



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

IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION Tampa, Florida November 6-8, 2015

- **PLEASE BRING YOUR LAPTOP, POWER CORD, AND YOUR OWN EXTENSION CORD AS THERE MAY BE A LIMITED NUMBER OF OUTLETS AVAILABLE**
- **REMEMBER: Return to go to www.oaregion8.org to download the ADDENDUM to this packet prior to the Assembly**

REGION 8 REPS This packet is being distributed electronically. Please **DOWNLOAD** the entire packet on to your computer in case there is no Wi-Fi connection in the assembly room. All Reps are responsible to read the material in the packet and to bring either a printed copy or an electronic copy to the business portion of the assembly. Please read and familiarize yourself with the information in the packet prior to the assembly. You will be able to give better service as a Rep for your Intergroup by having the information in this packet with you at the assembly. Printed copies of this packet will not be available at the Assembly. Please contact secretary@oaregion8.org if you have any questions.

CERTIFICATE OF ELIGIBILITY In order for your Intergroup Region 8 Representatives to be able to vote at the assembly, **your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for 2015. You will now fill out the Certificate of Eligibility online at our website, www.oaregion8.org. Select the documents tab, fill in the information and hit submit! There is a Spanish and English version of the form online.** You no longer need to mail or scan and email the form. If you need help filling out the form, contact the Secretary. All Intergroups are requested to submit a new Certificate in January of each year AND during the year any time there is a change in IG Chair, Reps or Alternates for a SOAR 8 Assembly. Voting at the assembly is the best way to show how much you support a healthy Region 8!

COMMITTEE ASSIGNMENTS Part of your responsibility as a Region 8 representative is to participate in a committee. If you were not at the last assembly you can turn in the committee sign-up sheet to the Secretary on Friday at the assembly. The sign-up sheet can be found at the end of this packet and contains a brief explanation of each committee. If you were a Rep in the last assembly you will be placed in the same committee as last time. If you desire to change committees please first contact your Committee Chair and then contact the Secretary at secretary@oaregion8.org.

ASSEMBLY REGISTRATION FORMS Registration forms for this assembly can be found at www.oaregion8.org. *You are responsible for making your hotel reservation for the assembly.*

CALLING ALL INTERGROUPS We need you. Is your intergroup going to be represented at the Tampa, Florida, Assembly in November 2016? Please send at least one representative to our Region Assembly. There is much work to do and we need you to get this work done. Your voice is needed. Not only will your Intergroup be represented for important decisions but you will be helping the hosting Intergroup. **Funding may be available for this assembly**, and is available for future assemblies. If your Intergroup is unable to financially send at least one Representative to the Assembly, perhaps Region 8 can help you for a future assembly. You can submit the Representative Funding Application at the back of this packet. Contact the IGOR Chair (igorchair@oaregion8.org) for more information. We appreciate your service and need you.

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

HAVE MORE QUESTIONS? Please feel free to contact any Board Member or Committee Chair with anything that concerns you. Email addresses and phone numbers for all Board Members and Committee Chairs will be found in the addendum to be added to the website.

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

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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 Michelle D. Little Rock, Arkansas 501-580-6120 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 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 Mentor List Neill M., N. Carolina Tammy P., SW Louisiana | TSW Email/Sponsor List Julia S. 985-646-2593 Louisiana sponsors@oaregion8.org | TSW Speaker List Dianne B. 615-895-3177 Middle TN IG speakers@oaregion8.org |
| Region 8 Webmaster Mary Jane W. St Petersburg, Florida 727-954-7544 webmaster@oaregion8.org | | |

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I. Agendas

November 2015 Board Meeting Agenda

Friday, November 6, 2015

8:00 am-9:00 a.m. Informal gathering of Board only—(Board please feel free to bring Breakfast)

9:00 a.m.-Board Meeting Convenes-*Open to all*

Old Business

1. Approval of Minutes of July 2015 Board Meeting
2. Topics for March 2016 Atlanta Assembly (theme is "Building an Arch to the Road of Recovery - It Works, It Really Does!") for Presentation and Discussion (VC)
 1. Arch- Building 101
 2. Bridging intellect and faith to achieve recovery
 3. How the tools build and maintain my arch to the freedom of recovery
 4. So my arch fell down - now what?
3. Audits /Finances Update (Treasurer)
4. FY 2015-2016 Budget (Treasurer and Board)
5. Update on Atlanta and Pinellas Assemblies (VC)
6. Remote Voting Motions –bylaws committee or Parliamentary report if available
7. Chair and Treasurer Transitions-what can we do to help?
8. PASS IT ON: What can we do to help each other and Assembly members in our and their recovery?

BREAK – 15 minutes

New Business

1. Forum Prep (ALL)
2. Emergency Motions
3. New Goals/Tasks for 2016; Committee Chair tasks
4. Eventbrite -VC
5. Other new business? (time permitting)

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12:30 -2 Break for Lunch

2:00 p.m. Board Meeting Reconvenes

- Funded Committee Chairs join Board Meeting (Check in & update on Committee issues & activities, questions, concerns, issues)

OTHER NEW BUSINESS:

3:50p.m. Treasurer- re vouchers, registration for Atlanta, March 2016

4:00 p.m. Meeting Adjourned

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November 2015 Business Assembly Agenda

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

Friday November 6, 2015

1. 6:55 pm ASSEMBLY CONVENES
OA Readings
2. Appointment of Timer
3. Recognition of New Intergroups, New Reps, **Green Dots**, Conventioneers & Visitors
4. Introduction of Region 8 Board Members, Funded Committee Chairs & IG Chairs
5. Introduction of former Region 8 Board Members and Trustees
6. Credentials & Roll Call
7. Adoption of Amended Agenda (if needed)
8. PASS IT ON
9. Forum
10. 7th Tradition
11. BREAK (8:15pm)
12. Announcements
13. 8:30pm Welcome & short skit by hosting Intergroup
14. 8:45pm Presentation & Discussion – “Living a Serene Life: Got Serenity?”
15. 10:00pm RECESS

Saturday November 7, 2015

16. **7:30 New Rep Orientation**
17. **8:30 CALL TO ORDER**-OA readings
18. Credentials
19. Adoption of Standing Rules
20. Introduction of Parliamentarian & short parliamentary lesson
21. **Approve Consent agenda (if needed)**
22. Approve minutes from last Assembly –New Orleans, LA.- July 2015
23. 7th Tradition
24. **IDEA DAY**
25. Board reports - 5 min each +5 minutes questions
26. Trustee Report – 10 minutes + 5 minutes for questions
27. **BREAK (circa 10:15)**
28. Credentials
29. **Committee Meetings** Committee Meetings/ **10:30 a.m.-Noon)**
 - First Order of Business: Recommendation of new Committee Chairs to Board FOR THE FOLLOWING:
Technology/Web Site, Twelfth-Step-Within, Unity with Diversity, Public Information/Professional Outreach Committee
 - Hand in report to Secretary
30. **12:00 LUNCH BREAK with SPEAKER**
31. **RECONVENE 2PM**
32. Final report from COLA Intergroup (for New Orleans July 2015 Assembly)
33. Credentials
34. MOTIONS
35. Unfinished Business
36. New business
 - A. Approval of FY 2015-2016 Budget
 - B. Election of Chair – each Candidate 5 min speak/5 min answer questions

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- C. Election of Treasurer - each Candidate 5 min speak/5 min answer questions
- D. Nominee(s) for Region 8 Trustee
- E. Announcement of Selected WSBC Delegate or Delegates being funded and their respective Intergroup(s)
- F. Announcement of Committee chairs
 - Tech-Web,
 - Unity With Diversity
 - Public Information/Professional Outreach (PIPO)
 - Twelfth Step Within (TSW)
- G. Bids for November 2016 Assembly & Convention
- H. OA's SOP 2016 Keeping OA Strong Worldwide
- I. Emergency Motions (if needed)
- 37. Committee reports
 - Ways & Means
 - Bylaws/Electronic Documents
 - IGOR
 - TSW
 - PI/PO
 - Technology/Website
 - Unity With Diversity
- 38. **"Did You Know?"** Educational segment(s)
- 39. Any other new business
- 40. Ask – it – Basket (time permitting)
- 41. For the good of the order (time permitting)
- 42. Break out for additional Committee Meetings (time permitting)
- 43. Chair's Final Remarks
- 44. **GREEN DOT CEREMONY**
- 45. **5:30pm ASSEMBLY ADJOURNS**

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II. Unapproved Minutes-New Orleans, Louisiana, July 2015

Friday Evening, July 10, 2015

| | | |
|-----------|---|--|
| 7:01 p.m. | 1. Assembly convenes. Serenity Prayer, in English y en Español | MEETING CALLED TO ORDER SERENITY PRAYER |
| 7:05 p.m. | OA readings <ul style="list-style-type: none">• 12 Steps of OA-Nancy, Central Florida Intergroup• 12 Traditions of OA-Desmond, Central Office of Louisiana• 12 Concepts of OA-Tammy, Southwest Louisiana Intergroup• For Today 7/11-Julie, Central Florida Intergroup• Solo Por Hoy 7/10-Ruby, Suncoast Intergroup | OA READINGS |
| 7:17 p.m. | 2. Appointment of Timer-Joyce T., Central Florida Intergroup | APPOINTMENT OF TIMER |
| 7:18 p.m. | 3. Recognition of New Intergroups, New Reps, Green Dots , Conventioners & Visitors & Remote Attendees | NEW INTERGROUPS & NEW REPS/ WELCOME VISITORS & REMOTE ATTENDEES |
| 7:20 p.m. | 4. Introduction of Region 8 Board Members, Funded Committee Chairs & Intergroup Chairs | INTRODUCTIONS |
| 7:24 p.m. | 5. Introduction of former Region 8 Board Members and Trustee | FORMER BOARD MEMBERS |
| 7:26 p.m. | 6. Credentials & Roll Call-33 voting- , 6 non-voting- (1 virtual attendee) | CREDENTIALS |
| 7:33 p.m. | 7. Adoption of amended agenda- motion made, seconded and adopted | ADOPT AGENDA |
| 7:36 p.m. | 8. Educational Segment: SOAR 8 email lists- Janet explained the different email lists and who belongs on which list | EDUCATIONAL SEGMENT |
| 7:42 p.m. | 9. Forum- Financial Health –Region 8- break into 5 groups and discussion solutions for saving money., each group presented their findings <ul style="list-style-type: none">• <u>Melissa , Group #1</u><ul style="list-style-type: none">❖ cut back on how much we fund committee chairs❖ use possible unused money to fund travel❖ are we getting the same support when we reach out to a remote area for an assembly - do we get enough response back to make it worth it❖ Bring outlying groups to larger location (like Atlanta) | FORUM |

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charter buses

- ❖ we have gone to under represented areas and tried to generate attendance

- ❖ possibly cut back assemblies to two times per year

- Pat, Group #2

- ❖ Contest for best slogan to put \$3 in basket with a prize for the winner

- ❖ Revise the 60/30/10 split – increase the 10%

- ❖ Directed fundraising effort by Intergroup- have R8 board member do a workshop and send proceeds to RI

- Patty G, Group #3

- ❖ Revisit the number of assemblies per year (3 to 2)

- ❖ Consider different model of funded chairs

- Lonna C., Group #4

- ❖ Cut prudent reserve

- ❖ Should we fund chairs

- ❖ Cut assemblies to twice a year

- ❖ Live auction on specific item or 2

- ❖ Special fund for committee chairs

- ❖ Each chair attend 1 assembly remotely per year

- ❖ Move money from other line items

- ❖ Partially fund chairs

- ❖ Chairs use personal money for expenses if allowed by their Intergroup by-laws

- Sam, Group #5

- ❖ Cut cost of supplies, ie ribbons on badges

- ❖ 2 conventions in Florida to reduce travel expenses

- ❖ 3-4 people in room if room quotas have been met

- ❖ Revisit the number of assemblies per year (3 to 2)

- ❖ Cut food allowance for Board and Funded chairs

- ❖ Advertise Ways & Means for sale items by wearing serenity knots and tee shirts

- ❖ Consider the cost for remote attendees to meet quotas

8:10 p.m.

10. 7th Tradition- basket was passed \$226.00 collected

7TH TRADITION

8:15: p.m.

11. BREAK

BREAK

8:25 p.m.

12. Announcements

ANNOUNCEMENTS

8:30 p.m.

13. Welcome & short skit by Hosting Intergroup

WELCOME & SKIT

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|-----------|--|---------------------------|
| 8:50 p.m. | 14. Presentation & Discussion - " Surrender - the Simple (But not Easy) Path to Freedom " | PRESENTATION & DISCUSSION |
|-----------|--|---------------------------|

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| 10:00 p.m. | 15. Recess | RECESS |
|------------|------------|--------|

Saturday, July 11, 2015

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| 7:30 a.m. | 16. New Rep Orientation | |
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| 8:32 a.m. | 17. Call to order | MEETING CALLED TO ORDER |
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| | Serenity Prayer, in English y Español | SERENITY PRAYER |
|--|---------------------------------------|-----------------|

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|-----------|-------------|-------------|
| 8:33 a.m. | OA readings | OA READINGS |
|-----------|-------------|-------------|

- 12 Steps of OA-Andi S., Gold Coast Intergroup
- 12 Traditions of OA-Marilyn, Manasota Intergroup
- 12 Concepts of OA-Patty G., Palm Beach County Intergroup
- Voices of Recovery 7/11-Barb C, North Florida Intergroup
- Voces de Recuperación 7/11-Ruby M., Suncoast Intergroup

| | | |
|-----------|--|-------------|
| 8:43 a.m. | 18. Credentials- 33 voting, 6 non-voting (2 virtual attendee from GAOAIG) | CREDENTIALS |
|-----------|--|-------------|

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|-----------|--------------------------------|----------------|
| 8:44 a.m. | 19. Adoption of Standing Rules | STANDING RULES |
|-----------|--------------------------------|----------------|

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| 8:45 a.m. | 20. Introduction of Parliamentary & short parliamentary lesson | PARLIAMENTARIAN LESSON |
|-----------|--|------------------------|

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|-----------|---|----------------|
| 8:50 a.m. | 21. Approve Consent agenda –emergency motions to shift line items in the budget – shift funds, there is NO overall increase to the budget. 3 minutes given to the body to review these motions. <ul style="list-style-type: none">• Emergency Motion 1 has been pulled from consent agenda and will be considered under motions• Emergency Motion 2 remains on consent agenda and is adopted | CONSENT AGENDA |
|-----------|---|----------------|

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|-----------|--|---------------------------------------|
| 9:00 a.m. | 22. Approve minutes from last Assembly - Nashville, TN, USA, March, 2015- Secretary will add the Ad hoc committee presentation to the minutes, embedded as a PDF file, motion made, seconded and minutes are adopted | ADOPT MINUTES FROM NASHVILLE ASSEMBLY |
|-----------|--|---------------------------------------|

| | | |
|-----------|---|---------------|
| 9:00 a.m. | 23. 7th Tradition- \$221 collected today-since the 7 th tradition was met on Friday night, chair asked the body if another collection should be made and the body said a resounding yes! | 7th TRADITION |
|-----------|---|---------------|

| | | |
|-----------|---|---------------|
| 9:05 a.m. | 24. Board reports - 5 min each +5 minutes questions | BOARD REPORTS |
|-----------|---|---------------|

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9:33 a.m. 25. Trustee Report- 10 min +5 minutes for questions- report can be found in the packet **TRUSTEE REPORT**

9:55 a.m. 26. WSBC Region 8 Delegate Reports **WSBC REPORTS**

- Viviana and Tammy were funded for Region8 and these reports are included in the addendum and online

10:00 a.m. 27. Break **BREAK**

10:17 a.m. 28. Credentials- 35 voting 2 non-voting , (1 virtual attendee GAOAIG) **CREDENTIALS**

10:19 a.m. 29. Motions **MOTIONS**

- Motion 1: Motion Timeframe Change in Bylaws
 - Motion made and seconded to amend the motion to change 90 days to 75 days and 60 days to 45 days this amendment is adopted as amended
- Motion 2: Standing Rules Amendment for Motion Timeframes arising outside the Business Assembly
 - amended to reflect changes in Motion 1 for consistencies- 75 & 45 days and adopted
- Motion 3: Assembly Procedures for submitting Motions-
 - amended to reflect changes in Motion 1 for consistencies- 75 & 45 days and adopted
- Motion 4: Create a Translations Sub Committee within the UWD committee- Q&A time was extended by 5 minutes (by 2/3 vote)
 - Motion made and seconded to table this motion- by 2/3 vote the motion to table fails
 - Motion 4 as written was adopted by 2/3 vote
- Emergency Motions Emergency Motion #1, removed from consent agenda

New Business moved from #37 in afternoon agenda since there was additional time

- A. Nominations: if not nominated today, an application can be submitted
- a. Chair, -
- Andi, Gold Coast Intergroup
 - Lonna, Miami Dade & The Keys IG
 - Viviana, Intergrupo Esperanza Venezuela
 - Aleta P., Baton Rouge Intergroup
- Treasurer-Sam
 - Region Trustee-
 - Linda H, Pinellas Traditions IG
 - Vivianna, Intergrupo Esperanza Venezuela

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➤ Bill VL, GAOAIG- considering nomination

| | | |
|------------|--|---|
| 11:56 a.m. | 30. Break for lunch | LUNCH |
| 2:00 p.m. | 31. Reconvene | |
| | 32. Committee Meetings (Take break if needed-be ready to go @ 3:15) Hand in report to Secretary | COMMITTEE MEETINGS |
| 3:30 p.m. | 33. Final report from Nashville, TN, USA March 2015 | FINAL REPORT FROM NASHVILLE |
| 3:37p.m. | 34. Credentials-35 voting, 6 non-voting (2 virtual attendees from GAOAIG) | CREDENTIALS |
| | 35. Unfinished Business – not needed | |
| 3:38 p.m. | 36. New Business | NEW BUSINESS |
| | <ul style="list-style-type: none">A. Nominations: if not nominated today, an application can be submitted—<i>moved to morning session</i>B. 2015 WSBC Delegate Funding Application Process- applications due by December 1st 2016C. Bids (July 2016 Assembly & Convention) - deferredD. OA's SOP- Strategic plan---a 3 year plan from 2014 – 2016, focus is on primary purpose- information can be found at OA.ORG<ul style="list-style-type: none">• 2014- Abstinence is #1• 2015- Increase focus on necessity of working all 12 steps• 2016-Responsible to carry the message | |
| 3:43 p.m. | Added to agenda- Greater Atlanta OA Intergroup- Jessica & Becky distributed flyers and shared logistics and the enthusiasm at GAOAIG preparing for the assembly in March 2016 | GREATER ATLANTA OA INTERBGROUP PRESENTATION |
| 3:58 p.m. | 37. Committee reports-reports have been scanned and will be distributed to each committee chair along with the combined committee contact list <ul style="list-style-type: none">• Ways & Means- Sam• Bylaws/Electronic Documents-Marilyn• IGOR-Andi• TSW-Donna• PI/PO-Lonna• Technology/Website-Lynne | COMMITTEE REPORTS |

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- Unity With Diversity-Heather

An emergency motion has been submitted, body will need to suspend the standing rules, item 5B from the packet in order to present the motion and vote on this- Emergency Motion #3 to amend the budget. Motion to suspend standing rules was adopted.

Emergency Motion #3 was amended and this motion was adopted, the amended motion was adopted.

| | | |
|-----------|---|------------------------------|
| 4:42 p.m. | 38. "Did You Know?" Educational segment – Update from Remote Voting ADHOC Committee- GAOAIG | EDUCATIONAL SEGMENT |
| | 39. Any other new Business-no new business | NEW BUSINESS |
| | 40. Ask – it – Basket- none | ASK-IT-BASKET |
| 4:20 p.m. | 41. For the good of the order | FOR THE GOOD OF THE ORDER |
| | 42. Break out for additional Committee Meetings –not needed | COMMITTEE MEETINGS |
| 4:49 p.m. | 43. GREEN DOT CEREMONY | GREEN DOT CEREMONY |
| 4:52 p.m. | 44. Assembly Adjourned | ASSEMBLY AJOURNED |

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III. Results of Motions-New Orleans, LA, July 2015

Bylaws Change

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

SOAR-8

Motion 1: Motion Timeframe Change in Bylaws

Motion:

Modify the Region 8 Bylaws, Article XI, Section 1A & 1B timeframe for when a motion is to be submitted.

Current wording in Bylaws:

Bylaws; Article XI, Section 1A: "Amendments to these Bylaws (together with appropriate motion or motions requesting approval of such proposed amendment or amendments) with the exception of Article II, Sections 2, 3, and 4, may be proposed by any registered Intergroup or National/Language Service Board, Region-8 Board, Region-8 Board member, or the Bylaws/Electronic Documents Committee, and shall be submitted by hand delivery, email or first class mail to the Region-8 Chairman and the Region-8 Secretary for receipt by the Region-8 Chair and the Region-8 Secretary at least ~~thirty-five (35)~~ ~~ninety (90)~~ **seventy-five (75)** days prior to the commencement of the Region-8 Business Assembly or special Region-8 Business Assembly at which action is to be taken on the proposed motion and amendment."

And

Bylaws; Article XI, Section 1B: "The Region-8 Secretary shall cause a written copy of the proposed amendment and accompanying motion to be communicated to each Region-8 Registered Service Body, Region-8 Representative, Standing Committee Chairman, Board Member and the Region-8 Trustee at least ~~30 sixty (60)~~ **forty-five (45)** days prior to the commencement of the Region-8 Business Assembly or Special Region-8 Business Assembly at which action is to be taken on the proposed motion and amendment.

Submitted By:

Region 8 Board and Bylaws/Electronic Document Committee

Intent:

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Modifies the timeframes for submitting a motion to the Region 8 Board and Bylaws team creating a consistent timeframe for research and communicating motions within the Region.

Implementation

Updating the Region 8 Bylaws.

Cost:

None.

Rationale:

Provides more time prior to Business Assembly to effectively manage and communicate motions within Region 8.

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Policy & Procedure Change

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

SOAR-8

Motion 2: Standing Rules Amendment for Motion Timeframes arising outside the Business Assembly

Motion:

Amend Section XIII. Standing Rules, Motions and Debate, Process for New Business Motions; Item 1c and 1f:

Proposed:

1. Process for New Business Motions

c. New motions arising outside the Business Assembly shall be submitted to the Secretary **and Bylaws/Electronic Documents Chair** at least ~~sixty-five (65)~~ ~~ninety (90)~~ **seventy-five (75)** days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.

And

f. The Bylaws/Electronic Documents Chair will submit the reviewed motions **arising outside of the Business Assembly** to the Secretary electronically no later than ~~sixty (60)~~ ~~forty-five (45) days after the close of~~ **prior to** the **Region 8 Business** Assembly for inclusion in the mailing packet for the following Assembly.

Submitted By:

Bylaws/Electronic Document Committee

Intent:

The intent of the motion is to bring the standing rules into alignment with Region 8 Bylaws, ensuring consistent timeframes and allowing ample research, creation and communication within the Region. In addition, it ensures prompt delivery of motions to both the Secretary and Bylaws Chair for quick processing and inclusion in the Assembly packet n before the upcoming Assembly.

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Implementation

Update the Region 8 Policy and Procedure manual.

Cost:

None, changes to Standing Rules 1-c and 1-f under Motions and Debate.

Rationale:

This change will ensure that the Region 8 Policy and Procedure manual is in sync with the Region 8 Bylaws. It also clarifies the process and timeframes for moving a motion forward for inclusion in the Assembly Packet.

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

Tampa, Florida - November 6-8, 2015

Policy & Procedure Change

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

SOAR-8

Motion 3: Assembly Procedures for submitting Motions

Motion:

Amend Section XI. Assembly Procedures, Basic Principles, Item 9:

Proposed:
Basic Principles

9. A motion to amend Bylaws must be submitted to Secretary **and Bylaws Chair** at least **ninety** ~~(90)~~ **seventy-five (75)** days prior to Assembly at which motion is to be presented.

Submitted By:

Bylaws/Electronic Document Committee

Intent:

The intent of the motion is to bring the Assembly Procedures into alignment with Region 8 Bylaws, ensuring consistent timeframes and allowing ample research, creation and communication within the Region. This motion ensures prompt delivery of motions to both the Secretary and Bylaws Chair for quick processing before the upcoming Assembly.

Implementation

Update the Region 8 Policy and Procedure manual.

Cost: *NONE*

Rationale:

This change clarifies the motion process for moving a motion forward for review and processing.

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

Tampa, Florida - November 6-8, 2015

Policy and Procedure Manual Change

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

Motion 4: Create a Translations Sub Committee within the UWD committee

Motion: Move that Section XXVII. Unity with Diversity Committee, of the SOAR 8 Policy and Procedure Manual be amended to add a subsection as follows:

Add the following description directly following Young People's Sub-Committee in Section XXVII. Unity with Diversity Committee:

Proposed Wording:

TRANSLATIONS SUB-COMMITTEE

Purpose

To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.

Duties:

1. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery.
2. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese.
3. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages.

Submitted By:

Unity with Diversity Committee

Intent:

The purpose of this motion is to create a sub-committee that will help carry the message by keeping members and groups within Region 8 informed. It will serve to unify our region and reduce the isolation of both members and groups.

Translations will be undertaken voluntarily by bilingual members of the region, who will work

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together collaboratively, taking into account the diversity of our cultures. The sub-committee does not seek to translate OA-approved literature, which is done by World Service.

If it is necessary, a procedure may be established for the requirement of translation and a format for requesting a translation.

Implementation

Amend Policies and Procedures Manual.

Cost:

None.

Rationale:

Each of the members of the board and the committees of Region 8 work hard to fulfill their functions and ensure that our message of recovery reaches the compulsive eater who still suffers in and out of Region 8. Unfortunately, these efforts are unknown in the Spanish and Portuguese part of the region because there are not always members, groups or intergroups who can translate the information generated from the region.

If members of the board and the chairs of each committee could communicate effectively the result of their work in the appropriate language to each group and Intergroup, not only would we be fulfilling our primary purpose of carrying the message, but also we would increase the awareness of the need for contributions to the seventh tradition throughout the region.

Presently committee translations are made with good will but are inarticulate. This creates confusion because the translated documents are not easy to understand in all Spanish-speaking regions.

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Tampa, Florida - November 6-8, 2015

| | |
|-------------------------------------|---------|
| <input checked="" type="checkbox"/> | Adopted |
| <input type="checkbox"/> | Amended |
| <input type="checkbox"/> | Lost |

Region 8

Emergency Motion: Request for Budget Amendment

Date: July 11 2015

Committee: Ways and Means; Board (Treasurer)

Budget: Chair WSBC Budget (\$1500)

Current balance: \$310.23

Amendment Request: To transfer the remaining unused balance of \$310.23 from Chair WSBC line item of the 2014-2015 Budget to Chair Other Travel line item of the 2014-2015 Budget.

Reason: The Chair Other Travel line item is for the Chair's expenses to attend both the Region Chairs joint meetings with the BOT in Albuquerque in August of this year and to attend the RCC meetings held this year in October in Brisbane Australia at the Region 10 Assembly. Every year the Region Chairs have their third meeting of the year at the Assembly of one of the Regions on a rotating basis. This year the expenses of these 2 sets of meetings were projected to be approximately \$4000, the sum that was budgeted. The Chair would like to transfer the unused portion of the WSBC line item of the Budget in case the projected expenses are insufficient to cover allowable expenses. The amendment is financially neutral and will not result in any increased cost to the Budget since it is merely a transfer of finds from one line item to another. The Assembly will not meet again until November, after the meetings have occurred.

Ways and Means Chair : _____

Signature: _____

Treasurer: _____

Signature: _____

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

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| | |
|---|------------------------------|
| X | Adopted on consent agenda |
| | Amended |
| | Lost |

SOAR-8 Business Assembly

Emergency Motion

Motion: To amend the adopted 2014-2015 amended budget; re-allocate line item funds from Service & Traditions Workshop Travel (\$300) and IGOR Rep Funding (\$2,000) and apply the \$2,300 to the funded committee chair travel line item.

Submitted By: Region 8 Board.

Intent: The purpose of the motion is to re-balance the budget to account for actual expenditures.

Implementation: Move line item funds from Service & Traditions Workshop Travel (\$300) and IGOR Rep Funding (\$2,000) and apply the \$2,300 to the funded chair travel line item.

Cost: None.

Rationale: Adopted budget did not correctly account for the full cost of travel for funded committee chairs. Motion would allow additional funds to cover the cost of lodging for committee chairs to the July 2015 Assembly.

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

Tampa, Florida - November 6-8, 2015

IV. Reports

Board Member Reports

Gloria L.- Chair



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

2014-2016: "OUR PRIMARY PURPOSE"

2015: "THE NECESSITY OF WORKING ALL 12 STEPS"

REGION 8 CHAIR REPORT NOVEMBER 2015

GLORIA M.

Welcome! Bienvenidos!

Hola Amigos! Me llamo Gloria estoy comedora compulsivo en recuperación gracias OA!

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

Welcome everyone to Tampa, FL, USA, for our November Assembly! Our theme is:
"FALL INTO SERENITY". The Presentation and Discussion topic is: **"Living a Serene Life-Got Serenity?"**

A big thanks goes out to our hosts, SUNCOAST Intergroup!

Nashville March and New Orleans July Assemblies:

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! We had another great Assembly in New Orleans, LA where we focused on financial issues and got some great ideas to explore to improve the financial health of Region 8. We also added a task for our UWD committee at its request-translating important Region 8 documents. This will be a terrific service for our Region.

WSBC 2015: The Miracle of Abstinence:

At July Assembly I submitted my WSBC Report and my Forum Report. If you need copies please email me. You can also get the Forum report on oa.org.

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

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New Literature: Taste of Lifeline:

This is now available in the OA bookstore. It is a collection of more than 100 stories from past Lifeline magazines. It is terrific!

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.

I was also privileged in September to lead a workshop on Steps 1 2 and 3 in Savannah, GA and I met many wonderful new friends and a few old ones.

Virtual Workshops:

This year on the second Sunday of every month the Region Chairs and the BOT have been presenting workshops on the 12 Steps. See the information at the end of my report and note that effective October 6 the call in number will change.

Adhoc Committee:

I would like to thank all those who have served on the Remote Voting ADHOC Committee during the past year or so. We have 2 motions concerning remote voting to vote on in November.

Region 10 Assembly in Brisbane Australia:

As I write this report I am preparing to leave on October 9 for Brisbane Australia to attend the Region 10 business assembly with the other Region Chairs except for Region 6 chair who is unable to attend. I will report on all of the activities and information in Brisbane at our November assembly in Tampa.

OA's Strategic Operations Plan ("SOP"):

OA's current Strategic Plan covers 2014-2016. You may remember the main overall focus of our current plan has been "Our Primary Purpose". In 2014 we focused on Abstinence. This year we focused on the Importance of Working ALL 12 Steps, and next year 2016 we will be concentrating on carrying the message, with an emphasis on OA's Responsibility Pledge ("Always to extend the heart and hand of OA- for this I am responsible."). So look for some terrific stuff about that Responsibility Pledge soon!

Almost all of the tasks associated with 2015 have been completed. You have probably seen the various power points including Abstinence and a Plan of Eating, and the free download, "12 Stepping a Life Problem." You may have also listened in live or by podcast to the step workshops the second Sunday of every month and been reading the Lifeline articles on the importance of taking all 12 Steps.

All of these fine pieces of work have been created as part of the SOP!!

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

Tampa, Florida - November 6-8, 2015

In August the BOT and Region Chairs met and we brainstormed ideas for the focus of our new SOP for 2017-2019. Come to the Assembly in November in Tampa and hear more!

Saying goodbye:

This is my last Assembly as your Region 8 Chair. It marks the end of my second two-year term so I have had the great privilege and honor of serving as your Region Chair for the past four years. Words cannot express how grateful I am for having had the opportunity to serve in this capacity. I have met so many wonderful people and have had the great privilege of traveling to many places in our Region to carry the message. I can't tell you what this has meant to me and how it has changed my life. I hope that my service has shown in some small way how incredibly grateful I am for the service your generosity has allowed me to do these past four years. I thank each and every one of you from the bottom of my heart.

I've gotten to know many people in many regions and I have to say that I have never been prouder of being a member of Region 8—a region which stands up consistently for abstinence first and in which all those I have met have always been ready to extend their hands and hearts to help the compulsive eater who still suffers. Together we have reached out to our region, across oceans and across language barriers; we have gone where we needed to go and each with his or her high power have worked together to get better. I love and cherish all of you and turn to the words from our OA 12 and 12 on Page 106:

"Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, *we are* well, and we embody the joy of recovery which attracts others who want what we've found in OA. We are always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

Thank you for sharing the Secret!!

Trust God, Clean House, Help Others,

Respectfully submitted with all my love,

October 1, 2015

Gloria L,

Region 8 Chair

chair@oaregion8.org

407-340-2008

www.oaregion8.org

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

Tampa, Florida - November 6-8, 2015

PS Don't forget our Virtual Step workshops!

NOTE THE NEW PHONE NUMBER effective October 8 2015

Second Sunday

***** VIRTUAL *****

12 Step Workshops

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

US phone bridge = **641-715-3818** (effective OCTOBER 6 2015)

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

Tampa, Florida - November 6-8, 2015

Alteta P.-Vice-Chair

Tampa Florida

November 6 to 8, 2016 Assembly

Report from Vice Chair

Hello my fellow compulsive overeaters. This report marks the conclusion of my first year as Vice Chair of Region 8 and it has been an eventful year. I would like to take this opportunity to share some of what it has meant to me. I have found that this is not the simple job that I thought it would be! It actually requires some, actually a great deal of, effort. Along with the opportunity to travel and meet with other Recovering Compulsive Overeaters who spend their time and energy giving service by doing the business work necessary to help carry the message to those who still suffer in and out of these rooms, I get to work with many of you hard workers on a regular basis. This is something which is very rewarding. I have profound respect for the Chair, Secretary and Treasurer who along with the Trustee and many of the committee chairs, have a great deal more work to do than I.

Now on with the business of the Assembly; Since the July Assembly and actually prior to that I have been communicating with Tampa, Atlanta and those representing PTI as we have been working on the upcoming assemblies and conventions. I am looking forward to attending these events and hope that you are all looking forward to them as well. Even if you are not attending the actual Business Assembly, the Conventions reflect a lot of work and effort and are a wonderful supplement to our recovery. My thanks to all who have worked on and participated in developing these marvelous venues. I have, as has been my practice, sent out a request to "all soar 8" requesting bids for next year.

I look forward to working with any newcomer's (green dots) as well as willing mentors both prior to the assembly as well as during the assembly. One great way of doing service is to offer to assist a newcomer to assembly by becoming a mentor.

I realized recently that I came through the doors for the first time in June of 1975, 40years ago, unfortunately I did not stay and even when I stayed I did not always have recovery and abstinence. By being willing to give service above the group level I had the opportunity, while attending the July assembly, of hearing from someone who came 40 years ago and actually stayed. WOW!

I sincerely hope that we have received some bids for the November 2016 Assembly before we meet again. Personally I totally enjoy the planning and execution of these terrific events and they are fundraisers as well.

On a personal note, at the July Assembly I was nominated and accepted the nomination for Chair, I would like to report that after a great of prayer, meditation and consultation I have chosen to withdraw my name. It is clear to me that my work is cut out for me as Vice Chair and I will do my utmost to serve you in that capacity.

In Service and Love

Aleta H Pickholtz

Vice Chair Region 8

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

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Atiya M.-Treasurer

(see the addendum for Treasurer's financial report and Budget for 2016)

The Real World: OA Service

I am behind. Once again, I am behind. These were my thoughts as I began to do treasurer's work this morning. During eight and a half years in OA, I have done a lot of service work. This is the first time I have done it poorly, consistently. Not only am I frequently behind, I failed to back up our accounting program, which has an error in the software. At this time I don't know if the historical data can be saved.

So, what do I want to say about my time as region treasurer? I was spiritually guided to take the position and I am grateful for my willingness to serve. Having served as treasurer for one of my home groups, a few years ago, I had some limited experience. I was unprepared for the level of work, and the accounting skills needed to serve the region. Yet, I stuck with it and kept showing up - even when I did so behind schedule. There were some aspects of the job that I did well; others I let fall to the wayside. As I shared with my sponsor recently about life in general, sometimes I feel I am in the flow; sometimes I feel I am in the undertow. It has taken me a lot to remain with my head above water in this position. I likely would not do it again (and declined the nomination to serve another term) however I am so grateful for the willingness to move out of my comfort zone by saying "yes" in the first place.

Serving as treasurer provided me with opportunities for one of my favorite activities - carrying the message of recovery. I got to speak at a meeting during the Convention & Assembly in New Orleans, I am planning to conduct a Super Sunday workshop in Nashville, TN, and will gladly speak during the Convention & Assembly in Tampa. I had not been involved in region service in several years, so it is wonderful to see old friends and make new ones. Serving as treasurer has also allowed me to see my spiritual and emotional growth and how well I have learned to take care of myself.

As I approach the end of my term, I have joy in my heart as I count down the days. I am grateful that I am almost done and grateful that I stepped up in the first place. Thank you for giving me an opportunity to serve, in my very human way.

Atiya M.

Region 8 Treasurer

Raleigh, NC

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

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Janet T.-Secretary

Hello all! Welcome to sunny Florida- my home state!

¡Hola a todos! Bienvenido a la soleada Florida-mi estado natal!

Thank you to Suncoast Intergroup for hosting us this fall! I am happy that the November Assembly is NOT schedule on my birthday weekend and my 20 year anniversary with my partner! (a Gift or this recovery!!)

¡Gracias a Suncoast Intergroup por recibirnos este otoño! Estoy feliz de que la Asamblea de noviembre no se programe en mi fin de cumpleaños y mi 20 años de aniversario con mi pareja! (un regalo o esta recuperación !!)

This past year has been a challenging one from a personal standpoint with two deaths in my immediate family. It has only been with a Power Greater than me that I have kept on in my service position and functioned enough to get the job done!

Este año pasado ha sido un reto desde el punto de vista personal con dos muertes en mi familia inmediata. Sólo ha estado con un poder mayor que yo, que he guardado en mi posición de servicio y funcionado lo suficiente para hacer el trabajo!

I feel like our Region has made great strides getting our electronic communications running a bit more effectively. We now have ALL Certificate of Eligibility submitted using the online form; as well as the STC workshops requests. We have all been better educated in using the email lists (not loops) in the proper fashion (ie committees, chairs, etc.). These may seem small but have a great impact on getting the word out without jamming up the email servers!

I was fortunate to serve on the Remote Voting committee- if you missed the presentation in Nashville- I can tell you that Region 8 is on the cutting edge of this Remote Voting concept. The committee was made up of members from Greater Atlanta OA Intergroup, a Tech/Web committee members, a Bylaws committee member, our Trustee, and our Parliamentarian.

Siento que nuestra región ha dado grandes pasos para conseguir nuestras comunicaciones electrónicas correr un poco más eficaz. Ahora tenemos TODOS Certificado de Elegibilidad presentarse utilizando el formulario en línea; así como la STC talleres de solicitudes. Todos nosotros hemos sido educados en el uso de las mejores listas de correo electrónico (no bucles) de la manera adecuada (es decir, los comités, sillas, etc.). Estas pueden parecer pequeñas, pero tienen un gran impacto en hacer correr la voz sin atascos hasta los servidores de correo electrónico!

We researched, gathered, and presented information to hopefully help the R8 body make an informed decision on whether or not to move forward with this idea. You will see the efforts in the motions being brought to the floor at our November Assembly. You won't want to miss this!!!

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

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Investigamos, reunidos, y presentamos información para ayudar con suerte el cuerpo R8 tomar una decisión informada sobre la conveniencia o no de seguir adelante con esta idea. Verá los esfuerzos en los movimientos que se llevaron a la planta en nuestra Asamblea de noviembre. Usted no querrá perderse esta !!!

On a personal note, I am looking at a changing R8 board. While I will miss the friends I have made that are rotating off or have already rotated off in the past year, I look forward to working with a new Board and all the changes that come with new personalities.

En lo personal, estoy mirando un tablero R8 cambiante. Mientras voy a extrañar a los amigos que he hecho que están girando fuera o ya han rotado fuera en el pasado año, espero con interés trabajar con una nueva Junta Directiva y todos los cambios que vienen con nuevas personalidades.

Yours in Love and Service,

Atentamente en el amor y servicio,

Janet



Perfectionism is part of the disease

El perfeccionismo es parte de la enfermedad

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Linda H.-Region 8 Trustee-

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!

Welcome to Florida my home state! Welcome to Tampa!!
These last few months have been very productive as your Trustee.
I traveled to Birmingham, Alabama in September for an ST&C. It's great to meet the members I may have not met at a Business Assembly. No matter the size of your intergroup I am willing to come and give a workshop.

I have been busy with my board appointed committee, Board Approved Literature. As a committee we have been reviewing guidelines and pamphlets to be updated. I was in Albuquerque in August for the Board meeting with our Region Chairs. It is a productive 3 days. We work on the Strategic Plan for 2016 and make recommendations for the following year. My committee "Service In My Recovery" will be doing virtual workshops the second Sunday of each month...Stay tuned for more info on OA.org.

Here are some highlights of our work:

- Amend WSBC Standing Rules 2D - to clarify the authorized use of electronic equipment in all meetings.
- Amend WSBC Standing Rules 11 A - To allow questions from as many delegates as may wish to participate, in the allotted time.
- Amend WSBC Policy 1979e - To establish how the personal contact information will be managed and distributed after the Conference. This method was used after the 2015 Conference
- Amend Standing Rule 1991a - Make language consistent with the rest of the policies, resequencing for clarity, change section on how members are appointed to the committees to actual procedure, remove section on mailings as committees communicate electronically and each committee should be free to make their own decision on including non-active members.
- Approve the 2016 World Service Business Conference theme, "Responsibility – To Carry the Message."
- Revise the Twelfth Step Within page on oa.org so that its recommended literature list matches the one within the Welcome Back, We Care! packet
- Approve the 2016 World Service Business Conference agenda
- Ratify the affirmative email vote by the Board of Trustees authorizing the Conference Literature Committee to begin work on a potential new piece of literature: "Body Image, Sexuality, and Relationships"
- Approve the 'Importance of Working the Steps workshop' for distribution to the fellowship via the OA website
- Approve the tentative 2016 World Service Convention schedule of events
- Approve "Carrying the Message" - Complete a task for the 2016 Strategic Plan to increase awareness on suggested do's and don'ts on carrying the message to others

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

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and to print pocket cards (similar to the Strong Abstinence Checklist and Twelve Stepping a Problem wallet cards)

•
I know this all seems so boring.....Believe me it's not! When there are 17 Trustees and 10 Region chairs together we are full of excitement to work for the fellowship!
The most exciting highlight on this list is authorizing the Conference Literature Committee to begin work on a potential new piece of literature: "Body Image, Sexuality, and Relationships" In the near future the committee will be looking for stories from the fellowship. This will give members an opportunity to be heard.

Our very own Gerri H. is the Chairman of the Board and works very hard to keep everything in order and flowing.

On a personal note I want to thank everyone who send me emails to thank me for my service...I can only say the same to you..

Thank you for your service!! Without you OA would not continue in your area!!
Together We Can.....

Love N Hugs,
Linda H.
Region 8 Trustee

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Committee Progress Reports

Bylaws & Electronic Documents



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: By-Laws PERIOD COVERED 8/15/15 - 9/15/15
BUSINESS ASSEMBLY Between July 2015 and November 2015

Specific objectives for the period (Numbered List)

1. Complete any outstanding projects, including any additional requests by the board before November 2015 assembly.
2. Prepare for Bylaws team meeting at November Assembly in Tampa
3. Complete next steps with P&P and Bylaws analysis project.
4. Have updated P&P and Bylaws finalized and added to Region 8 website.

Actions /Activities conducted toward objectives (List by Objective)

1. Distributed Request for Newsletter Letters to Trusted Servants and Board due October, 2015.
2. Updated Assembly history for P&P.
3. Created four new motions and sent to Board for approval.
4. Updated P&P and Bylaws with motions approved at the July Assembly. Sent to board for approval.
5. Assisted with the analysis of the Atlanta motion and made suggested changes before submission to board.
6. Bylaws team worked at restructuring content of Bylaws and P&P table of contents and page numbers.

Projections for the next period:

1. Complete any outstanding projects, including any additional requests by the board before November 2015 assembly.
2. Prepare for Bylaws team meeting at November Assembly in Tampa.
3. Complete next steps with P&P and Bylaws analysis project.
4. Have updated P&P and Bylaws finalized and added to Region 8 website.
5. Reviewed draft of newsletter, requested corrections and sent for board review and then published.
6. Completed P&P and Bylaws review of the sections for the November Assembly.

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

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Expenditures for the period: \$ 0

Committee Chair: Marilyn Tonissen Date: September 14, 2015

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

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Public Information – Professional Outreach (PIPO)



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: PIPO PERIOD COVERED 7/12/15/-9/3015

BUSINESS ASSEMBLY New Orleans

Specific objectives for the period (Numbered List)

1. Expand Webpages
2. Develop reference pages with links e.g.oa.org site map; power points; etc. (Becky from Dan)
3. Development of Military resource list (Chuck)
4. Letter to IGs re projects (Lonna)
5. Create press release for Tampa (Becky)
6. Letter to IGs re: PI mentor program (Bonnie)

Actions /Activities conducted toward objectives (List by Objective)

1. In progress –
2. Not completed
3. Not completed
4. Completed -Waiting for final approval of letter from board
5. Completed – Generic press release written with changes reflecting the local details of Tampa convention
6. Completed- ready to send to board for approval

Projections for the next period

1. Will coordinate various efforts (Lists, links other material.)
2. Progress on resource list (oa.org links)
3. Progress on military resource lists
4. Will remind Board of approval needed for letter)
5. Will send press release for next Assembly in March
6. Will send complete letter and send to Board for approval.

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Expenditures for the period: \$0

Committee Chair: Lonna Cohen Date: 10-2-2015

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

Tampa, Florida - November 6-8, 2015

Twelfth-Step-Within

SOAR

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: Aug 15, 2015-Sept 15, 2015

BUSINESS ASSEMBLY: November

Specific objectives for the period (Numbered List)

1. JC and Neill will take turns sending 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 3. Continue subcommittee work. and get a monthly update report to include on here.
- 3 there was no 3, no idea why
4. Log the responses to the TSW Challenge

Actions /Activities conducted toward objectives (List by Objective)

1. JC and Neill will take turns sending TSW Pamphlet and any subcommittee reports as one email at the beginning of the month via allsoar8@oaregion8.org **done**
2. Continue monthly conference calls for TSW committee 3. Continue subcommittee work. and get a monthly update report to include on here.- **Chris Johnson and Andrea attended the conference calls available each Sunday night at 8:30pm EST**
- 3 there was no 3, no idea why
4. Log the responses to the TSW Challenge- **done but there are none maybe we can come up with a different plan at the Nov convention**

SUBCOMMITTEE REPORTS:

Relapse Mentor report: Subcommittee Chair: Neill Mc, Members: Tammy P, JC
Tammy P:

NEILL'S REPORT:

Hello everyone,

I haven't made any of the phone calls, but that time of night doesn't work for me. By that time, I'm either taking sponsee calls, talking to my sponsor, or taking time to be a human being.

I have received only one relapse mentor request this month. I am currently organizing a serenity day for our intergroup in my capacity as 12th within chair. The serenity day is on Oct 24th and the theme is Hope For The Holidays: How to stay Sane and Abstemious during the Holidays!.

Neill

Addendum to my report:

I will be sending a 12th Step Within message on the 12th of this month, as JC and I switched months this time. I will be

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sharing some thoughts on the 9th Step, as this is September.

Neill

TAMMY'S REPORT:

am so sorry I haven't attended the Sunday evening calls...I could tell you all why but to me they simply sound like excuses!! I also haven't done much work on the care confrontation committee:(. I will try my best to do some work on that tomorrow. I haven't received any requests for mentors in quite a while. Again, sorry I've been absent!

Love to you all and I appreciate all of your service! You are truly inspiring😊

Tammy

JC REPORT:

Continuing with the emails on the 12th of each month shared with Neil

Thanks

JC

Speaker List Report: Subcommittee Chair: Members: Marie B is the new subcommittee chair and has all materials, members: Chris J.

HI DONNA, AS WE TALKED SUNDAY EVE, I'VE MADE SOME TSW CALLS TO FOLKS FROM MY HOME MEETING. I HAVE NOT HAD ANY REQUESTS FOR TSW SPEAKERS AND I THINK I ALREADY SENT MY IDEAS FOR 12-12. HUGS, CHRIS

6 Online Sponsor List Report: Julia S. , Members: Joyce M

7 TSW Secretary: Andrea K

I asked about Welcome Back techniques and it seems it is achieved mainly through having pamphlets available pertaining to the returning member. I am going to suggest to our Intergroup that we put together a Welcome Back package of helpful pamphlets and ask the Representatives to have it available like Newcomer's Packages at their meetings.

The challenge will continue until after 12/12/15

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.
- 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.

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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** Is recording responses to the TSW Dec 12th Challenge

10. Here is a list of TSW generous commitments we all made in Nashville:

Donna wanted to follow up on the TSW commitments we made back in Nashville at the Assembly. I have attached the notes from our meeting but here are the extracted commitments:

JC and Neill –

Gather and share information and literature on relapse and recovery.

Andrea and Carol –

Promote meetings where Save-A-member and Welcome Back techniques are used. **(Carol, please give me your phone number again so we could discuss this)**

Encourage the use of our Twelfth-Step-Within Handbook.

Marie – Promote *Carefrontation*, a loving way to reach out to those who still suffer (Marie to find out exactly what this is and how it works).

Marie – help members to break through the isolation which is a part of our disease.

Marie – Promote Lifeline (and Trustee, Linda H)

JC and Joyce – Help others to develop the attitude of *Progress – Not Perfection*.

All subcommittee members - Submit articles on Twelfth Step Within to the Soar 8 tri-annual newsletter. Deadline to submit are 2 months before each Assembly

Donna to submit article for July, 2015

Andrea to submit article for November 2015 **(article has been submitted)**

Chris – to submit article for March 2016

Julia – Already maintaining a list of people who are willing to sponsor by email for Region 8.

Diane – Already maintaining a Region 8 Speaker's list (this has been taken over by MarieB)

Projections for the next period:

1. JC and Neill will continue to send TSW Pamphlet and any subcommittee reports as one email at the beginning of the

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month via allsoar8@oaregion8.org

2. **Continue weekly conference calls for TSW committee**

EACH SUNDAY ,8:30-8:45pm EST,

NEW NUMBER, 712-775-7031 CODE: 887 190#

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: none

Committee Chair: Donna Dobbs Date: 9/15/15

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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 July-Nov 2015

BUSINESS ASSEMBLY Nov 2015

Specific objectives for the period (Numbered List)

1. Hosting Manual Review
2. Continue to support Region 8 Committee Chairs use of Oovoo for their committee meetings.
3. Communicate with the Webmaster on updates to the Region 8 website.
4. TechWeb assisted the Greater Atlanta Intergroup with review of the proposed By Laws and P&P changes to allow remote voting at Assemblies.
5. Purchase an external microphone for better sound quality for remote attendees at Assemblies.
6. Purchase a laptop for the committee to use at Assemblies.

Actions /Activities conducted toward objectives (List by Objective)

1. Ruby will draft suggestions for the Hosting Manual updates for technology.
2. Michelle sent the link to the Region 8 Committee Chairs on how to upload and use Oovoo as well as the Region 8's Oovoo username and password. Additionally, Michelle sent the instructions on how to contact Ruby to reserve time to use the Region 8 account.
3. Asked MJ to put "Email Lists" as the first in the dropdown under "Contact Us" on the webpage.
4. Several online meetings and email discussions were held on the proposed By Laws and P&P changes to allow remote voting. Ultimately it was decided that TechWeb would cosponsor the motions.
5. Michelle purchased the microphone model that was used successfully in the last Assembly.
6. Michelle purchased a laptop for the committee to use at Assemblies.

Projections for the next period

1. Hosting Manual review will continue.
2. Continue to support the Region 8 technology needs.

Expenditures for the period: \$558.99 (\$429.99 laptop + \$129

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microphone)

Committee Chair:

Michelle Dowell

Date:

9/25/2015

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Unity with Diversity



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

PROGRESS REPORT – FUNDED COMMITTEE CHAIRMEN

COMMITTEE: UWD

PERIOD COVERED November 2015-
March 2016

BUSINESS ASSEMBLY TAMPA – 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 no only tradition 1, but tradition 3. Is not only UNITY, but 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 We participate in UWD WSBC to extend our education task.
- 2 Created a survey on Google Docs to assess which special interest group should be focused on first.
- 3 Started the process of researching how to disseminate information regarding already existing Skype groups in other languages as well as create more Skype meetings for other special interest groups (hybrid face-to-face and skype meetings)
- 4 One to one approach with African American group in middle Tennessee intergroup, in Triangle IG, in Atlanta IG, in Cola IG.
- 5 Translate the power point presentation "ACCION ES LA PALABRA MAGICA" into English.
- 6 Make the translation to Spanish of young people's suggested meeting format and present it at the others members in the subcommittee.
- 7 We continue supporting the special group project for the LGBT community in R8.

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

REPORTE DE PROGRESO – PRESIDENTE DE COMITE

COMITE: UWD

PERIODO CUBIERTO November 2015-
March 2016

ASAMBLEA TAMPA – 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 POLÍTICAS RELACIONADAS CON LA UNIDAD CON DIVERSIDAD. https://www.oa.org/pdfs/unity_diversity_policy.pdf.
2. **COMUNICACIONES.** El fundamento de la DECLARACION DE POLÍTICAS RELACIONADOS CON LA UNIDAD CON DIVERSIDAD más allá de la tradición 1, es la tradición 3. No es sólo la UNIDAD, es la IDENTIFICACIÓN.
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 Participamos en el comité de UWD de la WSBC y logramos ampliar nuestra tarea educativa.
- 2 Creamos una encuesta en Google Docs para evaluar qué grupo de Interés especial debe centrarse en primer lugar.
- 3 Comenzamos el proceso de investigar la forma de difundir información sobre los grupos de Skype ya existentes en otros idiomas, así como crear más reuniones de Skype para otros grupos de Intereses especiales (híbrido de cara a cara y reuniones skype).
- 4 Iniciamos el contacto uno a uno con los miembros afroamericano de los Intergrupos Medio Tennessee, IG Triángulo, IG Atlanta, IG Cola.
- 5 Traducción de la presentación en power point "ACCION ES LA PALABRA MAGICA" al Inglés.
- 6 Traducción al español del Formato Sugerido para coordinar reuniones de Jóvenes y presentarlo a los demás miembros de la subcomisión de traducciones.
- 7 Seguir el proyecto del grupo especial para la comunidad LGBT en R8.

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Proyecciones para el próximo periodo:

1. Actualizados a los miembros del comité sobre nuestro progreso anterior.
2. Finalizar y difundir encuesta para intergrupos que evalúa que "grupos de intereses especiales" debemos centrar primero. (Hay tantos grupos y tenemos que averiguar qué área nos dirigimos primero, segundo tercero, etc.) ¿Qué "grupos de intereses especiales" no intergrupos perciben como en el más necesitan y se centró en primer lugar?
3. Contacto con otras comunidades de 12 pasos para averiguar cómo se abordaron cuestiones con miembros menores de edad. Vamos a leer y analizar sus políticas y procedimientos en Tampa (véase más arriba) y decidir lo que podemos utilizar.
4. Talleres de Skype. Vamos a crear un folleto para educar a grupos en lo que ya existen talleres de Skype y cómo se convierten en parte de ellos. Actualmente hay talleres que ya existen en español. Esto permitiría que las zonas con una minoría de hablantes de español para conectar con el mundo más amplio de la OA. (Tal vez las reuniones híbridas de cara a cara y skype)
5. Crear una lista de números de los jóvenes para que puedan llegar a ser conectados entre sí, incluso si viven en diferentes partes del mundo.
6. Hacer una traducción "piloto" y luego analizar cómo ha ido (procedimiento, facilidad de traducción)
7. Coordinar con la WSO para enviar nuestros materiales ya traducidos. Si quieren, pueden voluntariamente ser un segundo par de ojos en la traducción y utilizar los materiales que deseen. Pueden pagar han traducido cosas. Esto haría menos costoso el proceso de traducción pues sería simplemente "editar" en lugar de una traducción completa.
8. Traducciones al portugués en la página web de región 8.
9. Compartir lo que ha trabajado a través de (nuestros resultados) en un folleto electrónico por correo todos los meses.
10. Proponer a la comisión, revisar el "taller de apadrinamiento para el recién llegado" Incluso podría ser publicado en el sitio web UWD R8. Hacer lo mismo con el "video de orientación recién llegado".
11. ¿Alguna sugerencia sobre cómo hacer conocer el Formato sugerido para coordinar reuniones de jóvenes en nuestros grupos o intergrupos de la región.
12. Coordinar con el comité IGOR la mejor manera de hacer "apadrinamiento de grupos e intergrupos que requieren nuestra ayuda para las reuniones de enfoque especial" ponerlo a disposición de los intergrupos a través del comité de Tec-web para mostrarlo en la página.

Gastos del periodo:

\$ _____

Presidente de comité:

VIVIANA G.

Fecha:

SEPT 30, 2015

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Ways and Means

See the addendum for this report

Intergroup Outreach (IGOR)

See the addendum for this report

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V. Final Report of Hosting Committee, New Orleans, LA, July 2015

See the addendum for this report

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VI. 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

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- made to the Policy & Procedure Manual for consistency or congruity.
- e. The Bylaws/Electronic Documents Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the next Business Assembly if the passing of the motion, as initially proposed, would:
 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.

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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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VII. Decorum in Debate

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

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

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

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

2. Refraining from attacking a member's motives.

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

3. Addressing all remarks through the chair.

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

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

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

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

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

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

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

7. Reading from reports, quotations, 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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VIII. Motions –Tampa, FL November 2015

Electronic copies of all 4 motions can be found at oaregion8.org using this link:

<http://oaregion8.org/assemblies/upcoming-assemblies/nov-2015-assembly.html>

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Bylaws Change

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

SOAR-8

Motion 1: Define Virtually Present at Region 8 Assemblies

Motion: *Move that the Region 8 Bylaws change Article VII - Meetings of the Business Assembly, Section 4 – Quorum; and Article XI - Amendments - Section 1 - To the Bylaws, Item D as follows:*

Article VII - Meetings of the Business Assembly

Section 4 – Quorum

At a Region-8 Business Assembly held upon proper notification, Region-8 Representatives present, **including those virtually present**, shall constitute a quorum, as long as two (2) I.G. in states outside of the state or territory, etc. where the Assembly is being held are represented.

Article XI - Amendments - Section 1 - To the Bylaws

D. Those present, **including those virtually present**, at the Region-8 Business Assembly at which the motion will be decided may propose non-substantive editorial changes to the amendment which do not alter the meaning of any Bylaws but clarify the wording or bring these Bylaws and the Articles of Incorporation into conformity.

Submitted Jointly By: Greater Atlanta OA Intergroup and The Technology and Website Committee

Intent:

- The Region *parliamentarian has ruled that Robert's Rules of Order defines "present" as physically present unless otherwise specified. This motion provides that specific clarification, that people attending virtually/remotely may be considered "present".
- To clarify and expand the definition of "present" to include credentialed representatives attending via virtual technology. "Present" virtual attendees could then be permitted to participate in the business assembly and have both a voice and a vote.
- This motion will allow the assembly to create policies and procedures to permit full participation and voting in assemblies by people attending virtually/remotely, should the assembly choose to do so.
- The motion creates the possibility for fuller participation in Region 8 assemblies by Inter-Groups that currently are not participating.

Note: there will be a separate motion to create the policies and procedures.

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Implementation

1. Amend Region 8 Bylaws to permit virtual participation.
2. Pass phased changes to the Region 8 Policies and Procedures Manual Standing Rules to allow total virtual participation in assemblies. (Note: Phase I detailed in a separate motion will permit voting and submission of motions virtually.)

Cost:

No additional cost. This motion does not change any existing procedures. This motion simply permits the policies and procedures to be changed. If this motion is adopted and the policy and procedures are not changed nothing will occur that is not happening today.

Note: Using technologies, identified in the Nashville assembly demo, no additional costs were incurred. Potential costs will be discussed in the policies and procedures motion, but are not expected to be significant, especially when compared to the cost of sending delegates.

Rationale:

Improve Representation of IGs at Assemblies

- Currently on average less than 45% of the Intergroups are represented at assemblies. Only about 30% of reps that could be in attendance are present.
- This motion will permit Region 8 to have fuller participation on its assemblies by IGs that cannot afford to be fully represented due to travel expenses. It will allow all Intergroups to actively participate in region assemblies without requiring the financial burden of physical attendance.

Enhance Region 8's Commitment to our Traditions, Policies and Concepts:

- This motion will permit policies and procedures to be created that will allow us to better meet the ideals in our traditions, policy of diversity and concepts of service.

Concepts of Service:

- **Concept One:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
 - Do our current procedures ever allow Region 8 to get the collective conscience?
Do both cost and travel times make this impossible, with our current practices?
- **Concept Four:** The right of participation ensures equality of opportunity for all in the decision-making process.
 - Only a 30-40 % of Intergroups are fully represented at every assembly.
 - Should apply to all participants that maybe too remote to attend or who come from very small Intergroups.
- **Concept Twelve:** The spiritual foundation for OA service ensures that:
 - d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity
 - (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Traditions:

- **#1:**...personal recovery depends upon O.A. unity.

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- We enhance OA Unity when we allow all IG to participate and feel like their voice is being heard.
- **#3:** The only requirement for O.A. membership is a desire to stop eating compulsively
 - Service is a core of recovery. Virtual participation will provide many members' service opportunities. This will support their recoveries and their experience of full membership in the fellowship.
- **#4:** Each group should be autonomous except in matters affecting other groups or O.A. as a whole.
 - When ALL IGs are affected in our Region, ALL IGs ought to be able to fully participate and be represented in making decisions. These proposed policies, procedures and use of technology support this.
- **#7:** Every O.A. group ought to be fully self-supporting, declining outside contributions...
 - More IGs can be fully self-supporting and meet their obligations to participate in Region 8 assemblies if they are allowed to participate remotely.

Technology:

- The virtual attendance technology currently offered by Region 8 has the capability to allow remote interaction via video and text chat and has been in use by IGs to view assemblies for six years.
- Technological solutions demonstrated at the Nashville assembly showed:
 - Current online technology can allow representatives in remote attendance to hear motions and debate, and obtain sufficient information of the quality necessary to exercise the informed, sound and thoughtful judgment that is part of the voting process.
 - Remote attendees can participate in the debate by speaking to the assembly.
 - Secure voting via free voting/polling software.
 - Note: Since there is no requirement that physically present credentialed reps be in attendance at the sessions, a technology failure should not prohibit virtual attendees from voting, unless the failure occurs during the voting process.
 - Online meeting access (Both Pay for service and Ad Supported Options exist)
 - Audio for up to 100 participants.
 - Up to 6-12 participants can be displayed via video on the screen in the assembly room depending on software. (Note: no reason that more than one would need to be displayed has been identified. Normal procedure would be to have a remote PC cameras turned off.)
 - Voice only phone access option (can be used as backup access if PC links fail).
 - Two options have been tested successfully (GoToMeeting used in demo and ooVoo).
 - "The Secretary shall make a credentials check of virtual attendees at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman". The TechWeb member present at the assembly does this now.
 - Security
 - Anonymity considerations can be managed.
 - Password protected secure access.

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- Security layers in the meeting and voting software.
- The IRS, banks, corporations and society as a whole have accepted the validity of digital signatures and virtual/digital interaction.
- Attending meetings remotely and fully participating in them has been a reality for decades.

Anonymity:

- Virtual participation offers no additional anonymity risks.
 - Anonymity risks already exist, since current technology viewers and smart phones have the capability to record the sessions. We trust that each attendee will honor our traditions. The security risks of an open hotel conference room are actually significantly higher than the risk associated with secure computer links that are being monitored by our Tech Web committee.
- Risk of loss of anonymity when doing service work is not a break of OA traditions. We all surrender some anonymity when we give service above the group level so that we may communicate with each other.
- Accepting the risk (real or perceived) of a potential loss of anonymity for the benefit of allowing virtual participation in region assemblies would be an agreed upon and reasonable trade off.

Spirit of OA:

This motion is the “heart” of accepting the idea of allowing participation by those who cannot attend an assembly in person.

- Clearly the experience that anyone who has every attended an assembly has had cannot be captured when you attend remotely. The value of face to face should not be minimized nor does the GAOAIG wish to negate it.
- This motion asks the question of whether one must “attend the dance” to be able to participate in the assembly.
- GAOAIG asks what we are losing when we do not allow fuller participation, geographically and demographically.
- How many more members of the fellowship will be able to be reps and members of Region 8 standing committees? What is the value versus cost of providing service opportunities at the IG and Region level for COEs?

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Policy and Procedure Change

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

SOAR-8

Motion 2: Allowing Remote Voting and Remote Presentation of Motions

Motion:

Move that Region 8 Policy & Procedure manual modify the following:

- Section XIII Standing Rules, Item 1 plus Voting Procedures adding a new Item 2.
- Section XI Assembly Procedures Basic Principles, Item 13 be changed and add Item 17.
- Section XXVI Technology/Web Site Committees Purpose, add Item 4 and add Duties Items 4a through 4g.

XIII. Standing Rules

1. Voting member must wear appropriate identification badge/ribbon denoting Rep, funded committee chair, or Board Member. **Authorized virtual attendees will access voting software via secure access – this will act as identification of a Virtual Representative (VR). The software will have the capability of ensuring each voting member votes only once.**

Voting Procedures

2. Voting by the Virtual Representative (VR)

1. Terminology:

- Virtual Representatives (person deemed accredited as regional representative) or Virtual Attendees are persons in a remote location attending assemblies via either an internet or phone link using audio and/or video communication tools (PCs, phones, smart phones, tablets, etc.).**
- The Virtual Moderator is the Technology/Web Site person who is physically present at the assembly and is interacting with the VR.**
- All references to “Present”, shall include both those physically present at the assembly and virtually present.**
- All online votes will be considered equivalent to a secret ballot (there is no link between the vote and person voting - only tallies are done) and can be used as part of any regular voting process. Tallies will be available in a timely manner for the chairperson to include in his/her determination of the outcome of any type of vote.**
- All references to “microphone”, shall be interpreted to mean “microphone or a recognized virtual attendee audio/video feed”.**

2. Hardware and Software:

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- a. Technology (hardware and software) is the responsibility of the Tech Web committee and will be selected and implemented by them. (see TechWeb Definition)
- b. Online technology (two way audio and video) will allow representatives in remote attendance to hear motions and listen to debate, and obtain sufficient information of the quality necessary to exercise informed, sound and thoughtful judgment that is part of the voting process.
- c. The process for acknowledging VRs to be recognized by the chair will be consistent with current Standing Rules.
- d. Meeting software
 - i. Software will have secure access and ensure anonymity. .
 - ii. Sufficient functionality will exist such as chat and voice to enable the person moderating the meeting software to inform the chair of requests from VRs should the need arise.
- e. Voting software
 - i. Software will permit only secure access to voting.
 - ii. All remote voting will be anonymous and ensure only one ballot per VR.
 - iii. After results are announced all remote ballots will be destroyed.
3. Speaking at Assembly
 - a. VRs may present the first Pro and answer questions for any motion their IG has submitted.
 - b. VRs will not be able to ask questions or speak Pro/Con other than as stated in 3.a at this Phase of implementation during the assembly.
 - c. VRs may submit questions prior to the assembly on motions via email to the Region 8 Secretary. They may or may not be read at the discretion of The Chairman. The Virtual Moderator will read them from the center microphone.
4. Education/Training/Written Procedures
 - a. The Tech-Web committee will document and post to the website instructions for use of all software tools prior to each assembly.
5. The Chairman will have full discretion to suspend remote voting and or access if it becomes overly disruptive to the assembly (i.e. recovery from a technology problem cannot be implemented in a reasonable time period).

2- 3. A voting member may request a more accurate vote count by simply calling out “Division.” The Chairman may then use a voting method which assures an exact count.

3- 4. The Chairman may also call for division by stating, “The Chairman is in doubt.”

4- 5. Ballot vote will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots.

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XI. Assembly Procedures Basic Principles

13. Video/audio ~~recording devices are~~ **is** not allowed in the Assembly at any time other than as defined elsewhere for the Region 8 Secretary. (Devices such as PCs and Smart Phones with recording devices are permitted but may not be used to record.)

17. The Ways and Means committee will determine how fees will be accessed at assemblies for VRs to cover the cost of remote access. Fees will not exceed \$50/assembly per VR participating. Fees may or may not be charged for virtual attendance by authorized members of the fellowship who are not IG representatives at the committee's discretion.

17~~8~~. For further procedures see Standing Rules, beginning on page 14.

XXVI. Technology/Web Site Committee

Purpose

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

4. Support Remote Access and Voting by Virtual Representatives during assemblies

Duties

1. Keep the Region 8 web site vibrant and up to date.
2. Keep the following up to date:
 - a. web domain registration and payments.
 - b. web pages
 - c. email subscription list.
 - d. event calendar.
3. Webmaster will also:
 - a. create graphic “ads” for upcoming events.
 - b. create PDF files for upcoming event registration brochures and the Region 8 newsletter.
 - c. electronically publish Region 8 newsletter as submitted from Region 8 Bylaws/Electronic Documents chair.
 - d. send email notice to newsletter “subscribers”.
 - e. upload modified Region 8 publications as provided.
 - f. provide printer for Region 8 meetings.

4. Supporting Remote Access

- a. ***Technology (hardware and software) used by Region 8 is the responsibility of and will be selected by the Tech Web committee:***
- b. ***Voting software***
 - i. ***Will permit only secure access to voting.***

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- c. Meeting software
 - i. Best practices(currently in place) will be used to ensure anonymity using online software transmissions
 - ii. Create and support the processes ensuring that acknowledging of VRs to be recognized by the chair is consistent with current Standing Rules. (The meeting software should have sufficient functionality such as chat and voice to enable the person moderating the meeting software to inform the chair of requests from VRs)
- d. Online audio, email, chat and video will ensure that VRs can:
 - i. Hear motions and listen to debate.
 - ii. View documents being shown at the assembly.
 - iii. Obtain sufficient information of the quality necessary to exercise informed, sound and thoughtful judgment that is part of the voting process.
- e. Procedures/Education/Training
 - i. Create and distribute instructions for use of meeting and voting software prior to the assembly.
- f. Remote Access Costs/Registration Fees:
 - i. The Tech-Web committee will be responsible for determining the annual budget for remote voting access. The committee will estimate the costs per person attending remotely and provide them to the Ways and Means Committee.

Submitted Jointly By: Greater Atlanta OA Intergroup and The Technology and Website Committee

Intent:

1. To clarify and expand the definition of “present” to include credential representatives attending via virtual technology. “Present”
2. Define the responsibilities necessary to support remote attendance.
3. Provide implementation guidelines to ensure anonymity and secure remote access and voting.
3. Permit Virtual Representatives (VRs) to participate in the business assembly and have both a voice and a vote. (This is the motion that makes the intent in the bylaws alive in the fellowship).

Implementation

1. Tests run at Nashville and New Orleans to validate hardware and software.
2. Amend Region 8 Bylaws (to state that present also means virtually present)
3. Adopt the Region 8 Policies and Procedures Manual Standing Rules motion Phase I to allow virtual participation in assemblies for voting and submitting motions (first Pro speaker).
4. Start Phase I in Atlanta assembly in March 2016.
5. Run tests at assemblies of procedures to allow:
 - a. Center microphone remote access
 - b. Pro/Con access (either via microphone, video or chat).

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- c. Backup Procedures to be in place should the meeting software or internet links fail allowing VRs to vote based on informed information
6. After successful testing of remote access to center microphone, revise P&P as required and implement.
7. After successful testing of remote access to Pro/Con microphone, revise P&P as required and implement.
8. After successful testing of Backup Procedures, revise P&P as required and implement.

Cost:

Summary: Estimates vary from no cost to high end estimates of under \$1500/year (less than the travel costs associated with paying for two or three people to attend a Region 8 Assembly).

Computer Software Costs:

1. No additional costs above the current ooVoo costs are required. All meeting software and voting/polling software have free options available.
2. High-end of estimates for top of the line meeting software can be purchased for under \$1000/year for up to 100 participants
3. High-end estimates for top of the line polling and voting software should they be selected by the TechWeb are under \$300/year

Computer hardware:

1. No additional costs above the current hardware running ooVoo are required.
2. Microphones;
 - a. Based on testing in Nashville and New Orleans, a new microphone was purchased for remote viewers to better hear the assemblies. Cost \$150
 - b. Options using different equipment may be investigated.

Meeting Rooms

1. If attendance at the Region 8 Business Assemblies was negatively impacted dramatically there might be fees incurred for renting the meeting space.
 - a. There has never been any significant number of remote viewers, so it is unlikely that this would occur.
 - b. Meeting room fees are in the hundreds not thousands of dollars should this actually occur.
 - c. This is a risk at very assembly today as the number of attendees has shrunk.

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Rationale:

Improve Representation of IGs at Assemblies

- Currently on average less than 45% of the Intergroups are represented at assemblies. Only about 30% of reps that could be in attendance are present.
- This motion will permit Region 8 to have fuller participation on its assemblies by IG's that cannot afford to be fully represented due to travel expenses. It will allow all Intergroups to actively participate in region assemblies without requiring the financial burden of physical attendance.

Better Align Region 8's commitment to our Traditions, Policies and Concepts:

- This motion will permit policies and procedures to be created that will allow us to better meet the ideals in our traditions, policy of diversity and concepts of service.

Concepts of Service:

- **Concept One:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
 - Do our current procedures ever allow Region 8 to get the collective conscience? Do both cost and travel times make this impossible, with our current practices?
- **Concept Four:** The right of participation ensures equality of opportunity for all in the decision-making process.
 - Only a 30-40 % of Intergroups are fully represented at every assembly.
 - Should apply to all participants that maybe too remote to attend or that come from very small Intergroups.
- **Concept Twelve:** The spiritual foundation for OA service ensures that:
 - d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity
 - (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Traditions:

- **#1:**....personal recovery depends upon O.A. unity.
 - We enhance OA Unity when we allow all IG to participate and feel like their voice is being heard.
- **#3:** The only requirement for O.A. membership is a desire to stop eating compulsively
 - Service is a core of recovery. Virtual participation will provide many members' service opportunities. This will support their recoveries and their experience of full membership in the fellowship.
- **#4:** Each group should be autonomous except in matters affecting other groups or O.A. as a whole.
 - When ALL IGs are affected in our Region, ALL IGs ought to be able to fully participate and be represented in making decisions. These proposed policies, procedures and use of technology support this.
- **#7:** Every O.A. group ought to be fully self-supporting, declining outside contributions...

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- More IGs can be fully self-supporting and meet their obligations to participate in Region 8 assemblies if they are allowed to participate remotely.

Technology:

- The virtual attendance technology currently offered by Region 8 has the capability to allow remote interaction via video and text chat and has been in use by IGs to view assemblies for six years.
- Technological solutions demonstrated at the Nashville assembly showed:
 - Current online technology can allow representatives in remote attendance to hear motions and debate, and obtain sufficient information of the quality necessary to exercise the informed, sound and thoughtful judgment that is part of the voting process.
 - Remote attendees can participate in the debate by speaking to the assembly.
 - Secure voting via free voting/polling software.
 - Note: Since there is no requirement that physically present credentialed reps be in attendance at the sessions, a technology failure should not prohibit virtual attendees from voting, unless the failure occurs during the voting process.
 - Online meeting access (Both Pay for service and Ad Supported Options exist)
 - Audio for up to 100 participants.
 - Up to 6-12 participants can be displayed via video on the screen in the assembly room depending on software. (Note: no reason that more than one would need to be displayed has been identified. Normal procedure would be to have a remote PC cameras turned off.)
 - Voice only phone access option (can be used as backup access if PC links fail).
 - Two options have been tested successfully (GoToMeeting used in demo and ooVoo).
 - “The Secretary shall make a credentials check of virtual attendees at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman”. The TechWeb member present at the assembly does this now.
 - Security
 - Anonymity considerations can be managed.
 - Password protected secure access.
 - Security layers in the meeting and voting software.
- The IRS, banks, corporations and society as a whole have accepted the validity of digital signatures and virtual/digital interaction.
- Attending meetings remotely and fully participating in them has been a reality for decades.

Anonymity:

- Virtual participation offers no additional anonymity risks.
 - Anonymity risks already exist, since current technology viewers and smart phones have the capability to record the sessions. We trust that each attendee will honor our traditions. The security risks of an open hotel conference room are actually significantly higher than the risk associated with secure computer links that are being monitored by our Tech Web committee.

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- Accepting the risk (real or perceived) of a potential loss of anonymity for the benefit of allowing virtual participation in region assemblies would be an agreed upon and reasonable trade off.

Spirit of OA:

This motion defines the actions that can make real the change to the bylaws that reflected the “heart” of accepting the idea of allowing participation by those who cannot attend an assembly in person.

- Clearly the experience that anyone who has every attended an assembly has had cannot be captured when you attend remotely. The value of face to face should not be minimized nor do we wish to negate it.
- What we are losing when we do not allow fuller participation, geographically and demographically?
- How many more members of the fellowship will be able to be reps and members of Region 8 standing committees? What is the value versus cost of providing service opportunities at the IG and Region level for COEs?

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Bylaws Change

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

SOAR-8

Motion 3: Bylaws – Two Region-8 Assemblies Per Year

Motion:

Move that Article VII Section 1-Regular Meetings, Item A of the SOAR 8 Bylaws be revised as follows:

Region-8 shall hold regular Region-8 Recovery Convention and Business Assemblies ~~three (3)~~ **two (2)** times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region-8 Business Assembly one year previous.

This motion shall go into effect at the close of the November 2016 Assembly.

Submitted By:

Miami-Dade and the Keys Intergroup of Overeaters Anonymous

Intent:

This motion would change SOAR 8 Bylaws so that Region-8 Assemblies and accompanying Recovery Conventions would occur not three times but twice a year. Because hosting bids have been accepted through November of 2016; this motion shall go into effect at the close of the November 2016 Assembly.

Improvements in communications, most particularly email and free long-distance calling have enabled, Region-8 to handle most Region Business between Assemblies. Even the work of standing committees is increasingly developed and shared among committee members before the Assemblies. Further, the recent passage of new processes for the submission of motions has meant much more efficient assemblies and far less business to be handled on the Assembly floor. Currently Region-8 and participating Intergroups dedicate an increasingly large percentage of their budgets (see gas and travel costs alone) to holding and attending Assemblies and the amount of work actually done on the Assembly floor does not seem to warrant the cost.

Implementation

Implementation and costs would be limited to changing relevant passages in the Region-8 Bylaws Manual. We would need to change all sections that deal with the timing of Assemblies.

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Cost:

There would be minimal cost in reprinting the Bylaws as, typically, they are now referenced electronically through the Region-8 Website.

Rationale:

Most Regions hold fewer assemblies than does Region-8 and they seem to function very well. In the past consideration of lessening the number of Region-8 Assemblies has been tied to the idea of a number of Region-8 Recovery Conventions. The intent here is to consider these items separately; a separate motion concerning Region-8 Recovery Conventions might be made separately.

Region-8 has approved the November 2016 Assembly. It is recommended that the new assembly schedule begin in March 2017.

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Policy & Procedure Change

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

SOAR-8

Motion 4: P&P – Two Region-8 Assemblies Per Year

Motion:

Move that Move that Article XI. Assembly Procedures; Basic Principles; Item 2 of the SOAR 8 Policy and Procedure Manual be revised as follows:

Assembly shall be held ~~three~~ **two (2)** times a year: March, ~~July~~, and **September** ~~November~~.

This motion shall go into effect at the close of the November 2016 Assembly.

Submitted By:

Miami-Dade and the Keys Intergroup of Overeaters Anonymous

Intent:

This motion would change the SOAR 8 Policy and Procedure Manual so that Region-8 Assemblies and accompanying Recovery Conventions would occur not three times but twice a year. This motion shall go into effect at the close of the November 2016 Assembly.

Improvements in communications, most particularly email and free long-distance calling have enabled, Region Eight to handle most Region Business between Assemblies. Even the work of standing committees is increasingly developed and shared among committee members before the Assemblies. Further, the recent passage of new processes for the submission of motions has meant much more efficient assemblies and far less business to be handled on the Assembly floor. Currently Region-8 and participating Intergroups dedicate an increasingly large percentage of their budgets (see gas and travel costs alone) to holding and attending Assemblies and the amount of work actually done on the Assembly floor does not seem to warrant the cost.

Implementation

Implementation and costs would be limited to changing relevant passages in the Region-8 Policy and Procedure Manual, and the Hosting Manual as well as the Standing Rules. We would need to change all sections that deal with the timing of Assemblies.

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Cost:

There would be minimal cost in reprinting the P & P and Standing Rules as typically, these are now referenced electronically through the Region-8 Website.

Rationale:

Most Regions hold fewer assemblies than does Region-8 and they seem to function very well. In the past consideration of lessening the number of Region-8 Assemblies has been tied to the idea of a number of Region-8 Recovery Conventions. The intent here is to consider these items separately; a separate motion concerning Region-8 Recovery Conventions might be made separately.

Region-8 has approved the November 2016 Assembly. It is recommended that the new assembly schedule begin March 2017.

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IX. Application for Board Elections-Chair

Viviana G.-Intergrupo Esperanza Venezuela

Region 8 Board Application

(Type or print in black ink only)

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

Office applied for:

☒ Chairman ☐ Vice-Chairman ☐ Secretary ☐ Treasurer

Name HILDA VIVIANA GUERRERO ESPINOSA Phone 0584242098692

Address AV FCO MDA/AV REP DOMINICANA, COLINAS QTA ALTAMIRA, ED TORRECOLINA APTD 22-2

City CARACAS State MIRANDA Zip 1070 Email hiviguespinosa@gmail.com

Years in OA 14 Current Service Body INTERGRUPO ESPERANZA VENEZUELA

Are you a past Rep? YES If so, which Service Body? IG ESPERANZA VENEZUELA/IG BOGOTA/IG MEDELLIN/INS COLOMBIA

Bylaws Article VII – Section 1, B) states:

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

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

BRIEF ACCOUNT OF OA STORY

I found out OA through a local newspaper in Bogotá (Colombia), and attended my first meeting on September 25, 2001. I was very surprised to hear the testimonies of people who were there because to me so far, the way I ate was a mystery I thought my obsession with food was crazy. When I first came to OA weighed 250 pounds (113 kilos), my mind was so clouded, I was not aware of my body size. I had to attend meetings for over 1 year and practice a crazy meal plan to be able to clear my mind a little to understand that I was obese and my body was not normal.

About a year and a half after arriving to OA, I had lost 30 pounds and then I could see myself in my real physical dimension. I told myself: "With the support of my fellows and the knowledge of the program I cannot fail." It was when I started my bachelor in OA, I learned a lot about the OA program. I thought my reward for all that dedication would be that one day I will have the power to control my eating. I was abstinent for 4 years thanks to work of 12 steps. I was self-propelled and so I was able to lose 85 more pounds. In total I lost 113 pounds and held for long time.

I served in my group, in my Intergroup, and in the Service Board in my country. I really felt I was on track and that eventually one day I would be able to eat like a normal person. I worked the steps with OA literature and I felt comfortable with my recovery process. I was free from the obsession and felt the program promises were become real in my life. Everything in my life was going well. I have always had faith and I faithfully believed that God was working my life; he had worked a miracle in me. I felt I had recovered completely from binge eating. At that time, I did not well with my business. I had a very young daughter and economic pressure was very strong. I only knew how to calm my anxiety by eating. Nothing I learned over the years helped. I needed food to feel the courage and strength to continue with my plans. I went back to compulsive overeating. I had to go through a relapse for a year and a half. In 2009, I reached my maximum weight: 260 pounds. I realized my illness but I did not know how to stop it. I had not control. What I had done before to achieve and sustain my abstinence no longer worked. This new awakening came too late for my body. I had gained 123 pounds in almost no time and everything went out of control. I had no power to stop eating. I submitted myself to bariatric surgery, a gastric bypass.

During the first year after that surgery, all went well because at that time I could not eat sugar or fat by prescription. I stopped sugar and chocolate binge not because of my williness but to obey medical restrictions. At this time I started serving in OA and that allowed me to meet many people who suggested I read the AA Big Book, a book which seemed to me unfriendly and exaggerated. After a year of being clean, my mind was clearer. I was able to understand many things but I was not aware I was suffering from a special condition of body and mind. When the doctor released me, he provided me with food plan that included sugar and chocolate with moderation. I tried to eat these foods as prescribed, in small quantities and then stop eating them but I couldn't. I was totally drunk in a few days. I had episodes of reactive hypoglycemia and I felt several times a day as if my life was slipping through. My physical condition worsened and I hit bottom rock with my way of eating. Because the service I had contacted fellows from other countries. They were working to stop eating their trigger foods. Their testimonies were so strong and profound.

I had to hit rock bottom in food and in life to understand that I'm a compulsive overeater. Now I understand that I have not only compulsive food behaviors that manifest in overeating, but I'm also addicted to certain substances that are present in some foods. I have such a dependence on these substances I'm beyond human help. Today I live the miracle of recovery one day at a time. I have been freed from the obsession of sugar and chocolate and I don't feel the desire to eat these substances any more. My process has been very difficult, but I have experienced myself and with my fellows many miracles which have motivated me to continue recovering. Today, as long as I allow God to do his will, He will illuminate my path and He will show me other areas in my life that have been obscured by my binge eating disorder and that now can shine with His help.

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

F-6

Board Application, continued

SOAR 8 Policy and Procedure Manual – Revised 10/99

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

Tampa, Florida - November 6-8, 2015

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

Since I came to OA I have always been linked to the service:

I have been coordinating meetings since the beginning; I coordinated the "La Abstinencia" group meetings in Envigado Antioquia, Colombia for 2 years. Then I was representative of the group Abstinence to Intergroup Medellin for two years.

In Intergroup Medellin I was serving as coordinator of the Committee for Public Information for 1 year and then I was Intergroup Medellin chair for 1 year. I was elected to serve on the General Services Board of Colombia, as responsible for Literature for 2 years.

After this period I moved to live in Bogotá and there I served in Intergroup Bogotá for a few months. When I moved to live in Venezuela I served as coordinator in Fortaleza group meetings and Solo x Hoy in Caracas. Although my residence was in Venezuela for my work had to travel far to Colombia, that circumstance allowed me to serve on the General Service Board of Colombia as Alternate Delegate for 2 years and was elected to represent the Board of General Services to Region 8.

During the last 2 years, currently I am doing service as group "Solo x Hoy" coordinator, as Intergroup Esperanza Venezuela Literature Committee chair and as UWD Committee chair of UWD of Region 8.

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

I am passionate about the 12 steps; believe in them as living program, I have great ability to communicate in my mother tongue, and try to communicate in English. I am very dedicated to service and am committed to my recovery and my fellows as a necessity to hold my own recovery.

While I understand the nature of my illness, which makes me rebel and stubborn I am able to follow and understand the limits established by the 12 traditions.

I am a very committed with our primary purpose: carrying the message, a micro and macro level, and how it may be necessary (in person, virtual or phone), but I am very cautious not mistaking the message of recovery 12 steps.

I am enthusiastic and disciplined to execute plans of action. I like to evaluate myself and let others do. It does not bother me that make me criticism and am willing if necessary to make repairs as required.

Keep clean and clear my relationship with God is my priority and I need to achieve abstinence, so I like to take the message to everyone who wants to hear me: To hold my abstinence and with it my serenity.

Why do you want to be a Region Board Member?

I want to continue the effort made by my fellows in Region 8 to try to connect all countries that are part of the region. We made a sustained effort for over 10 years has resulted in the fact that I'm filling out this form.

I have participated in the process of creating two intergroup in the region and I would like to continue supporting groups and intergroup in the region and around the world to increase their confidence in themselves and shaped like a Intergroup for them to feed upon the intergroups experience of others worldwide.

I want to continue the work we have done since Unity with Diversity the committee of Region 8 by bringing together groups and intergroup whose members can more easily identify with other compulsive overeaters anonymous with similar attributes.

I will bring my knowledge in finance and international relations to recommend strategies that allow us to achieve our primary purpose of carrying the message with bounded by a prudent reserve and with the responsibility to be effective with love.

I want to continue to emphasize the need to carry the message in Spanish and Portuguese to all compulsive eaters who need it, through the literature of other resources that we have in English.

Date 09/07/2015

Signature



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

Tampa, Florida - November 6-8, 2015

Lonna C.-Miami Dade and the Keys

APPLICATION FOR REGION 8 CHAIRMAN

Name: Lonna Cohen

Intergroup: Miami-Dade and the Keys

Address: 139 Upminster F, Deerfield Beach, FL 33442

Phone #: 305-338-0423 **Email:** lonnacohen@gmail.com

Years in OA: Since 1974 (40+)

Current Service Body : Miami-Dade and the Keys

Are you a past Rep? Yes **If so, Which Service Body:** Funded Chair, PIPO Committee

1. Brief account of your OA story.

I joined OA in 1974 not too long after my son was born and once again was up on the scale. I tried again and again all the methods I'd done before but was always discouraged when the weight came back.

My sibling had become an OA member and although initially I thought it was great for him but not for me (I had never been as obese as he was all of his life), I decided to try it.

I was a fat child and always longed to be "normal", I felt different, "cursed" and "less than" my friends growing up. When I was about 13 years old my mother took me to my first diet doctor, which began my long history of diet doctors, diet clubs, crash diets, including restricting and bulimic behaviors. Everything worked temporarily; I could not sustain a thin body.

When I came into OA, it was because I heard that people in the program had been able to lose weight and keep it off for long periods of time. I embraced the program and lost weight, worked the steps, however found myself in relapse over and over again. During one of my relapses I succumbed to the temptation of a new diet regulated by doctors. I sought the "easier softer" way and left the program for 10 years. Of course I lost weight, got very thin, and proceeded to put all the weight plus on.

I returned to OA in 1991 at my heaviest weight (262lbs when I stopped counting). From this point on I never left the program no matter what. I have during the past 24 years had many relapses and many good periods of abstinence. I called myself "a serial relapser".

*One morning in March of 2006 I started and finished my day abstinent and that was the beginning of my current nine (9) and one half years of abstinence. I realized that in all my experience in OA I had never really been honest with myself. I never gave up the notion that I could be a "normal" eater. When I finally took Step One and **admitted I was a compulsive overeater from my heart and soul**, my recovery really began. I embraced the Steps and Traditions with a different mindset. Today I am 120lbs lighter than when I came back in 1991.*

What is more important is I have a life of serenity in spite of many challenges and struggles; I have a higher power that is in charge of my life, and that I rely on to show me the way each day; I have a fellowship that supports me and loves me unconditionally; and I have true loving relationships with my family and close friends. Today, I am blessed, I live happy, joyous and free!

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2. Summary of OA service.

Delegate, GST Nominee WSBC 2014, 2015
Delegate Co-Chair WSBC PO Committee 2013
Funded Chair, Region 8 PI/PO Committee (3 Years)
Funded Chair, Region 8 Unity With Diversity Committee (1 Year)
Miami-Dade Intergroup Rep to Region 8 (2 Years)
Miami Dade Intergroup Delegate to WSBC (2009,2013,2014,2015)
Chair - Miami-Dade Intergroup (3 Years)
Vice Chair – Miami- Dade Intergroup (2 Year)
Secretary Recording/Corresponding – Miami-Dade Intergroup (1 Year)
Miami-Dade Intergroup - Convention Chair (3 Years)
Miami-Dade Intergroup/Region 8 Assembly Co-Chair
Assorted Committees Chair – Miami Dade Intergroup (Ongoing)
Florida State Convention Planning Committee (3 Years)
Keynote Speaker/Workshop Leader at Local and Region events
Region 8 Appointee to Dominican Republic to assist in structuring the country's first Intergroup
Contributor to Lifeline
OA Public Information Presenter at local University Health Department Seminar
Group Rep to Miami-Dade Intergroup
Group Treasurer
Group Leader/Speaker

3. Business, Professional skills or other experiences and skill you can bring to the Board:

Founded, owned and operated an interior landscape design and installation business in the New York Metropolitan area with annual sales in excess of \$500,000 for 15 years, servicing major corporate clients. administered all business details including financial, sales, service and employee relations

Prior to opening a business, I organized the Commission on the Arts for the City of Long Beach, New York, a not for profit organization formed to bring visual and performing arts into the schools and the community at large for little or no cost. I was appointed and served as Commissioner for its first 2 years.

Shortly after moving to Florida, served as an elected official (including Chair) to Miami-Dade County Community Council Board, for 6 years. Responsibilities included holding scheduled public meetings for community input concerning projects affecting the district, then processing and making recommendations to the County regarding these endeavors.

In addition, since moving to Florida, I have worked in a managerial position for 5 years, in public relations for 4 years, and as a teacher.

All of these experiences and then some have given me a broad business skill set, excellent communication skills, ability to collect, compile and analyze information, and a creative approach to problem solving and conflict resolution. I am comfortable with learning new technologies and in the use of word, excel, power point and the Internet.

I consider these capabilities to be a great asset to the Region 8 Board.

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4. Why do you want to be a Region Board Member?

I believe that timing is everything and as I have learned in OA, there are no coincidences! For many years my time has been filled with job responsibilities, community involvement, plus many OA leadership service positions on both the local and region levels. I am now ready for the next stage of service in Region 8. I am retired, have the time, skills and ability to do what is required of this position.

Since my first attendance as a Rep, I wanted to be at the assemblies and learn more about how this amazing program works for compulsive overeaters through out our diverse Region. This next position of service would surely extend my personal growth and knowledge of OA as a whole. I love attending the assemblies and interacting with members I would not have the opportunity to meet otherwise, acknowledging that we are all the same, recovering from our common disease by living in the solution, no matter where we live or come from or what language we speak.

Going forward, I know that Region 8 can continue to be on the cutting edge of technology. I would like to investigate how we can utilize all styles of media to draw in not only the younger generation, but underserved populations in our Region as well. The use of technology to "Carry The Message" can make our presence known to potential members in this digital age while upholding our Traditions and core principles of Abstinence and Working All The 12 Steps

I take great pleasure in doing service. Service is also very significant to my recovery. It brought me an extended family and a spirituality I never would have known. OA has given me so much, changed my life, and yet indicates to me that there is always more to learn. Service has enabled me honor my Higher Power by humbly giving back just some of what I have graciously received! I will be able to continue on this path if given the honor and privilege of serving as Chairman of Region 8.

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Andi S.-Gold Coast Intergroup

Region 8 Board Application

(Type or print in black ink only)

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

Office applied for:

☒ Chairman

☐ Vice-Chairman

☐ Secretary

☐ Treasurer

Name ANDREA SHERMAN Phone 954-295-1123

Address 1357 N.W. 112 WAY

City CORAL SPRINGS State FL. Zip 33071 Email SPIRITMADE357@

Years in OA 25 Current Service Body GOLD COAST IG GMAIL.COM

Are you a past Rep? YES If so, which Service Body? GOLD COAST IG

Bylaws Article VII – Section 1. B) states:

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

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

Business Skills

- Owned and operated special events business 1985-1992
- Professional Sales Representative
- Ability to network locally and global
- Healing Touch Practitioner
- Professional Listener
- Extensive Communication Skills

Why I want to be a Region Board Member

Having had the opportunity to serve on regional level has helped me to realize that nothing happens because of one person. It is the "WE" in our program that gives us the ability to unite in the effort of carrying the message of OA to all.

One of my biggest realizations in my recovery is that I must give back what I have been so freely given. For me, working in the business end of OA is one of the ways I can help make a difference for the future of region 8 and OA as a whole.

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Andi Sherman- My Story

I came to OA in 1990 at the age of 40 having a lifetime struggle with obesity. From age 3 I had been up and down the scales by hundreds of pounds. I discovered OA when I had a life altering accident that sent me into a serious depression. I came to a meeting literally hanging on by a thread...holding on to my sanity by my fingernails. I was 225 lbs, miserable and in desperate need of hope. It was here in these rooms, these meetings I found acceptance...hope...a place where I was no longer alone in this struggle. There were people just like me...learning how to live life on life's terms.

During my first year I gave up 75lbs. I learned to put down the food and pick up the steps. I began giving service in every way I could to get out of myself. As I was unable to return to my career, I was given the gift of time, so I sponsored and went to meetings almost every day for 7 years.

However, over this time period I gave up my sponsor and working the steps. I did service, but I did not follow a strict food plan. I began to put on weight. At the end of my 8th year I found myself at an astounding 242 lbs while still attending back to back meetings. I was ashamed because I thought I could do it alone. I was talking the talk but not walking the walk. While in chronic pain from my accident my doctors reminded me that if I were to lose 100 pounds I might be free of the pain. I wanted to say "Duh! Didn't they know I knew that?" This was the insanity of my disease.

I realized that the program wasn't working because I wasn't working it. Through the Grace of my Higher Power I found myself a new sponsor. She helped me find the strength and courage to move forward in my recovery. She showed me how much I WAS WORTH IT. Together in the year 2000 we went through my gastric bypass surgery. I began working my steps again with the knowledge that this was the only way for me to live my life.

Since then I have maintained a 127 lb weight loss only through the recovery that I find through OA. I am now able to live a full and joyous life in recovery with the grace of my Higher Power which I choose to call my Spirit.

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

- Intergroup Meeting Representative
- Intergroup Committee Chair (3 Terms)
- Region 8 Representative (5 Terms)
- Region 8 Committee Member
- World Service Delegate (3 Terms)
- Intergroup Vice Chair
- Intergroup Chair (2 Terms)
- Region 8 IGOR Committee Chair (Current)

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X. Application for Board Elections-Treasurer

Sam A.-Pinellas Traditions Intergroup

Region 8 Board Application

(Type or print in black ink only)

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

Office applied for:

☐ Chairman

☐ Vice-Chairman

☐ Secretary

☒ Treasurer

Name Sam Ammann Phone 727-458-3668
Address 2740 56th Way N.
City St. Petersburg State FL Zip 33710 Email Itroslhp@gmail.com
Years in OA 15 Current Service Body Chair WAM Committee
Are you a past Rep? yes If so, which Service Body? PTI Rep 2009

Bylaws Article VII - Section 1, (b) states:

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

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

BRIEF ACCOUNT OF OA STORY

I started attending OA meetings in 2000 at the suggestion of an eating disorder therapist. I saw a nutritionist - got abstinent - tremendous weight loss - relapsed after numerous deaths in my immediate family - never left program - thank God! Had periods of abstinence but never clean abstinence like today. Relapsed again - and got up from my lowest bottom Sept. 24, 2013 and have had clean abstinence ever since! I love the OA program

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Use separate sheet for additional space, if needed)

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

- current chair of WTM Committee
- prior chair WTM Committee (2009, 2010)
- prior PTI treasurer (prior to becoming chair of WTM)
- prior PTI Secretary (3 different times)
- multiple group treasurer in the past
- currently sponsor 3 people in OA (food + steps)
- Abstinent member of

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

OA - best
I maintain a spreadsheet service I can
for my own personal and business
finances

I currently run my own business
including my own billing / accounts

Why do you want to be a Region Board Member?

I feel the next step for growth in service for OA would be the treasurer of Soar 8. I want to continue doing OA service to keep this life saving program going - and to keep myself abstinent. I feel HP is calling me to do this service

Date 8/26/15


Signature Sam Anwar

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XI. Application for Board Elections-Trustee

Linda H.-Pinellas Traditions Intergroup

| | | | | |
|--|----------------------------------|--|-------|------|
|  | TRUSTEE APPLICATION | | | |
| Submitted for consideration at the Business Conference in <u>May</u> <u>2016</u> month year | | | | |
| I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as: | | | | |
| <input checked="" type="radio"/> Trustee for Region <u>8</u> <input type="radio"/> General Service Trustee <input type="radio"/> Virtual Services Trustee | | | | |
| Full Name <u>Linda Hartmann</u> | | | | |
| Address <u>10845 Shawnee Road</u> Phone () <u>727 647 8280</u> | | | | |
| City <u>Maderia Beach</u> State/Prov <u>Florida</u> Country <u>USA</u> Zip <u>33708</u> | | | | |
| E-mail Address <u>fdnymom@msn.com or r8trustee@gmail.com</u> | | | | |
| Years in OA <u>26</u> Number of years of service beyond the group level <u>8</u> | | | | |
| Date continuous abstinence began <u>June 7, 2007</u> Date maintenance began <u>August, 2007</u> | | | | |
| I have read the qualifications for Region/Virtual Services/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications. | | | | |
| <u>Linda Hartmann</u> Signature of Candidate | <u>September 9, 2016</u> Date | | | |
| REQUIRED FOR REGION TRUSTEE NOMINEES: | | | | |
| <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">SIGN HERE</div> <table style="width: 100%;"><tr><td style="width: 40%;">Signature of Region Officer (Chair, Secretary, etc.)</td><td style="width: 30%;">Title</td><td style="width: 30%;">Date</td></tr></table> | | Signature of Region Officer (Chair, Secretary, etc.) | Title | Date |
| Signature of Region Officer (Chair, Secretary, etc.) | Title | Date | | |
| REQUIRED FOR GENERAL SERVICE/VIRTUAL SERVICES TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 – Nomination of Trustees, Parts c) and d), (1) All applicants for open position(s) of general service/virtual services trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant's intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee. (2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position(s), with copies of the nominees' resumes, to all Conference delegates at least forty-five days prior to the Conference. | | | | |
| <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">SIGN HERE</div> <table style="width: 100%;"><tr><td style="width: 40%;">Signature of Nominee's Region or Intergroup Officer or Chair of the BOT</td><td style="width: 30%;">Title</td><td style="width: 30%;">Date</td></tr></table> <small>(Verify that candidate's enclosed resume was affirmed by majority vote as explained in Section reproduced above.)</small> | | Signature of Nominee's Region or Intergroup Officer or Chair of the BOT | Title | Date |
| Signature of Nominee's Region or Intergroup Officer or Chair of the BOT | Title | Date | | |
| IMPORTANT Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers. You may send by certified mail, return receipt requested to: Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA. You may also fax the form to 505-891-4320, or email it to info@oa.org . Receipt of electronic applications will be acknowledged by the WSO. Do not write beyond the margins. Enter all information on this form. Attachments will not be reproduced for circulation to the delegates. Additional copies of this form may be requested from the World Service Office or downloaded from https://www.oa.org/pdfs/trustee_application.pdf . | | | | |

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Summary of my O.A. service responsibilities:

2007

Served on the Boutique Committee for Pinellas Traditions SOAR 8 Convention and Business Assembly

2008

Served as interim secretary for Pinellas Traditions Intergroup (PTI) (2008-2009)

Organized and presented Spring Sponsorship Workshop

Florida State Convention Rep (2008-2011)

2009

WSBC Delegate/ Unity With Diversity Committee

Region 8 Twelve Step With-in Committee Chair (2009-2012)

PTI Region Rep for November Business Assembly

PTI Lifeline Rep (2009-2012)

Treasury auditor

PTI Treasurer (2009-2011)

Hotel Committee for SOAR 8 2011 Convention and Business Assembly

Served on the committee to establish PTI scholarship fund guidelines

Placed ads in local newspapers for meetings

2010

WSBC Delegate

WSBC Twelve Step With-in Committee (Promotions and Communications sub committee chair)

Presented Traditions Workshop for weekend retreat (Bethany Center)

Chair of the Florida State Convention

2011



I can bring the following business, professional or other experience, and skill to the board:

Responsible for all bookkeeping, billing and customer service for William A. Hartmann Inc. Plumbing and Heating (1980-1999)

Served on the board of the Boy Scouts of America Troop 347 (1980-1984)

Worked as an office assistant Queensborough Community College (QCC) (1973-1975)

Department manager for mail room and central receiving QCC (1975-1980)

President's assistant QCC (1980-1999)

Business management classes

Served on the Board of Trustees, O.A. Inc. Region 8 (2013-present)

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I would like to be a Region, Virtual Services or General Service Trustee for the following reasons:

When I retired I wanted to do volunteer work. My choices were working with strays or with disabled vets. I couldn't decide.

While attending my first WSBC I realized that everyone in that room was a volunteer, at that moment I decided to focus my program on more service work for OA. When I was nominated for the position of Trustee I knew nothing of the duties of a Trustee, but I had the willingness to serve. Someone once told me "God doesn't call the equipped, He equips the called" I was also told not to say no to service work, I accepted the position..the rest is history. My OA journey of recovery has taken me to every level of OA service. I would like to continue my journey and serve as the Region 8 trustee for the next 3 years.

Brief account of my OA recovery story – physical, emotional, and spiritual:

My first OA meeting was Sept. 27, 1989. I was blessed with a sponsor and abstinence from the first day. I remember my sponsor telling me that I came for my vanity, but will stay for my sanity. I thought I'm not crazy what is she talking about? While working with her on the steps I realized what that meant. It wasn't just about the food, it was also about my behaviors and my attitudes towards people, places, things and situations. When I read the "acceptance" passage in the Big Book, I realized that it was not the world that was going to change...it was me who was going to have to change. I got to my healthy weight and thought that I had this food thing under control. I decided I didn't need as many meetings, worked less on my tools, my food program was getting sloppy. Soon I found myself in relapse. I had gained some weight back, but not all of it. I continued to come to meetings. My sponsor told me the food is the last thing to go. When I thought about it she was right. I stopped working my program. I got my abstinence back and continued working the steps in a group setting, it was an intimate group and we shared many experiences with one another. That 4th step was a real eye opener for me. My attitudes and behaviors were front and center because I was getting honest with myself. In 1989 my husband and I made some life changing decisions. With the help of prayer and meditation, I was ready to move to the next phase of my life. We would take our motorhome on a trip to Alaska. I left my job in April, we sold the business and decided to sell the house. While all this was going on my Mom was diagnosed with breast cancer in July. I flew to Florida to be with her and take care of her while she was going through her treatments. We sold our home in Sept. and drove our motorhome down to Florida, our Alaska road trip would have to wait. I was doing OK, kept in contact with my sponsor and other NY friends. I went to some meeting in Florida, but they weren't the same as "back home". I went to some AA meetings, they were big, but I wasn't comfortable at those meetings. In Oct. another "life on life terms" happened...Billy was hit on his motorcycle. When I got to the emergency room they told me if he lives he's going to be a vegetable. For the next 3 months my life consisted of doctors appointments with my Mom and hospital visits to a comatose husband. The stress of all this threw me right back into my disease. It had me by the throat. I just wanted to numb all the painful feelings. I felt alone and afraid of the outcome of things. My spiritual recovery was next to none. Billy did come out of his coma and had lots of rehab. He would never be the same. My Mom died and I ate my way through the feelings. Meetings didn't help. I couldn't relate to "those" people. They weren't my NY crowd. 120 pounds later, I was taking Billy to support meetings at the VA for weight reduction. They suggested the gastric bypass for him. I thought why can't have that. I asked my PC and she put me in for the procedure. I was eligible. I passed all the tests. In 2004 I had the surgery. I thought that was the magic bullet. I soon found there is no magic bullet. OA was my saving grace. I went to the bypass support groups and listened to people share. They had no clue that they had a disease. So with my gastric bypass and my OA program I lost 147 pounds and got back down to a healthy body weight. I thank God I had a good foundation in the program. 2007 was the beginning of my continuous abstinence, free from sugar. Billy died in 2012. My program kept me strong. This time I didn't have to eat over my feelings I give service, I sponsor and most of all I live in the steps and traditions. My life is has turned down a different path since Billy is gone. This path is to be of service to OA.

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QUALIFICATIONS FOR TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

- a) Qualifications for trustee shall be:
 - 1) Seven years in the Fellowship;
 - 2) Five years of service beyond the meeting level;
 - 3) Attendance as a delegate to at least two World Service Business Conferences; and
 - 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - i) five years of current continuous abstinence;
 - ii) current maintenance of a healthy body weight for at least two years; and
 - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
- b) Qualifications for trustee must be met at the time of application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:
 - 1) Worked through all Twelve Steps;
 - 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
 - 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
 - 4) Affirmed these additional qualifications on their trustee application forms.
- c) Upon election, each trustee shall make a commitment of:
 - 1) Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
 - 2) Continual recovery, including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her recovery including abstinence and maintenance of a healthy body weight.
 - 3) Compliance with all terms and provisions of the prevailing Overeaters Anonymous Inc. Bylaws.

SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 4) The general service trustees shall have general authority with respect to the routine conduct of the business affairs of the corporation, including the following specific duties:
 - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
 - ii) To receive, manage, control, use and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous. The board must decline all outside contributions in accordance with Tradition Seven.
 - iii) To have the books of the corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
 - iv) To submit minutes of the general service trustee meetings to the Board of Trustees.

SPECIFIC DUTIES OF THE VIRTUAL SERVICES TRUSTEE

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 3) The virtual services trustee (VST) will represent virtual groups and service boards at the Board of Trustees, and will support virtual services in a manner similar to regional trustees' support of the OA regions.

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XII. Forms

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.

☐ **12th-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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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.

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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)

TRANSPORTATION

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

ASSEMBLY

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

MISCELLANEOUS

| | |
|----------------------------------|-----------------|
| Telephone | \$ _____ |
| Postage/shipping | \$ _____ |
| Printing/copying | \$ _____ |
| Stationery/supplies | \$ _____ |
| Other | \$ _____ |
| TOTAL MISCELLANEOUS ----- | \$ _____ |

SUB-TOTAL EXPENSES (note 4) \$ _____

LESS ADVANCE RECEIVED \$ _____

TOTAL REIMBURSEMENT \$ _____

SIGNATURE

NOTES

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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XIII. Future Assembly Flyers

Greater Atlanta OA Intergroup. March 4-6, 2016

Recovery Convention Activities Include:

Keynote Speaker
Recovery Workshops
Oooh-Aaah Boutique
Literature Table
Hospitality Room
Entertainment
Love Notes
Fun and Fellowship

Please make checks
payable to **GAOAIG** and send
with registration to:

Greater Atlanta OAIG
Suzanne Aloisio
1858 Ridgewood Dr., NE
Atlanta, GA 30307-1166

Contact Information


404-272-5601
aloisio03@earthlink.net

Register Online at
<https://atlantasoar8convention2016.eventbrite.com>
(A surcharge is added when using
this site)

Service Opportunities:

Please select a service you would
like to do:

- ☐ Public Information Table
- ☐ Publicity
- ☐ On-Site Registration
- ☐ Assembly room page/runner
- ☐ Oooh-Aaah Boutique
- ☐ Greeters/huggers
- ☐ Workshop leader
- ☐ Timer
- ☐ Literature Table
- ☐ Volunteer anywhere as needed
- ☐ Decorations
- ☐ Love Notes
- ☐ Setup/Cleanup
- ☐ Entertainment
- ☐ Signage

 **OVEREATERS
ANONYMOUS®**
GREATER ATLANTA OA INTERGROUP
presents:
**Soar 8 Recovery Convention
And Business Assembly**
March 4-6, 2016
In Atlanta, Georgia



**Building an Arch to
the Road of Recovery:**

It works, it really does!

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

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Hotel Information

Crowne Plaza Atlanta - Airport

1325 Virginia Avenue, Atlanta, GA 30344

Reservations: 1-843-760-5839 or
1-888-233-9527

Please specify the group rate code "SOAR 8" when making reservations for special room rate of \$97 + tax (group rate good Feb 29th to Mar 8th)

1-4 per room. Check-In 3pm, Check-Out: 11am

Valet Parking: \$15.00

Self-parking \$6 per day (discounted group rate) with unlimited in/out privileges

Hotel Facilities

Complimentary high-speed Internet

Print Anywhere system

Some rooms have refrigerators—or refrigerators are available for delivery for an additional charge

Microwaves are located in break rooms on each floor

Fitness Center

Transportation

Airport shuttle is always provided complimentary and runs every 15-20 minutes continuously throughout the day.

REGISTRATION

Cut-off date for early registration and refunds is **February 5th**

Name _____

Name on Badge _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

Email _____

Please check all that apply:

☐ Recovery Convention Attendee Only

☐ Region Rep
Intergroup Name _____
Intergroup Number _____

☐ Funded Chair

☐ Trustee

☐ Region Board Member

☐ Are you a First Time Rep (Green Dot)

Registration

Registration Fee \$ _____

Early Bird \$40 before Feb 5th

Full \$50 after Feb 5th

Saturday only \$30

Meals

Saturday Luncheon....\$26 \$ _____

Circle one: Chicken, Fish, Vegetarian

Sat. Banquet Dinner...\$32 \$ _____

Circle one: Chicken, Fish, Vegetarian

Optional 7th Tradition and Scholarship Fund donation \$ _____

Total Enclosed \$ _____

Please make checks payable to **GAOAIG**



Things to do in Atlanta

- Georgia Aquarium
- Martin Luther King Jr. National Historic Site
 - Fox Theater
- High Museum of Art
 - CNN Center
- Underground Atlanta
 - Zoo Atlanta
- Botanical Gardens
- Atlanta Motor Speedway

The Crowne Plaza Atlanta - Airport Hotel is only minutes from Hartsfield-Jackson Atlanta International Airport. A complimentary shuttle runs continuously throughout the day

From Atlanta City Center to the hotel is 6 MI/ 9.66 KM South

The Airport MARTA Station is the nearest subway station to the hotel

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Pinellas Traditions Intergroup- July 15-17, 2016



**Pinellas Traditions
Intergroup
*Presents***

**We're responsible for
DIVING INTO THE STEPS**

**SOAR 8
Recovery Convention & Business
Assembly**

**July 14-17, 2016
Dolphin Beach Resort
4900 Gulf Blvd., St. Pete Beach, FL
33706**

**800-237-8916 Ext. 431
www.dolphinbeach.com
SOAR8convention2016@gmail.com**

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XIV. Flyers for November 2016 bids

See the addendum for November 2016 bids