. Myrtle Beach Tues 5:30PM	SC	49819	\$ 31.60
	Hot Springs Village	AR	52481	\$ 35.00
	OA For Today Monday 10:00am Sun City Centr Plaza	FL	52828	\$ 36.90
	Space Coast Intergroup	FL	9104	\$ 37.61
	Sarasota, Mon, 7:00 PM	FL	4059	\$ 44.00
	Lawrenceville, Rule 62 meeting Tue., 7:00 pm	GA	45985	\$ 45.00
	Shreveport, Wed., 5:30 pm	LA	29531	\$ 45.00
	Middle Tennessee Intergroup	TN	9228	\$ 50.00
	Thursday Roswell	GA	45056	\$ 53.84
	Chapel Hill, Tue., 6:00pm	NC	32098	\$ 59.12
	Tampa Mon night Lake Magdalene	FL	29328	\$ 60.00

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Total			\$	2,021.60
Intergroup or Meeting	State	Number	Jun-15	
Lowcountry SC IG of OA	SC	9210	\$	63.50
Saturday Serenity 10:00 am Rainbow Club	FL	826	\$	71.00
Greater Memphis Intergroup	TN	9165	\$	83.00
Memphis, Sunshine OA Group, Sat. 10:00 am	TN	11649	\$	85.00
Baton Rouge, Sat. 10:30 am	LA	4914	\$	89.27
Gold Coast Intergroup	FL	9095	\$	100.00
Newnan	GA	48507	\$	104.00
Tennessee Valley Intergroup	AL	9283	\$	120.00
Sarasota Thurs 6:30pm HOW	FL	47166	\$	122.00
Central Florida OA Intergroup	FL	9016	\$	440.58

9:06 PM

07/02/15

Cash Basis

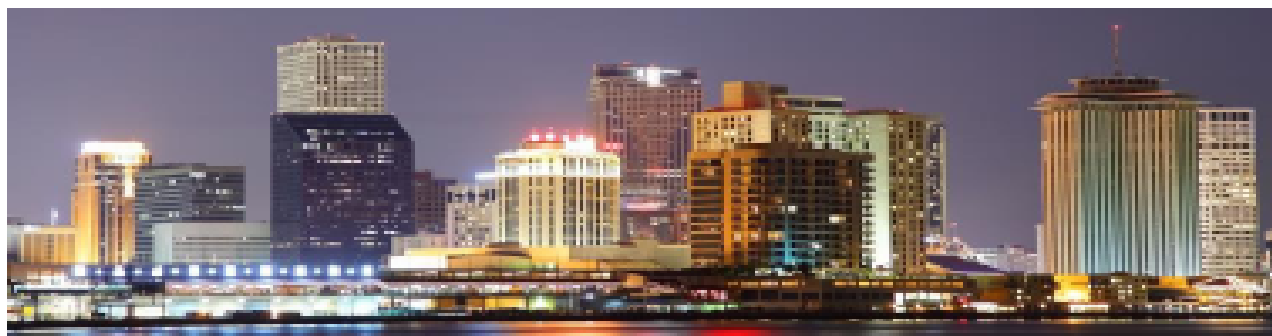
Southeastern Overeaters Anonymous Region 8 Profit & Loss June 2015

	Jun 15
Ordinary Income/Expense	
Income	
r- 1 Mailed in Contributions	
r-1a PayPal Contributions	1,324.02
r- 1 Mailed in Contributions - Other	1,283.61
Total r- 1 Mailed in Contributions	2,607.63
r- 3 Assembly 7th Tradition	306.00
r- 4 Ways & Means projects	299.99
Total Income	3,213.62
Expense	
e- 5 Board Travel	469.00
e-11 Committee chair travel	3,069.20
e-13 Tech Web committee	100.00
e-20 Ways & Means Projects	318.00
Total Expense	3,956.20
Net Ordinary Income	-742.58
Net Income	-742.58

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Secretary



Welcome to New Orleans, Louisiana, USA! Thank you to the New Orleans Intergroup for all their hard work and service to OA. I look forward to meeting and working with everyone!

Bienvenido a New Orleans, Louisiana, USA! Gracias a la New Orleans Intergupo por todo su duro trabajo y el servicio a la OA. Espero poder conocer y trabajar con todo el mundo!

Things have been a little quieter since the Nashville assembly. The Greater Atlanta OA Intergroup is following up with new motions to follow through with the remote voting proposal that was demonstrated at the last assembly. As the chair of that sub-committee I was supposed to be involved and follow up on this, but have not been involved. These motions are being written now by GAOAIG and I believe we will see them in Tampa in November.

Las cosas han sido un poco más tranquilo ya que el conjunto de Nashville. El Greater Atlanta OA Intergroup está siguiendo con nuevas propuestas para seguir adelante con la propuesta de voto a distancia que se ha demostrado en la última asamblea. A medida que el presidente de ese subcomité se suponía que debía estar involucrado y dar seguimiento a esto, pero no he estado involucrado. Estos movimientos se están escribiendo ahora por GAOAIG y creo que vamos a ver en Tampa en noviembre.

On a personal note, this has been a trying 6 months, with 2 family situations that have been difficult to deal with. I am happy to be able to serve Region 8 in the meantime, and look forward to working with everyone again in New Orleans.

En lo personal, este ha sido un intentaban 6 meses, con 2 situaciones familiares que han sido difíciles de tratar. Estoy feliz de poder servir a la Región 8, mientras tanto, y esperamos con interés trabajar con todos de nuevo en Nueva Orleans.

Thanks and see y'all soon!

Gracias y ver ustedes pronto!

Jawet Thrane

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Trustee

Trustee Report

July 2015

Hello/Hola/Ola Region 8!

My name is Linda and I am a compulsive overeater!

Mi nombre es Linda y yo soy un comedor compulsivo!

Meu nome é Linda e eu sou um comedor compulsivo!

I am honored and excited to be of service to Region 8 as your Trustee!

Did you know that at the July assembly nominations will be taken for Region 8 Trustee?

Here is some information you need if you consider being nominated for the position.

Candidates for region trustee should contact their region office or their region chair for information about the region's procedures for selecting nominees and for the appropriate deadlines. Each region may nominate up to three candidates. All applications for region trustee must be signed by the region chair affirming the candidates' nomination by the region. You can get the Trustee application, instructions and qualifications at OA.org. If you're interested come ask me what the job entails!

As Trustees we spend 3 days before the World Service Business Conference begins to meet and discuss things like the Strategic Plan...things that need to be changed in the Board Reference

Manual.....working on our committees to find different ways to carry the message of recovery. I am on the committee that is presenting the 12 Step workshops each month virtually.

This year (2014-15) the Ideas That Work sub committee of the Twelve Step Within Committee (WSBC) created a new handout and was put on the OA.org website in March. I was happy to be a part of that being the Trustee Co-Chair of the committee.

I am also apart of the Board Approved Literature committee that created the new book "Taste Of Lifeline" that will be out soon.

The World Service Business Conference is very meaningful to me. It is the culmination of the survey that is sent to the intergroups as to what the body would like to see on the agenda as proposed motions. That's why it is so important for your intergroup to respond to the items that the World Service Office sends. It's also important to have a valid address so we can reach you. We want to hear your voice. BTW if your group or intergroup would like to submit a motion to be brought before the conference the deadline is December 10, 2015. This year at conference I was appointed Chair of the Board Approved Literature Committee. I will also be serving on the International Publications/Translations committee and the Virtual Service committee. So... needless to say I have my work cut out for me! Together we can!!!

If you haven't attended a WSBC as a delegate, think about doing service in that capacity.

You can go the OA.org website and get the "Wrap Up Report" It's under the World Service Events...scroll to World Service Business Conference then click....next scroll to Frequently Used Documents you will find it there. I urge you to read it and bring the information back to your intergroups.

OA.org website is a wonderful site full of information it will answer many questions you may have about OA...I use it for my job!!

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

If your IG is having a weekend workshop and you need a speaker or want to do a workshop on Service, Traditions and Concepts...give me a ring.....I'll check my schedule...and my budget...LOL.....My hope is to do service for the small town intergroups.....I also have been skyped into meetings. Last month a few of us from my group skyped to Guatemala and Pennsylvania all at the same time and had a great meeting.

In June I was in Arkansas presenting "Twelve Stepping a Problem" This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

You can download the questions from OA.org...go to documents, then Group Support, you will find it there "Twelve Stepping a Problem"...BTW this was developed by the Region chairs and handed out to all the delegates at the WSBC.

In closing I want to pledge my commitment to abstinence and will continue to spread the message to other compulsive overeaters in our Region. I am here to serve you...how can I help you?

See you all in New Orleans in July! Come over and say hello!

Love N Hugs,
Linda

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

III. WSBC Delegate Report

INFORME DE LA CONFERENCIA DE SERVICIOS MUNDIALES 2015

Para mí la conferencia mundial empezó mucho antes de llegar a Albuquerque. Me pidieron compartir mi experiencia en un taller que me hizo trabajar mucho durante varias semanas. Llegué a Albuquerque y ese mismo día empezaron los regalos que mi poder superior tenía guardados para mí: Compartí la habitación con mi presidenta de región 8 y como siempre compartir con ella es un privilegio, en esta ocasión todas las otras presidentes de las otras regiones estuvieron en mi habitación ensayando una obra y yo pude aprender mucho de ellas. El día de ir de compras al supermercado pude compartir el camino de ida y de regreso con una compañera a quien conocí en Medellín hace varios años, ella vive en Inglaterra y pude darle las gracias por su testimonio y por todo lo que me ayudó su presencia en ese momento (actualmente trabajamos juntas en el comité de UWD, ella es la nueva Trustee de Región 9).

No me perdí ni una reunión, nada, a todo momento estaba pendiente de aprender y entender bien el mensaje que esas personas tenían para mí y para mis compañeros de habla hispana. Tuve la oportunidad de compartir mi experiencia en un taller que se hizo previo a la asamblea y fue una experiencia maravillosa, yo lo leí porque no me sentía capaz de hablar ante tantas personas, y muchos de ellos al final me pidieron que lo compartiera. Lo pasé por correo electrónico y recibí muy buenos comentarios que me ayudaron mucho en mi recuperación.

Mi verdadero servicio inició con asamblea de la conferencia. Tuve la gran bendición de tener una mentora excelente. Gracias Susanne por tu acompañamiento. Asistimos un total de 192 personas con derecho a voto, 16 eran Custodios y 176 éramos Delegados. Estaban representados un total de 22 países. De nuestra región 8 habla conmigo 17 Intergrupos representados de los cuales de fuera de USA solo estábamos representados 2 y una Junta Nacional de Servicios (Brasil). Sobre lo discutido durante la asamblea no quiero extenderme porque Sandy Hickox, Member Services Assistant, nos pasó un link con la página de OA.org que lo dice todo (este es el link: http://www.oa.org/pdfs/wrap_up_report_15.pdf), aun así para destacar:

LITERATURA

Se presentaron 3 folletos para su revisión, todos fueron aceptados por la Conferencia. Un Programa de Recuperación (se aprobó por consenso).

Una Guía para Padrinos.

Presentando Comedores Compulsivos Anónimos. Un programa de recuperación. Manual de OA para Miembros, Grupos e Intergrupos: Oportunidades de Recuperación.

MOCIONES ADOPTADAS:

- Se eliminó el fondo para pagar a Rozanne G., nuestra fundadora, sus gastos a las Convenciones (ella murió el año pasado).
- Se cambió el Preámbulo de CCA: donde decía "... nuestro fin primordial es el de abstenemos de comer compulsivamente..." se agregó "y de comportamientos compulsivos con la comida..."
- Se adoptó que el Reporte Final de la Conferencia esté disponible solamente electrónicamente, ya no se enviará a los miembros que lo soliciten.
- Se adoptó que Servicios Mundiales despliegue un rótulo de "Overeaters Anonymous" en todos sus eventos.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

- Se adoptó que para darse de baja, un Intergrupo deberá enviar una nota escrita a la Oficina de Servicios Mundiales, el presidente de la Región y el Custodio de la Región.
- Para darse de baja, una Junta de Servicio deberá enviar una nota escrita a la Oficina de Servicios Mundiales y al presidente de la Región, Custodio de la Región o Custodio de Servicios Virtuales, según sea el caso.
- Los Delegados deberán ser elegidos con 70 días de anticipación a la Conferencia en lugar de 120 como estaba antes, y el nombre deberá ser enviado inmediatamente a la OSM.

FORO

En el foro se realizan actividades para proponer a los asistentes el tema del año. Este año está dedicado a los 12 Pasos, el foro trató de cómo resolver un problema utilizando los 12 Pasos de OA. Se hizo una obra basada en el Mago de Oz y un ejercicio en el que se obtuvieron valiosas sugerencias de todos los presentes para trabajar los 12 pasos. La compañera Alejandra tradujo el material de este foro para que se ponga en la página web de OA.

TALLERES:

Cómo el Milagro de la Abstinencia está apoyado por nuestra hermandad.

Cómo el Milagro de la Abstinencia está apoyado por el uso de las herramientas.

Cómo la abstinencia continua y el trabajo de todos los 12 Pasos mantiene mi recuperación.

Manteniendo la Abstinencia dentro del Intergrupo.

Planeamiento estratégico. La meta este año es motivar a los miembros a trabajar todos los Pasos, pues son el pilar fundamental de nuestra recuperación. 2015 es el año de los Pasos.

COMITÉ

Elegí estar en el comité de UWD. No me sentí cómoda porque sentí que habla mucha Improvisación. Tuve que pedir serenidad para involucrarme porque amo este tema y me parece que es subvalorado. Finalmente fui como coordinadora del subcomité de Lenguaje, étnico y cultural y fui elegida como coordinadora de los delegados para el comité. Trabajamos muy bien con mis compañeros del subcomité y tenemos varios proyectos y diferentes retos para llevar el mensaje de Unidad a la Diversidad

Elecciones

Se eligieron a cinco custodios nuevas.

Región 3: Vicky W., Región 6: Karin H., Región 9: Stella C., Custodio de Servicios Generales: Tina C., Custodio de Servicios Generales: Bonnie L y nuestra nueva presidenta en la Junta de Custodios es Gerri H.

Séptima

Este año se recolectó la séptima una única vez y el total fueron \$5,921.51 dólares.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

REPORT FROM THE WORLD SERVICE CONFERENCE 2015

For me the WSBC 2015 began before arriving in Albuquerque. I was asked to share my experience in a workshop, which made me work hard for several weeks. I arrived in Albuquerque and that same day began the gifts that my Higher power had saved for me: I shared the room with my dear region 8 chair and as always share with her is a privilege, this time all the other presidents of the other regions were in my room, because they were rehearsing a play and I could learn a lot from them. The day of shopping at the supermarket could share the way there and back with a partner who I met in Medellin several years ago, she lives in England and I had the opportunity to say thank for her testimony and for everything that helped her presence at that time in my live (currently we are working together on the UWD committee, she is the new Region 9 Trustee).

I did not miss any meeting or nothing, at all times was outstanding to learn and fully understand the message that these people had for me and for my fellowship in the Hispanic World. I was able to share my experience at a workshop to be made prior to the meeting and it was a wonderful experience, I read it because I was not able to speak to so many people, and many of them at the end asked me to share it. I went through email and received very good feedback, it helped me a lot in my recovery.

My real service began with assembly of the WSBC. I had the great blessing of having a great mentor. Susanne thanks for your support. We attended a total of 192 persons entitled to vote, 16 were Trustees and 176 were delegates. They were shown a total of 22 countries. From our Region 8 we were 17 Intergroup which represented, outside USA were represented only 2 and a 1 National Service Board (Brazil). About was discussed during the assembly I do not want to write more because Sandy Hickox, Member Services Assistant, she sent us a link to the page OA web page with that content (this is the link: http://www.oa.org/pdfs/wrap_up_report_15.pdf), still to highlight:

LITERATURE

Three pamphlets were presented for review, all were accepted by the Conference.
Recovery Program (approved by consensus).
A Guide for Sponsors.
Introducing Overeaters Anonymous. A recovery program.
OA Manual for Members, Groups and Intergroup: Opportunities for Recovery.

ADOPTED MOTIONS:

- Removed the fund to pay Rozanne S., our founder, their expenses for the Convention (she died last year).
- The Preamble to CCA Changed: where he said "... our primary purpose is to abstain from compulsive eating ..." it added, "and compulsive behaviors with food ..."
- It was adopted as the Final Conference Report is available electronically only, and not to members upon request be sent.
- World Services was adopted that displays a label "Overeaters Anonymous" in all their events.
- It was adopted to unsubscribe, an Intergroup, shall send a written note request to the World Service Office, Chair of the Region and the Region Trustee.
- To unsubscribe a Service Board must send a written request to the World Service Office and the Chair of the Region, Region Trustee or Custodian Services Virtual note, as applicable.
- Delegates must be elected 70 days prior to the Conference instead of 120 as it was before, and the name should be sent immediately to the OSM.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

FORUM

At the Forum activities are proposing to the attendees about this year's theme. This year is dedicated to the 12 Steps, the forum discussed how to solve a problem using the 12 Steps of OA. A sketch based on the Wizard of Oz and an exercise in which valuable suggestions from all those present were obtained to work the 12 steps was made. Our fellow Alejandra S. from Costa Rica IG translated this material to be put on the website of OA.

WORKSHOPS:

How the Miracle of the abstinence is supported by our fellowship.

How the Miracle of the abstinence is supported by the use of tools.

How continuous abstinence and the work of all the 12 Steps keeps my recovery.

Maintaining Abstinence in the Intergroup.

Strategic planning. The goal this year is to motivate members to work all the steps, as they are the cornerstone of our recovery. 2015 is the year of the Steps.

COMMITTEE

I chose to be on the UWD committee. I did not feel comfortable because I felt there was a lot of improvisation. I pray for serenity and then I could get involved because I love UWD and I think it is undervalued. I was finally elected like subcommittee Language, ethnic and cultural chair and I was elected delegates co-chair to the UWD committee. We work very well with my fellows in the subcommittee and we have several projects and different challenges to bring the message of Unity In Diversity

ELECTIONS

They elected five new trustees.

Region 3: Vicky W., Region 6: Karin H., Region 9: Stella C., General Services Trustee: Tina C., General Services Trustee: Bonnie L and our new president on the Board of Trustees is Gerri H.

SEVENTH TRADITION

This year the seventh was collected only once and the total was \$ 5921.51 US dollars.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

IV. Committee Reports

Tech Web Committee Report



SOUTHEAST OVEREATERS ANONYMOUS SOAR 8

ALABAMA - ARKANSAS - BERMUDA - CARIBBEAN - CENTRAL AMERICA - PUERTO RICO - FLORIDA - GEORGIA
LOUISIANA - MISSISSIPPI - NORTH CAROLINA - SOUTH AMERICA - SOUTH CAROLINA - TENNESSEE

PROGRESS REPORT – FUNDED COMMITTEE CHAIRMEN

COMMITTEE: Tech Web PERIOD COVERED April-June 2015

BUSINESS ASSEMBLY July 2015

Specific objectives for the period (Numbered List)

1. Ruby will draft suggestions for the Hosting Manual updates for technology.
2. Michelle will bring her external microphone to try at next Assembly.
3. Ruby will be the TechWeb contact for the Region8 Oovoo account. Any committee that wants to use the account will ask Ruby for access.
4. Barbara will send out an email to the membership about how to get onto email lists on the Region8 website.
5. TechWeb will assist the Ad Hoc voting committee with review of the proposed By Laws and P&P changes

Actions /Activities conducted toward objectives (List by Objective)

1. The Hosting Manual review is still on-going.
2. Microphone testing is planned for the July Assembly.
3. No one has contacted Ruby regarding use of the Oovoo account, but the option is still available.
4. The information regarding Mail lists has been drafted. TechWeb is prepared to do a brief demonstration at the July Assembly regarding errors received sending mail to the lists.
5. Michelle provided review and comments of the proposed By Law and P&P changes, which were discussed with Bill VDL at the last Tech Web meeting

Projections for the next period

1. Hosting Manual review will continue.
2. Based on the results of the microphone testing, Tech Web will consider the purchase of an additional microphone.
3. TechWeb will begin research on purchasing a second computer to replace the one being provided the committee chair.

Expenditures for the period: \$0

Committee Chair: Lynn Paterson Date: 7/2/2015

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Intergroup Outreach (IGOR)

Intergroup Outreach {IGOR}

Committee Report

Period Covered: March – June 2015

Our first objective this period was to create a usable list of Region 8 groups.

This task was not easy as contacts change often and meetings become difficult to find. Our team has been able to accomplish the following:

1. Updated to current Intergroup and Service Bodies contacts.
 - a. Email contacts
 - b. Postal service mail

Our second objective:

2. Completed information letter of services that IGOR has to offer
To our Region 8 groups.

Currently awaiting approval to be able to send this out.

Also we have created new displays for our IGOR information table at the Assembly to show our growth thru out our region.

In order to reach a greater number of groups in our region, IGOR is looking into forming a “drop-down” page on oaregion8.org website. This could contain information about what IGOR offers, and easily available to all groups,

Looking forward to working and sharing our ESH in July at the BIG and Easy.

Your trusted servant,

Blessing and Love,

Andi Sherman

IGOR Committee Chair Region 8

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Twelfth Step Within (TSW)

S O A R

SOUTHEAST OVEREATERS ANONYMOUS SOAR 8

ALABAMA - ARKANSAS - BERMUDA - CARIBBEAN - CENTRAL AMERICA - PUERTO RICO - FLORIDA - GEORGIA LOUISIANA - MISSISSIPPI - NORTH CAROLINA - SOUTH AMERICA - SOUTH CAROLINA - TENNESSEE

PROGRESS REPORT – FUNDED COMMITTEE CHAIRMEN

COMMITTEE: TSW

PERIOD COVERED: April 15, 2015-June 10, 2015

BUSINESS ASSEMBLY: next July in New Orleans , (planning to go: Donna D, Julia.)

Specific objectives for the period (Numbered List)

1. Send TSW Pamphlet and any subcommittee reports as one email at the beginning of the month via allsoar8@oaregion8.org
2. Continue monthly conference calls for TSW committee 1st Wednesday, 6-6:15pm, same number, 605-475-4000, 1069307#
3. Continue subcommittee work. and get a monthly update report to include on here.
4. Log the responses to the TSW Challenge

Actions /Activities conducted toward objectives (List by Objective)

- 1 Send TSW Pamphlet and any subcommittee reports as one email at the beginning of the month via allsoar8@oaregion8.org handled by JC and Neill
- 2 Continue monthly conference calls for TSW committee 1st Wednesday, 6-6:15pm, same number, 605-475-4000, 1069307# , did take place, present were chair Donna D.
3. Subcommittee reports:

4 **Relapse Mentor report:** Subcommittee Chair: Neill Mc, Members: Tammy P, JC D.
JC and Neill : presented this email to allsoar8@oaregion8.org :

On the 12 th of the month they presented this to Allsoar8:

On this 12th day of the month, a member of SOAR's 12th Step Within Committee would like to encourage people throughout Region 8 to "call 5 to stay alive"! I would prayerfully ask each person to consider making 5 phone calls today. Think about that person who may be struggling with some issue, that certain someone that you haven't seen at a meeting lately, that former sponsee or sponsor who may be out "doing a little research", a newcomer, or that program buddy that you just want to reach out to today.

I have found that small actions of service can bring amazing results. Also, to paraphrase Dr. Bob, service can also give me a little more insurance against that next binge! Finally, my disease has been one of isolation. Reaching out by phone is another way to get out of isolation and out of my own head!

K
Blessings on your day!

Neill M.

Speaker List Report: Subcommittee Chair: Open Position, Members: Marie B, Chris J.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Dianne B reports: The Speaker List is complete and those on it were notified. The list is turned over to Donna D. I will be stepping down as Speaker List Subcommittee Chair. (I have invited both members of this sub committee to step up)

All OA members can go on the web-page under TSW and fill out the form to get a speaker or to be a speaker. Speakers that volunteered on sign up sheets at the Nashville SOAR8 are being added added.

Any suggestions are welcome.

6 Online Sponsor List Report: Julia S.

Here is Julia's response to all those who signed up in Nashville:

Thank you for volunteering at the Nashville Region 8 convention/assembly to serve as a Sponsor by Email!

Please send me the following so I may match you up with a possible sponsee:

Date you became abstinent, your country of residence, and your address. We do not share any of that information with any sponsee.

Please also share your sponsor credentials and your sponsoring philosophy – amount of weight lost and maintained, length of time in program, how you like to sponsor. Here is an example of how someone likes to sponsor: I have been in OA for 25 years and have been maintaining a 35 lb. weight loss for 13 years. I work the steps using the Big Book, AA 12 and 12 and OA 12 and 12. I have a sponsor whom I speak to on a regular basis. I use the tools and expect sponsees to also use them on a regular basis. I do not share this with a sponsee either, but I do look at it when trying to match sponsors and sponsees.

When I hear from you I will add you to the sponsor list. Thanks again for your willingness to give service!

Julia S.

Region 8 Sponsor by Email Program

7 TSW Secretary: Andrea K

Minutes of the teleconference: Phone meeting Wednesday, May 6, 2015

On our May conference call, Donna and I had a very productive conversation about her idea for a TSW challenge. She is sending in the resulting article for the newsletter.

Attendees: Donna and Andrea

We came up with a plan to submit a Region 8 Newsletter article and a plan for celebrating worldwide TSW on Dec 12, 2015. Andrea wrote the article. Donna added her bit.

Here is the possible final version:

Twelfth Step Within Challenge: "Are you willing to call one person you haven't seen in meetings for awhile?"

Take the TSW recovery challenge and bring life to the OA Responsibility Pledge!

From now until December 12th we would like to conduct an experiment in 12th Step Within outreach. Here's how it works.

- 1 You make one phone call to an OA member who you haven't seen for a while.
- 2 Write down what you will say before you make the call.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

- 3 Write down what the recipient of the call says when they respond.
- 4 What, if anything, was the result?
- 5 Share all 4 actions with our TSW Chair at Region 8, tswchair@oaregion8.org

Example:

1. I decided to call someone who I have not seen for several months at the meetings. Before I called I wrote this down:

2. Me: I just wanted to call and let you know that I've been thinking about you and I miss seeing you at the meetings. How are things going?

3. J: Okay. I was doing well for quite a while but just lately I've been losing ground with the food again.

Me: I know how that goes; I've been there myself many times over. I do so much better when I'm connected. The meetings have been really great lately. I hope I see you there again.

J: I really appreciate your call. I was beginning to think I'd been forgotten entirely. Does the meeting still start at 7:00pm?

4. The result of this action?

J returned to meetings and "caught recovery". Today they are happy, joyous and free. I am so grateful to think that J may reach out to me if I ever lose my way or to another OA'er.

Please send in all 4 actions before Dec.12. or asap. to tswchair@oaregion8.org Anonymous results will appear in the November and March Region 8 Newsletters. Your responses might give other OA's an idea of what to say, etc.

And, how many OA's in Region 8 do you think will participate in this? Include your guess and if you are correct you will win a big prize. I am not sure what, but we will know by Dec 12th. Of course the biggest prize will be abstinence for you and your callee. How many OA's are IN Region 8? Anyone know?

As our responsibility pledge states:

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

9. TSW Chair Donna submitted to all TSW subcommittees a proposal for a combination article for the SOAR8 newsletter and a project for Dec 12, TSW day. She will find out if big OA is planning anything worldwide.

Projections for the next period:

1. JC and Neill will send TSW Pamphlet and any subcommittee reports as one email at the beginning of the month via allsoar8@oaregion8.org
2. Continue monthly conference calls for TSW committee 1st Wednesday, 6-6:15pm, same number, 605-475-4000, 1069307#
3. Continue subcommittee work. and get a monthly update report to include on here.
4. Log the responses to the TSW Challenge

Expenditures for the period: 0 plus plane fare and hotel etc to N.O.

Committee Chair: Donna Dobbs Date: 6/10/15

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Unity With Diversity (UWD)



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Texas
Virginia
West Virginia
Wisconsin
Yukon-Charley
Northwest Territories
Yukon

INFORME DE PROGRESO – PRESIDENTE DE COMITE

COMITE: UNIDAD CON DIVERSIDAD PERIODO INFORMADO: MAR-JUN 2015

ASAMBLEA DE TRABAJO: NEW ORLEANS - USA

Objetivos específicos del periodo (Lista numerada)

1. **EDUCACION.** Nuestro objetivo es enseñar en primer lugar dentro del mismo comité, mostrando a nuestros miembros que en la página web de OA hay una **DECLARACION DE POLITICAS RELACIONADAS CON LA UNIDAD CON DIVERSIDAD.**
https://www.oa.org/pdfs/unity_diversity_policy.pdf
2. **COMUNICACIONES.** El fundamento de la **DECLARACION DE POLITICAS RELACIONADOS CON LA UNIDAD CON DIVERSIDAD** más allá de la tradición 1, es la tradición 3. No es sólo la UNIDAD, es la IDENTIFICACION.
3. **SÓLO UN MENSAJE.** Estamos unidos por nuestra enfermedad común y la solución que hemos encontrado en el programa de la OA. El mensaje de OA es uno solo en diferentes idiomas y diferentes culturas pero uno solo.
4. **CONTACTO UNO A UNO.** Contacto por medios electrónicos entre asambleas con la gente que conforma los diferentes subcomités establecidos: Jóvenes, hispanohablantes, afro-descendientes, anorexia / bulimia.

Acciones /Acciones orientadas al logro de los objetivos (Lista por objetivo)

1. Presentación Power point y folleto para mostrar la importancia del tema de UWD y la necesidad de trabajarlo si queremos dar la bienvenida a todos los que quieran dejar de comer compulsivamente (no sólo en Inglés, sino también en español y próximamente en portugués).
2. Compartir de manera más eficiente nuestros resultados. Somos una de las regiones que ha desarrollado más trabajo en este tema UWD, se requiere que otras regiones conozcan nuestros esfuerzos. Trabajamos en los templates del link de la página web de UWD dentro de la página de Región 8. OK. Enviamos los templates el pasado 20 de mayo.
3. Hicimos la moción para modificar el manual de políticas y procedimientos de R8 para crear el subcomité de traducciones. Ok.
4. Diseño del mail invitando a los diferentes miembros a vincularse al subcomité de traducciones de UWD en R8. Ok.
5. Establecimiento de conexiones uno a uno para hacer que las cosas suceden. Continuar trabajando en el proyecto "Apadrinamiento a grupos e intergrupos que requieren nuestra ayuda para reuniones de enfoque especial".
6. Conocer el plan estratégico OA 2014 - 2016. Hemos trabajado para difundir la labor de los presidentes de las regiones basada en el plan estratégico aprobado por el WSBC en 2014. Seguir llevando este conocimiento a los grupos formados por personas que pueden identificarse más fácilmente con compañeros de OA con atributos similares tales grupos en otras leguas diferentes al Inglés en nuestra región, dentro y fuera de EE.UU.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Texas
Virginia
West Virginia
Central America
Caribbean Islands

PROGRESS REPORT – FUNDED COMMITTEE CHAIRMEN

COMMITTEE: UWD PERIOD COVERED MAR-JUN /2015

BUSINESS ASSEMBLY NEW ORLEANS - USA

Specific objectives for the period (Numbered List)

1. **Education.** We aim to teach first of all within the committee, showing to our members that at web page there is a POLICY STATEMENTS RELATED TO UNITY WITH DIVERSITY. https://www.oa.org/pdfs/unity_diversity_policy.pdf.
2. **Communications.** The foundation of POLICY STATEMENTS RELATED TO UNITY WITH DIVERSITY is not only tradition 1, but tradition 3. Is not only UNITY, but the IDENTIFICATION.
3. **Only one message.** We are united by our common disease and the solution we have found in the OA program. OA's message is one in different languages and different cultures but one.
4. **One o one contact.** E-mail correspondence between assemblies with people in sub committees established: young people, Spanish speakers, African – American people, anorexic / bulimic.

Actions /Activities conducted toward objectives (List by Objective)

1. UWD Power Point presentation and UWD Brochure to show the importance of UWD to work the welcome everyone who wants to stop eating compulsively (not only in English but in Spanish and soon in Portuguese). It is OK.
2. To share more efficiently our results. We are one of the regions that has developed more work in this UWD issue, it follows that the world knows our efforts. We worked on UWD web page. We designed the Link in R8 web page. OK. It was sent to the R8 board past May 20th.
3. Make a motion to modify R8 P&P to creating the translation subcommittee. Ok.
4. Do the invitation to conform the region 8 translation subcommittee. Ok
5. Establishing one on one connections to make things happens. Continue working on the project "sponsorship groups and intergroups requiring our help for special focus meetings".
6. Knowing the OA strategic plan 2014 – 2016. Carry this knowledge to the groups made up of people who can best identify with OA fellows with similar attributes such Spanish groups in our region, inside and outside USA.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

VI. Future Assembly Flyers

Suncoast Intergroup, Tampa, Florida, USA November 6-8, 2015

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 H. at (813) 516-0782. or at fallintoserenity@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



Serenity Prayer

God, Grant Me the Serenity

To Accept the Things I Cannot
Change,

Courage to Change
The Things I Can,

And 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 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>


fallintoserenity@gmail.com




2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

**Enjoy Floridian Hospitality
at the Holiday Inn-Westshore**



Fall Into Serenity



"Pure Pleasure at this Blissful Tampa Lodging Choice"

REGISTRATION FORM

Sign up for:	PPP	Total
<input type="checkbox"/> Early Bird Registration before 10/1/15 (excludes meal plans)	45.00	-----
<input type="checkbox"/> Registration after 10/1/15 (excludes meal plans)	55.00	-----
<input type="checkbox"/> Day Rate	30.00	-----
<input type="checkbox"/> Saturday Lunch Buffet	35.00	-----
<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	-----	-----
<input type="checkbox"/> Vegetarian Dinner Requested?	-----	-----
<input type="checkbox"/> Chicken? <input type="checkbox"/> Fish?	-----	-----
		Total: -----

 Funded Chairperson
 Board Member
 Trustee
 Region 8 Representative
 Intergroup Representative
 First-Time Representative (GREEN DOT)
 Convention Attendee
 Business Assembly Attendee

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 Presentation and Discussion

SATURDAY, NOVEMBER 7, 2015

8:30 am Business Assembly reconvenes
 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


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

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 from nearby 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.



Ruby Hayn
PO Box 20525
Tampa, FL 33622
Tel: 813-516-0782
<http://oasuncoast.org>
Email: fatintoserenity@gmail.com
No one will be turned away for lack of funds.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Greater Atlanta OA Intergroup, Atlanta, Georgia, USA March, 2016

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

VI. Nashville, March 2015 Final Report

Final Report: SOAR 8 Recovery Convention and Business Assembly

Nashville (Middle TN Intergroup)

March 13 – 15, 2015

The planning for the Convention/Business Assembly started over a year before the event. At first the meetings were biweekly and then were held weekly starting a few months before the event. The consensus was that the event was successful. There were many comments that the lunch and dinner meals were quite tasty for low-calorie dishes and one comment was - the best lately.

Subcommittee reports:

Planning:

As when previously hosted, this event brought the individuals in the middle TN Intergroup closer together as they volunteered and worked with each other. Planning areas were treasury, registration, hotel liaison, recovery program, boutique, hospitality, entertainment, runners/pagers, love notes.

Treasurer:

Total monies collected	\$5,773.70
\$500 seed money was taken out to return to Region 8	500.00-
Total earned from Conference	\$5,273.70
Boutique funds (MTI keeps this income)	462.75-
Total income to be split 50%/50% with Region 8	\$4,810.95
Split plus seed for Region 8	\$2,905.47
Split plus boutique/hospitality for MTI	\$2,868.23

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Suggested Improvement for the treasury:

- Although the Intergroup and business assembly accounts were separated, have a debit card for the assembly checking account when it is opened so that the IG funds do not have to be used to pay for the hotel bills etc.

Registration:

There were 145 individuals registered .

Fourteen scholarships were supported (room, registration, meals). The amount spent was \$189.73 over the available scholarship funds.

Registration went smoothly because this section was well planned. The only delay in registration was seen with the individuals who did not pre-register.

Suggested improvements for Registration:

- Move the registration desk to the front of the hotel to make it easier to find
- Move the registration desk away from the business assembly.
- Have separate lines on the registration form for meals and registration. Make the form easy to understand.
- Do not give registration packets (participants are not reading the material included in the packets). Put badges and any tokens in a small gift bag and place information material in stacks on the table for attendees to take.
- Have greeters and someone in charge of the greeters so that participants can be greeted and receive pertinent information at the outset.

Hotel Liaison:

The sub-committee chair contacted and worked with the hotel since Middle TN Intergroup received the bid to host the Recovery Conference/Business Assembly.

Suggested Improvements concerning the hotel:

- As per Hosting Manual, two six-foot tables were set up for the dais. The board asked for eight-foot tables to allow additional space for laptops etc. In the future, the hosting group needs to plan enough room behind the seated members on the dais so that others can walk freely without fear of falling off the platform.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

- Since there is a hotel charge for microphones, stands, extension cords and other taper's equipment; the hosting group needs to determine if these can be supplied by the taper. If not, determine the amount needed and try to borrow or rent this equipment.
- Get in touch with the Region Committee Chairs of PIPO, Ways and Means, **and TSW** to determine if they need display tables.
- Have detailed **early communication** between the Intergroup planning and the Hotel Liaison sub-committees. After the contract is signed changes in set-up are costly to the hosting Intergroup.
- Because the number of entrees did not serve all attendees, in the future make signs (and put on buffet table) to remind attendees they chose one of (chicken, pork, or fish).
- Have at least two extra dining tables set up for the banquet (if buffet set-up). This is to accommodate attendees who did not partake of the banquet meal yet want to sit with their friends.
- Have extra keys cut for special rooms (boutique, hospitality, silent auction, literature, board meeting room, and workshop rooms etc.) so that these rooms can be locked when not in use. This would avoid having to track down hotel staff to open and close these rooms.
- If using an upper and lower floor for the convention/business assembly, there is a need for an assistant hotel liaison in order to help in fulfilling requests.
- Move the boutique, hospitality and silent auction rooms away from the workshop rooms in order to control the noise level.

Recovery Program Planning:

The sub-committee chair requested and assigned speakers for all workshops. She also served as timer for the workshops.

Suggested Improvements for Recovery Program Planning:

- Need a designated timer at each of the recovery workshops.
- Use an application sheet with stated abstinence requirements for speakers.
- Have extra back-up speakers in case of emergencies.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Entertainment

were Friday Night Skit: Wizard of OA – this was a huge hit. Everyone laughed and it seemed to be a wonderful icebreaker. The original skit was written by one of the members of MTI.

Saturday night entertainment: Line Dancing and Live Music – Everyone seemed to enjoy these activities. We asked people to participate who were in our Intergroup and some who were not. Lots of talent in Region 8. The Line Dancing instructors were professional, fun, and fit into our budget.

The chair of entertainment felt that timing was an issue. Perhaps we needed to explain what our entire entertainment consisted of, both line dancing and singing.

Boutique

The 11 AM Saturday meeting assumed responsibility for the boutique. The only problem was that we did not designate a single person in charge of that group.

Our MTI members were very generous. All items in our Boutique were donated. The fashion show was a great hit and we heard several people state, that just seeing those of us who participated in it, made them feel equally glamorous. We had items for men as well but few came in and shopped. Maybe we should have announced that the Boutique was for men as well as women.

Hospitality

All items were donated, therefore, what was earned was pure profit. MTI has a drink fund and all extra drinks were placed in the refrigerator for sale.

Runners and Pagers

There were sufficient volunteers for this committee. Everything went smoothly except the Hosting Manual says nothing about the early afternoon time when the Business Assembly is adjourned for committees to meet. Unfortunately our R&P chair had scheduled volunteers for that time.

2015: Our Primary Purpose: The Necessity of Working All 12 Steps

New Orleans, Louisiana-July 10-12, 2015

Fundraiser

The picks were our fundraiser. There were several issues that arose. They were:

Not to offer them free because it prevented people from buying additional ones.

Move all fundraising items to the hospitality suite where there was less chance of the item being given away or the price reduced.

Suggested Improvements for ALL Planning:

- Be sure that each sub-committee chair understands that a short report is needed after the event.
- Give each sub-committee chair an example of his/her specific report taken from past Conference/Business Assemblies.

Suggested Improvements for Updating the Hosting Manual:

- Have a section explaining Reps. Registration (the ribbons, blue book etc) and have the correct ribbon count needed.
- Update and improve the job descriptions of the pagers/runners. Also, make clear the times expected to work.
- Because of efficiency, the business portion seems to be ending much earlier than previous assemblies. Take a look at this and decide if the banquet can be scheduled earlier. (1) Many day registrants have to remain hours after the recovery portion has completed in order to attend the banquet. (2) The length of the time period between the end of the recovery portion on Saturday and the banquet may be causing us to lose funds. (3) There were also complaints about the length of time between lunch and banquet.
- Update the set-up for the dais so that it is compatible with electronic needs and necessary space requirements.
- Add the TSW Chair to the requirements for display table needs.