

SOAR 8

Southeast Overeaters Anonymous Region 8



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

Table of Contents

I.	SOAR 8 Service Directory	2
I.	Viviana Chair Report.....	3
II.	Treasurers Report.....	6
III.	Committees Reports.....	7
IV.	Memphis Financials.....	9
V.	Miami Flyer.....	10
VI.	Bids	12

2017 - Responsibility- Growing OA Unity Worldwide

Jacksonville, Florida, USA – March 17 – 19, 2017

I. SOAR 8 Service Directory

Board Members

Chair Viviana G. Caracas, Venezuela 786-457-0702 chair@oaregion8.org	Vice Chair Barbara C. Newberry, FL 32669 352-472-9924 vicechair@oaregion8.org	Treasurer Sam A. PO Box 40273 Saint Petersburg, FL 33743 727-458-3668 treasurer@oaregion8.org
Secretary Ruby H. Tampa, Florida (813) 516-0782 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) JC Clearwater, FL 813-240-8572 tswchair@oaregion8.org	Technology/Website Michelle D. Little Rock, Arkansas 501-580-6120 techwebchair@oaregion8.org	Bylaws/Electronic Documents Pam G. Manassota, Florida (941) 343-7181 Bylawschair@oaregion8.org
Intergroup Outreach (IGOR) Katrina S. Baton Rouge, Louisiana 954-295-1123 igorchair@oaregion8.org	Ways & Means Patti G. Delray Beach, FL 716-523-5442 waysandmeanschair@oaregion8.org	Unity With Diversity Lila V. 561-396-7803 Unitychair@oaregion8.org
Public Info/Prof. Outreach (PI/PO) Bonnie V. Palm Beach, FL 561-733-9302 pipochair@oaregion8.org		

Other Service Positions

TSW Mentor List Neill M., N. Carolina 919-789-9402 Tammy P., SW Louisiana 337-370-1252 mentors@oaregion8.org	TSW Email/Sponsor List Julia S. 985-646-2593 Louisiana sponsors@oaregion8.org	TSW Speaker List Tammi (337)-734-4564 (Home) (337) 370-1252 (Mobile) Middle TN IG oussontam@gmail.com
TSW-Workshop Resources Bonnie T (916) 208-7356 bonniesac@gmail.com	Region 8 Webmaster Mary Jane W. St Petersburg, Florida 727-954-7544 webmaster@oaregion8.org	

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I. Viviana Chair Report

Friends and fellows on OA region 8:

These have been difficult months in my life, but thank God and the 12 steps as a way of living, I have been able to keep myself abstinent and see my circumstances with enthusiasm. After working through my emotions regarding the difficult times I spent at the Memphis assembly, I decided to work the 12 steps again and I did. This time, with the 12-step OA workshop in 15 sessions. It was an excellent experience. Personally I recommend using it. It makes you work the 12 steps from a very practical stand. It was very rewarding. I worked it in English with two of my sponsees, and while we were working we translated it into Spanish. At the moment, we are working on how to share this workshop manual with other Spanish speaking members through the Spanish Language Services Board.

I have been very involved with several projects of the Region Chairs Committee. I am working on the Forum that we will have during the next WSBC. It will be a new experience. It will allow us to feel the diversity in the community. I have also been working on the mentors and Green Dots program with the attendees who have registered for the WSBC, so far, by the way, I would like to invite you to join us. It is very important that each of our IGs is represented there. I have also worked with great enthusiasm preparing a sponsorship marathon which has been a very interesting project among the regional chairs and some members of the BOT. I have worked actively on the Spanish Language Service Board. I am very happy with the progress we have made in this service body. We have achieved cohesion around the topics that interest us most and we have achieved a more solid structure.

I have kept in touch with the other Region 8 Board members, we have held our monthly meetings in a friendly manner. We have worked as a team preparing the motions to be presented to the assembly and the different aspects of the upcoming regional events. I have been attentive to answer questions and concerns of the different committee chairs and the members who are part of our region through my email and my phone. In general I am still willing to provide this service because I like what I do. I am in love with the service as a healing tool. Here I am, always ready to serve when I get the call.

Viviana G.

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Jacksonville, Florida, USA – March 17 – 19, 2017

Amigos e companheiros da região 8 de OA.

Eu sou Viviana comedora compulsiva, viciada em comida. Vivo Abstinente um dia cada vez e estou limpa do meus alimentos compulsivos só por hoje. Estes foram meses difíceis na minha vida, mas graças a Deus e aos 12 passos como um modelo de vida, eu fui capaz de manter a abstinência e ver as minhas circunstâncias com entusiasmo. Após a decantação das minhas emoções sobre os momentos difíceis que passei na montagem de Memphis, eu decidi trabalhar as 12 passos novamente, eu fiz, desta vez com a brochura dos 12 passos de CCA em 15 sessões. Foi uma excelente experiência. Pessoalmente, eu recomendo a você usá-lo, você vai poder trabalhar os 12 passos de um modo muito prático. Foi muito benéfico para mim. Eu trabalhei em Inglês na companhia de dois dos meus afilhados, estávamos traduzindo para o espanhol e agora estamos trabalhando para compartilhar o manual com outros membros de língua espanhola através na Junta do Serviços de Idiomas espanhóis.

Eu estive muito envolvida com o Comitê de coordenadores de regiões em varios projetos, estou trabalhando no Fórum pra a próxima conferência mundial. Será uma nova experiência, que irá nos permitir sentir a diversidade na irmandade. Eu também estou trabalhado no programa de mentores de delegados de primeira vez (chamados pontos verdes, relacionados a um ponto verde no crachá) com os participantes que se inscreveram até agora para participar da conferência mundial, pela maneira que eu quero convidar você a se juntar a nós. É muito importante que cada um dos nossos intergrupos estejam representados. Tenho também trabalhado com entusiasmo na preparação de um maratona sobre apadrinhamento, que tem sido um projeto muito interessante entre os coordenadores de regiões e alguns membros da Junta de Custódios. Eu tenho trabalhado ativamente na Junta de Serviços de língua espanhola. Estou muito satisfeita com o progresso que tivemos nesta Junta de serviço. Temos conseguido a coesão em torno de temas que mais nos interessam e cada vez têm uma estrutura mais sólida.

Eu tenho mantido comunicação com os outros membros do Conselho Diretivo da região. Realizamos nossas reuniões mensais com educação. Nós trabalhamos como uma equipe se preparando para apresentar propostas para a montagem e os vários aspectos dos próximos eventos regionais. Tenho estado atenta para responder às perguntas e preocupações dos varios coordenadores dos comitês e membros que fazem parte da nossa região através do meu e-mail e meu telefone. Em geral, eu ainda estou disposta a oferecer este serviço porque eu gosto do que faço, eu sou amante de serviço como um instrumento de recuperação. Aqui eu estou sempre pronta para servir quando chamada a fazê-lo.

Viviana G.

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Jacksonville, Florida, USA – March 17 – 19, 2017

Amigos y compañeros de OA en la región 8.

Soy Viviana comedora compulsiva, adicta a la comida. Vivo abstinentemente un día a la vez y estoy limpia de mis alimentos compulsivos solo por el día de hoy. Han sido meses complicados en mi vida, pero gracias a Dios y a los 12 pasos como modelo de vida, he podido mantenerme abstinentemente y ver mis circunstancias con entusiasmo. Después de decantar mis emociones con respecto a los momentos difíciles que pasé en la asamblea de Memphis, decidí trabajar los 12 pasos de nuevo, lo hice, esta vez, con el folleto de los 12 pasos de OA en 15 sesiones. Fue una experiencia excelente. Personalmente les recomiendo utilizarlo, permite trabajar los 12 pasos de una manera muy práctica. Fue de mucho beneficio para mí. Lo trabajé en inglés en compañía de dos de mis ahijadas, fuimos traduciéndonlo al español y en este momento estamos trabajando para compartir el manual con otros miembros de habla hispana a través de la Junta de Servicios del Idioma Español.

He estado muy involucrada con varios proyectos del comité de presidentes de región, estoy trabajando en el Foro que tendremos durante la próxima conferencia mundial. Va a ser una experiencia nueva, nos va a permitir sentir la diversidad en la comunidad. También he estado trabajando en el programa de mentores y puntos verdes con los asistentes que se han registrado hasta ahora para asistir a la conferencia mundial, por cierto quiero invitarlos a que nos acompañen. Es muy importante que cada uno de nuestros IG esté representado allí. También he trabajado con mucho entusiasmo preparando un maratón de Apadrinamiento que ha sido un proyecto muy interesante entre los presidentes de región y algunos miembros del BOT. He trabajado activamente en la junta de lenguaje del idioma español. Me siento muy contenta con los avances que hemos tenido en este cuerpo de servicio. Hemos logrado cohesión alrededor de los temas que más nos interesan y cada vez tenemos una estructura más sólida.

Me he mantenido comunicada con los otros miembros del Board, hemos celebrado nuestras reuniones mensuales de manera amable. Hemos trabajado como equipo preparando las mociones a presentar a la asamblea y los diferentes aspectos de los próximos eventos regionales. He estado atenta a responder preguntas e inquietudes de los diferentes presidentes de los comités y de los miembros que hacen parte de nuestra región a través de mi correo electrónico y mi teléfono. En general sigo dispuesta a prestar este servicio porque me gusta lo que hago, soy una enamorada del servicio como herramienta de sanación. Aquí estoy siempre lista para servir cuando me llamen a hacerlo.

Viviana G.

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Jacksonville, Florida, USA – March 17 – 19, 2017

II. Treasurers Report

TREASURER'S BI-ANNUAL REPORT

SEPTEMBER 2016 – FEBRUARY 2017

MONTH/YEAR	INCOME	EXPENSES
September 2016	1158.26	1304.25
October 2016	3894.44	3993.25
November 2016	3473.45	7530.58
December 2016	1680.37	545.60
January 2017	8455.29	987.92
February 2017	1957.66	513.00
TOTAL:		

Current Bank Balance: **\$35,071.41** (as of February 28, 2017)

Prudent Reserve: **66 %** (OA suggestion of 40-60%)

(Prudent Reserve: Actual Bank Balance divided by Annual Amount Budgeted to Fund Region 8:
\$35,071.41 divided by \$52,518.00 equals 0.66 or 66%)

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Jacksonville, Florida, USA – March 17 – 19, 2017

III. Committees Reports



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 CHAIR

COMMITTEE: IGOR PERIOD COVERED DEC – MAR 2017

BUSINESS ASSEMBLY

Specific objectives for the period (Numbered List)

1. Will compile results of survey done at 2016 October Assembly, catalog them and send results to IGOR chair. -Donna
2. Will send a survey to all on Region 8 email list asking if they go to their local intergroup and why or why not. Results will be sent to intergroup chairs. -Donna
3. Will update intergroup mentor/sponsor list. -Regina
4. Will get up to date intergroup chair list from WSO website and check it for current accuracy. –Nancy

Actions /Activities conducted toward objectives (List by Objective)

1. Collected data on IG needs and challenges. Analyzed data to determine how best to assist in addressing the needs and challenges.
 - a. #1 Issue: IGs want help / info on growing and developing new groups / meetings
2. Updated IG Mentor/Sponsor List and used it to select a volunteer IG to strengthen
3. Developed an Intergroup Strength Inventory to allow a weaker IG to compare itself with an “aspirational” stronger IG to determine focus areas.
4. Continuing work on updating IG Chair list

Projections for the next period

1. Continue monthly meetings.
2. Locate and update IGOR documents, as needed.
3. Determine best way to communicate / implement identified solutions.

Expenditures for the period:

\$ 0

Committee

Chair:

Katrina Smith

Date:

Feb 2017

2017 - Responsibility- Growing OA Unity Worldwide

Jacksonville, Florida, USA – March 17 – 19, 2017



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 CHAIR

COMMITTEE: Ways and Means PERIOD COVERED 10/2016-03/2017

BUSINESS ASSEMBLY March 17-19, 2017; Jacksonville, FL

Specific objectives for the period (Numbered List)

1. Launch package pricing for serenity knots
2. Review/consider new items/purchase and launch at Jacksonville Assembly
3. Plan 2016-2017 goals and committee assignments to achieve

Actions /Activities conducted toward objectives (List by Objective)

1. Package pricing developed and announced
2. Purchased 25 'stadium blanket/cushions' to launch at Jacksonville Assembly
3. Committee to further explore in Jacksonville

Projections for the next period

1. Expand committee to achieve a broader sales force for items and raffle
2. Design marketing for 'virtual' sales and shipping to Intergroups
3. Review budget goals for fund raising and consider plan to reach
4. Consider submitting revisions to Policy and Procedures related to the audit portion of the committee job description

Expenditures for the period: \$465.75
stadium
blankets

Committee Chair: Patty Liss Greenspan Date: 03/09/2017

2017 - Responsibility- Growing OA Unity Worldwide

Jacksonville, Florida, USA – March 17 – 19, 2017

IV. Memphis Financials

2016 SOAR8 Business Assembly
Financial Report
2016 Assembly Budget Comparison

Income	Budget	Actual
Bean Count Contest	\$ -	\$ 10.00
Boutique*	\$ 486.00	\$ 4 05.00
Hospitality*	\$ 207.00	\$ 65.00
Hotel Lunch/Dinner	\$ 4, 394.00	\$ 4,639.00
Miscellaneous	\$ -	\$ 4 57.85
Region 8 Seed Money	\$ 500.00	\$ 5 00.00
Registrations	\$ 4, 735.00	\$ 4,025.00
Scholarships Donations		\$ 1 40.00
Silent Auction	\$ 362.00	\$ 3 07.00
T-Shirt Sales*	\$ 1, 146.00	\$ 3 40.00
Total Income	\$ 11,830.00	\$ 10,888.85
Expense		
Checking Account Fees	\$ 96.00	\$ 96.00
Hospitality	\$ 235.00	\$ 1 00.74
Hotel Lunch/Dinner	\$ 4, 394.00	\$ 4,542.39
Region 8 Seed Money	\$ 500.00	\$ 5 00.00
Registration Packets	\$ 160.00	\$ 1 45.67
Scholarships Used	\$ 1, 524.00	\$ 5.00
T-Shirts	\$ 444.00	\$ 1 85.00
Total Expenses	\$ 7,353.00	\$ 5,574.80
Net Income	\$ 4, 477.00	\$ 5,314.05
*Unsplit Revenue	\$ 1, 839.00	\$ 8 10.00
Splitable Income	\$ 2,638.00	\$ 4,504.05

2016 Post-Convention Budget Actuals

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Jacksonville, Florida, USA – March 17 – 19, 2017

V. Miami Flyer

**SOAR 8 Recovery Convention
and Business Assembly**

**Welcome Home:
Recovering in
Paradise**

Come and enjoy...

recovery speakers

workshops

fellowship

boutique and

service opportunities!

Don't miss Saturday evening's

banquet and dance!



Miami-Dade and the Keys Intergroup
of Overeaters Anonymous

Permission to reproduce. Please make copies and share
with your group and friends. A digital copy/PDF can
be found at www.oamiami.org or www.oaregion8.org.

Miami-Dade and the Keys Intergroup of Overeaters Anonymous
SOAR 8 Recovery Convention and Business Assembly
P.O. Box 530248
Miami, FL 33153-0248



Miami-Dade and the Keys Intergroup
of Overeaters Anonymous presents

**SOAR 8 Recovery Convention
and Business Assembly**



October 13th - 15th, 2017

Miami Airport Marriott

1201 LeJeune Road (42nd Ave)

Miami, FL 33126

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Hotel Information



Miami Airport Marriott
1201 LeJeune Road (42nd Ave)
Miami, FL 33126
305-649-5000
888-236-2427

When calling to make your hotel reservation mention "SOAR 8" or register at the dedicated "SOAR 8 Meeting" webpage at <http://cwp.marriott.com/miaap/soar8>.

- Rooms \$119 a night +tax
- Up to four in a room
- Rate offered three days before and after event
- Free Shuttle from Airport 5:00AM - 1:00AM
- Limited Refrigerators in rooms upon request
- Pool and Fitness Center
- Free Handicapped Parking
- Discounted daily self-parking: \$6 per vehicle
- Discounted overnight self-parking: \$10 per vehicle
- Complimentary basic Wi-Fi in the guest rooms

SOAR 8 Recovery Convention and Business Assembly

Welcome Home: Recovering in Paradise

Friday Schedule:

- 3:00 p.m. Registration Opens
- 5:00 p.m. Meetings Begin
- 7:00 p.m. Assembly Convenes
- 8:45 p.m. Welcome and Programs
(all included)

To register online for the Assembly and Recovery Convention go to <http://miami-soar8.eventbrite.com> or visit www.oamiami.org or www.oaregion8.org.

No one will be turned away for lack of funds.
Contact us.

For more information contact Andrea
(786) 210-7977 or Gary Davis (305) 510-5150
onegarydavis@gmail.com

Cancellation Policy: Refunds for Recovery Convention and Assembly will be honored if request received by 10/1/17. After that funds will be considered "7th Tradition" donations.

SOAR 8 Recovery Convention and Business Assembly Registration Form

Name: _____
Name on Badge: _____
Address: _____
City, State, Zip: _____
Telephone: _____
Email: _____
Intergroup (Name or #): _____

Check all the boxes that apply to you:

- Region Rep Board Member Funded Chair
 First-Time Rep Intergroup Chair Convention Only

Volunteer (select any position you'd be willing to do):

- Greeter/Helper Hospitality Workshop Speaker Timer
 Registration Boutique Page/Runner Ticket Sales
 Public Information Table

Registration:

- Early Registration \$40
 Registration (after Oct. 1st) \$50
 Saturday only (preregistration) \$35
 Scholarship Contribution \$_____

Meal Selections:

Please purchase meals despite higher costs. It is by selling meals that we pay for the meeting rooms. Thank you.

- Friday, buffet dinner \$20
 Saturday, buffet lunch \$30
 Saturday, dinner \$50
 chicken fish vegetarian
Total enclosed \$_____

Mail registration form with check/money order to:
Miami-Dade and the Keys Intergroup of Overeaters Anonymous
P.O. Box 530248
Miami, FL 33153-0248

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VI. Bids

No Bids were presented at time of packet.