



IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION Jacksonville, Florida – March 17 – 19, 2017

- **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 2017. 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 Jacksonville, Florida, Assembly in March 2017? 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.

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X. Flyers for 2018 bids.....48

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SOAR 8 Service Directory

Board Members

| | | |
|---|---|--|
| Chair Viviana G. Caracas, Venezuela (786)-457-0702 chair@oaregion8.org | Vice Chair Barbara C. 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 D 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 (225) 715-4988 igorchair@oaregion8.org | Ways & Means Patty G. Delray Beach, FL (716)-523-5442 waysandmeanschair@oaregion8.org | Unity With Diversity Unitychair@oaregion8.org |
| Public Info/Prof. Outreach (PI/PO) Bonnie V. Boynton Beach, FL (561)-733-9302 pipochair@oaregion8.org | | |

Other Service Positions

| | | |
|---|---|--|
| TSW Mentor List Neill M., (919) 789-9402 Triangle, North Carolina nmccormick@unctv.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. Agendas

March 2017 Board Meeting Agenda

March 17, 2017

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 2016 Board Meeting
2. Topics for Fall Assembly-October 2017 Miami-Dade & the Keys IG for SOAR 8 Recovery Convention and Business Assembly on October 13 -15, 2017 in Miami, Florida (theme is "Welcome Home: Recovering in Paradise") for Presentation and Discussion (VC)
 - A. Welcome Home: OA's Invitation to You
 - B. Paradise: Bloom Where You're Planted
 - C. Paradise: Rocketed into the Fourth Dimension
 - D. Paradise: The Twelve-Step Way of Life
3. Audits /Finances Update (Treasurer)
4. FY 2016-2017 Budget Review – Taxes (Treasurer and Board)
5. Update on Miami-Dade and the Keys IG Business Assembly and Recover Convention (VC)
6. Tech Web Motions – Discussion (VC)
7. Renewal IG

That it's a training standalone modules to the renewing and refocusing of IG's mission to carry out more internal Tradition Five work.

BREAK- 15 minutes

New Business

1. Forum "Keep It Simple" Activity – Some help (ALL)
2. Emergency Motions
3. New Goals/Tasks for 2017; Committee Chair tasks

12:30 – 2:00 pm 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 Jacksonville, spring 2017

4:00 p.m. Meeting Adjourned

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March 2017 Business Assembly Agenda

Friday, March 17, 2016

1. **6:55PM ASSEMBLY CONVENES**
OA Reading
12th Step
12th Traditions
12th Concepts
For Today
For Today (Spanish)
2. Appointment of Timer
3. Recognition of New IG's, New Reps (Green Dots), Conventioneers & Visitors
4. Introduction of R8 Board members, Funded Committee Chairs & IG Chairs
5. Introduction of former Region 8 Board Members and Trustees (if needed)
6. Credentials & Roll Call
7. Adoption of amended Agenda (if needed)
8. Educational Segment (501(c3))
9. Forum "Keep It Simple"
10. 7th Tradition
11. 8:15pm BREAK
12. Announcements
13. **8:30 pm Welcome & short skit by hosting Intergroup**
14. **8:45 pm Presentation & Discussion**
15. **10:00 pm RECESS**

Saturday, March 18, 2017

16. **7:30am New Rep Orientation**
17. **8:30am CALL TO ORDER**
18. OA Readings
12th Step
12th Traditions
12th Concepts
Voices of Recovery
Voices of Recovery (Spanish)
19. Credentials
20. Adoption of the Standing Rules
21. Introduction of Parliamentarian & short parliamentary lesson
22. Approve Consent Agenda(if needed)
23. Approve Minutes from last Assembly Memphis, TN—October 2016
24. 7th Tradition
25. Board Reports – 5 min each + 5 minutes questions
26. Trustee Report – 10 minutes + 5 minutes for questions
27. **10:15am BREAK**
28. Credentials
29. **10:30 a.m. Committee Meetings**
First order of Business: Recommendation of new Committee Chairs to Board for the following: Unity with Diversity Committee
Hand in Report to Secretary
30. **12:00 pm LUNCH BREAK with SPEAKER**
31. **2:00 pm RECOVENES 2PM**
32. Credentials

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33. MOTIONS – BYLAWS & PNP
34. Final Report from Memphis, TN – Fall Assembly 2016
35. Unfinished Business
36. New Business
 - Nominations for fall Board Members elections from the floor
 - Nominations from the floor for Region Delegates to WSBC for the following year
 - Announcement of any committee chair elected
 - Bids for March 2018 Assembly & Convention
 - OA's Strategic Operations Plan 2017-2019
 - 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 (time permitting) – Mail-In Contribution Form. <https://oa.org/contribute/>
39. Any other new business
40. For the good of the order (time permitting)
41. Break out for additional Committee Meetings (time permitting)
42. **GREEN DOT CEREMONY**
43. **5:30 PM ASSEMBLY ADJOURNS**

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II. Unapproved Minutes-Memphis, Tennessee, October 2016

Friday October 28, 2016

7:00 p.m. 7:00 p.m. Assembly Convenes- Serenity Prayer, in English y en Español **MEETING CALLED TO ORDER**

7:09 p.m. OA Readings **OA READINGS**

- 12 Steps of OA-Dreama B., Low Country IG
- 12 Traditions of OA-Jan S., YANA IG
- 12 Concepts of OA-Cora, New Freedom IG
- For Today 8/28- Julie S., Suncoast IG
- Solo Por Hoy 8/28– Sarah G., Intergrupo de Bogota

7:21 p.m. 8. Appointment of Timer-Andi S., Goldcoast IG **APPOINTMENT OF TIMER**

7:23 p.m. 9. Recognition of New Intergroups, New Reps, **Green Dots**, Conventioneers & Visitors **NEW INTERGROUPS & NEW REPS/ WELCOME VISITORS & REMOTE ATTENDEES**

7: 28 p.m. 10. Introduction of Region 8 Board Members, Funded Committee Chairs & Intergroup Chairs **INTRODUCTIONS**

7:34 p.m. 11. Introduction of former Region 8 Board Members and Trustees **FORMER BOARD MEMBERS**

7:35 p.m. 12. Credentials & Roll Call – motion made and adopted to accept 40 voting/5 non-voting, with 3 virtual- **CREDENTIALS**

7:44 p.m. 13. Adoption of Amended Agenda- motion made agenda was adopted **ADOPT AGENDA**

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|-----------|--|--------------------------------------|
| 7:45 p.m. | 14. Forum- each Board Member, Funded Chair, Trustee and Parliamentarian did a 3 minute presentation describing what there service position consists of | FORUM |
| 8:15 p.m. | 15. 8:15 p.m.- Break | BREAK |
| 8:30 p.m. | 16. Announcements | ANNOUNCEMENTS |
| 8:35p.m. | 17. Welcome & short skit by hosting Intergroup & Announcements | WELCOME & SKIT |
| 9:00p.m. | 18. 8:45 p.m.-Presentation & Discussion | PRESENTATION & DISCUSSION |
| 9:45 p.m. | 19. Recess | RECESS |

Saturday October 29, 2016

| | | |
|------------|--|--------------------------------|
| 7:30 a.m. | 20. New Rep Orientation | |
| 8: 32 a.m. | 21. 8:30 a.m. -Call To Order- Serenity Prayer, in English y en Español | MEETING CALLED TO ORDER |
| 8:35 a.m. | OA readings | OA READINGS |
| | <ul style="list-style-type: none">• 12 Steps of OA-Laura A., Western Carolina• 12 Traditions of OA-Chuck C., Central Midlands | |

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- 12 Concepts of OA, Ann G., Greater Atlanta OA Intergroup
- Voices of Recovery 8/29-Harriott G., Palm Beach County IG
- Voces de Recuperacion 8/29, Ruby H., Pinellas Traditions

Julia S was appointed timer

APPOINTMENT OF TIMER

| | | |
|------------|--|--|
| 8:46 a.m. | 22. Credentials- motion adopted to accept 40 voting/7non-voting including 2 virtual- | CREDENTIALS |
| 8:48 a.m. | 23. Adoption of Standing Rules- motion made and adopted to accept | STANDING RULES |
| 8:50 a.m. | 24. Introduction of Parliamentarian & short parliamentary lesson | PARLIAMENTARIAN LESSON |
| 9:01a.m. | 25. Approve Consent agenda – not needed | CONSENT AGENDA |
| 9:02 a.m. | 26. Approve minutes from last Assembly – St Pete, FL, USA- Julye 2016- motion made and carried to adopt the minutes | ADOPT MINUTES FROM ST. PETE |
| 9:03 a.m. | 27. 7 th Tradition- Friday \$200.00; Saturday \$ | 7th TRADITION |
| 9:04 a.m. | 28. Board reports - 5 min each +5 minutes questions, reports are found in the packet. <ul style="list-style-type: none">• Motion made and carried to extend the time 5 minutes for Q&A for Chair | BOARD REPORTS |
| 9: 43 a.m. | 29. Break | BREAK |
| 10:05 a.m. | 30. Trustee Report – 10 minutes + 5 minutes for questions | TRUSTEE REPORT |

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| | | |
|------------|---|--------------------------|
| 10:18 a.m. | 31. Credentials – remain unchanged | CREDENTIALS |
| | 32. New Business | NEW BUSINESS |
| 10:20 a.m. | A. 2016-2017 Budget- 5 minutes presentation by Treasurer followed by 5 minutes Q&A <ul style="list-style-type: none">• Motion made to amend the budget to increase the budget from \$200 to \$300 to purchase a new printer- motion to amend the budget carries• Motion made to adopt the budget as amended | BUDGET |
| 10:53 a.m. | B. Elections <ul style="list-style-type: none">• Vice Chair- candidates Andi S., Barbara C., Ruby H.• Barbara C. was voted in as Vice Chair• Secretary- candidates Barbara C., Ruby H• Since Barbara C. was elected Vice Chair, Ruby becomes the sole candidate for Secretary• Ruby H was voted in as Secretary | ELECTIONS |
| Noon | 33. Lunch Break with Speaker | LUNCH |
| 2:08 p.m. | 34. Reconvene-continue with new business | RECOVENE |
| 2:10 p.m. | <ul style="list-style-type: none">• WSBC Delegates- candidates Sam A., Laura A.<ul style="list-style-type: none">• Budget for this is \$2,500 this year and the cost for 1 delegate is about \$1,250• Voting for both candidates is acceptable• Both candidates will be attending WSBC 2017 | ELECTIONS- CONT'D |
| 2:39 p.m. | C. Announcement of WSBC Delegates to be funded <ul style="list-style-type: none">• 2 applications received, Alejandra from Costa Rica and Dora from Brazil• Both candidates have been ratified by the committee and the Board | ELECTIONS |

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|--------------|--|---|
| 2:43 p.m. | D. Bids for October 2017 Assembly & Convention by the Miami Dade The Keys Intergroup- voted unanimously in favor of Miami hosting October 2017 assembly | BIDS FOR NOV 2017 |
| 2:55 p.m | E. Emergency Motions - Adopted to suspend P&P XI. #2 for 2017 only. | EMERGENCY MOTIONS |
| 3- 4:30 p.m. | 35. Committee Meetings send electronic reports to Secretary | COMMITTEE MEETINGS |
| 4:36 p.m. | 36. Credentials – remain unchanged- 40 voting members | CREDENTIALS |
| 4:39 p.m. | 37. Final Report from St Petersburg, FL Assembly July 2016- found in the packet--presented by Joan R. | FINAL REPORT- ST PETERSBURG, FL, USA |
| 4:45 p.m. | 38. Unfinished Business- Emergency Motions - Move to suspend P&P XI. #2 for 2017 only. <ul style="list-style-type: none">• Motion has been adopted | UNFINISHED BUSINESS |
| | 39. Did You Know? Educational segment –no needed | |
| 4:56 p.m. | 40. Committee reports- <i>Electronic copies will be available online after the close of the assembly</i> <ul style="list-style-type: none">A. Ways & Means (Patty G)B. Bylaws/Electronic Documents (Pam G.)<ul style="list-style-type: none">a. Pam ratified as BLED chairC. IGOR (Katrina)<ul style="list-style-type: none">a. Katrina ratified as IGOR chairD. TSW (Neill-stand in chair for assembly)E. PI/PO (Bonnie Sue V.)F. Technology/Website (Michelle D)G. Unity With Diversity | COMMITTEE REPORTS |

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- a. Heather V has volunteered to be temporary chair

41. Any other new business- not needed

NEW BUSINESS

5:15 p.m.

42. For the good of the order –information to spread the message of OA in Region 8 events see OAREGION8.ORG for additional information on upcoming events

5:22 p.m.

43. GREEN DOT CEREMONY

GREEN DOT CEREMONY

5:25 p.m.

44. ASSEMBLY ADJOURNS

ADJOURN

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III. Results of Motions-Memphis, TN - October 2016

Emergency Motion

Made by: Bylaws Committee

Move to suspend P&P XI. #2 for 2017 only.

XI. Assembly Procedures Basic Principles

1. The Group Conscience prevails over all motions.
2. Assembly shall be held two (2) times a year: March, and September. (Approved November, 2015 Assembly)

Rationale: P&P states we will have the Assembly in March and September, but the bid for Miami has been accepted for Miami in October of 2017.

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IV. Reports

Board Member Reports

Viviana G. Chair

In Addendum

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Barbara C. Vice-Chair

Vice-Chair Report – Jacksonville Assembly Spring 2017

I want to thank all of you for voting me in as the Vice-Chair of SOAR 8 last October. I have had to step up my game to keep pace with all that is going on in this region. What a learning curve. I am reading and learning not only the By-Laws and the Policy and Procedure Manual, but also the Hosting Manual, the New Representative Orientation Manual (i.e., Green Dot Manual), and the Guidelines for Hotels. The last three on this list are my responsibility to keep current.

The last SOAR 8 Recovery Convention and Business Assembly (RC&BA) was hosted by the Greater Memphis Intergroup in OCT 2016. It was a wonderful success, raising \$2,045 for SOAR 8 and an equal amount for them. The reports are included in this packet and should be reviewed by anyone planning to host a RC&BA thus carrying the message to other compulsive eaters.

- I had a great turnover discussion with Aleta P., the outgoing Vice Chair. She passed along as much knowledge as I could absorb. I only hope that HP equips me with some of her wisdom.
- I was asked to speak about the tools of recovery at the annual convention hosted in January by the Gold Coast Intergroup (Coral Springs, FL). It was a small, but receptive group, and we had some fun interactions.
- I have been working closely with the New Freedom Intergroup which is hosting this RC&BA. Since this is my home Intergroup, I worked with them so closely I actually agreed to be on the registration committee!
- I am also working with the Miami-Dade and the Keys Intergroup as they prepare to host the fall RC&BA. The theme is “Recovering in Paradise” and will be held 13-15 October in Miami.
- Only one Intergroup will be entering a bid for the RC&BA for spring 2018. I long for the days when we had two or three bids at each assembly. If you have not hosted one in your area recently please consider bringing a bid to Miami for the Fall 2018 RC&BA. If you represent a new or small Intergroup or Service Body, that may feel uncomfortable with tackling the event, help is available for the asking.

The main focus of my official duties (P&P Manual) is to coordinate and assist all who wish to host a SOAR 8 Recovery Convention and Business Assembly. However, I also see my position on the Board as helping the Chair perform her duties and enact changes that are in accordance with the By-Laws and P&P Manual. In any event, I am here to serve you and the Region.

Together, we can do what we could never do alone.

Barbara Carter

Vice Chair

Southeast Overeaters Anonymous Region 8 (SOAR 8)

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Sam A. Treasurer

Treasurer's Report – Jacksonville Assembly Spring 2017

Hi everyone!

This is Sam, the treasurer of our great region. As always, I am looking forward to seeing everyone again in Jacksonville! I finally feel like I know what I am doing as the treasurer of region 8! It has taken me over a year to understand what is needed to really be successful in this position. I am happy to announce that our taxes have been filed this year with such ease....what a relief! We are doing well financially.....my guideline to how well we are doing is keeping our prudent reserve within the WSO suggested range of 40%-60%.

I want to thank all of the group level treasurers who send me thank you notes and words of inspiration with their donations. It means so much to get those notes and I definitely feel loved and supported! My two year term will end this year at the September assembly. I have really enjoyed being your treasurer and I plan on running again for treasurer to serve for another two year term.....God willing! I have learned many lessons about myself and areas I need to improve while serving as a board member. I hope to serve our great region for another two years and to continue growing emotionally and spiritually.

Blessings to everyone and a safe trip to Jacksonville, Florida!

Sam

Region 8 Treasurer

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Ruby H., Secretary



Hello Everyone!

I wanted to thank you for allowing me to serve you as your Region 8 Secretary. It has been an interesting time these past few months where I am still learning little by little all my duties. I met with our previous secretary to go over all my duties which I will try my best to perform my duties as secretary.

I did purchase the printer that was added to the budget in the last assembly. This assembly will be my first as your secretary and I am excited and nervous. I have been also trying to find solutions to problem that have been coming up, and the most beautiful thing is that I have had help.

I hope you have some patience with me and understand that I am doing the best I can with all my duties.

Just a favor I will be asking from all my colleagues here in Region 8. I know that I know most of you personally and that you have my personal e-mail. If you are trying send me information to me as the secretary of Region 8 please sent the e-mail to the secretary@oaregion8.org e-mail, otherwise, it will probably be skipped in my personal e-mail. I get too much e-mail in my personal one. I would greatly appreciate it.

*Ruby Hayn
Region 8 Secretary
[Secretary@oaregion8.org](mailto:secretary@oaregion8.org)
(813) 516-0782*

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Linda H. Region 8 Trustee-

Hello/Hola/Ola Region 8!

My name is Linda and I am a compulsive overeater!

Mi nombre es Linda y yo soy un comedor compulsivo!

Meu nome é Linda e eu sou um comedor compulsivo!

Welcome to Jacksonville, Florida and the SOAR 8 Business Assembly! I'd like to welcome our new Secretary, Ruby H. and our new Vice Chair Barbara C. and wish them all the best.

As I continue my second term as Trustee, I'd just like to put a bee in your bonnet.....My term is up May 2019.....I know it seems far, far away...truth is..the time goes fast. Please start think about doing this service....If you meet the requirements, I promise you will get "on the job" training, more recovery and fun in fellowship!

Wrap up of 2016....The World Service Office has had a busy year assisting the Trustees, delegates and members achieve their goals.

* This year the delegates at World Service Business Conference passed the motion to grant the seal of approval to 2 new pieces of literature, ***Twelve Step Workshop and Study Guide and Twelve Traditions Pocket Guide.***

* Voted a change in the policy, **Statement on Public Media.** This opened up a door for our Young Persons' Conference Committee to work on a Facebook page, which was launched the last quarter of the year. I have noticed while "surfing the web" there are a few intergroups taking advantage of the new policy and have created their own Facebook page. This is a great way to get the message out.

* Voted to form a new **OA Virtual Service Conference Committee** this year.

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WHAT'S ON THE OA WEBSITE (www.oa.org)

NEW! 2017 *Courier* for the Professional Community, written by professionals. You can download a copy for free and give it to your health care provider to introduce them to OA. **ARCs—Automatic Recurring Contributions**

ARCs—Automatic Recurring Contributions—are an important way OA can be self-supporting (Seventh Tradition). But what are they?

Use the new, Board-approved **FAQ: ARC** to learn how scheduled contributions keep OA strong and how to set one up. Then, download *FAQ: ARC* and share it with members in your group and service body.

NEW! revised “***Been Slipping and Sliding? A Reading and Writing Tool***” to stop the slips, help turn around a relapse, and recommit to your OA program. Updated with all-new reading references to *Overeaters Anonymous, Third Edition*, this questionnaire has thirty thought-provoking prompts for journaling and sponsor-sponsee discussion.

NEW! Use the three-part action plan laid out in the new [From Slip or Relapse to Recovery](#) to reclaim abstinence. Take an inventory, develop a plan, and renew your commitment to your OA program—commit to the most loving thing you can do right now for yourself, your abstinence, and your recovery

NEW! First Quarter 2017 issue of *A Step Ahead* is now available for download in an interactive [color edition](#) or in printer friendly [black and white](#). Included in this issue:

- What's up for vote at World Service Business Conference 2017
- Details about OA's new public information poster contest
- Information about Lifeline's new website, oalifeline.org, including automatic translation into more than one hundred languages
- OA's new social media page
- Our renewed strategic focus on unity in 2017

NEW! Carry the Message workshop, introduced and tested at the 2016 WSBC, to practice how and when to share OA program information. [Click here](#) to download the workshop, which includes a [Things to Consider worksheet](#), a [PowerPoint guide](#), and more than three dozen [practice scenarios and situations](#). Find all of the documents under [Workshops and Skits](#). “... for this I am responsible.”

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FREE! Download our press kit, along with a five-minute version of our audio program “**Hearing is Believing,**” featuring profiles of OA members who have recovered from compulsive eating through the OA program.

This is just a sampler of what’s on our OA website. I hope you “surf” our website for free recovery information, interesting ideas when doing a retreat, workshop or marathon.

If your IG is having a weekend and you need a speaker or some info on Service, Traditions and Concepts...give me a ring.....I’ll check my schedule...and my budget...LOL.....My hope is to do service for the small town intergroups.....I have one booked already!

Hope to see you soon!!!

Come say hello in Jacksonville! I love see my old friends and meeting new ones!

Love N Hugs,

Linda

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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/Electronic Documents PERIOD COVERED 1/16/17-
2/15/17

BUSINESS ASSEMBLY Between November 2016 and March 2017

Specific objectives for the period (Numbered List)

1. Solicit articles for newsletter.
2. Review Bylaws, Article IV - Region 8 World Service Business Conference (WSBC) Delegates Committee.
3. Review P&P, Financial Policies, B, Disbursement of a Region 8 Support Fund (R8DSF).
4. Discuss removing Appendix C from P&P
5. Discuss updating Appendix F in P&P

Actions /Activities conducted toward objectives (List by Objective)

1. Articles submitted, newsletter formatted and sent to Board for Review
2. Reviewed Bylaws Article IV
3. Reviewed P&P, Financial Policies, B
4. Recommend removing Appendix C from P&P to Tech Web Committee
5. Ask Region Trustee to update Appendix F in P&P

Projections for the next period:

1. Publish Newsletter on website
2. Prepare Bylaws Article IV motion for Fall assembly
3. Prepare P&P Financial Policies B motion for Fall assembly
4. Prepare Bylaws Article V, Section 8, D motion for Fall assembly.
5. Prepare P&P, Section XIII motion for Fall assembly
6. Prepare report for meeting with Board at Spring assembly.

Expenditures for the period: \$ 1.15

Committee Chair: Pam Gleason Date: February 15, 2017

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Twelfth-Step-Within

COMMITTEE: TSW

PERIOD COVERED

October to
December
2016

BUSINESS ASSEMBLY

Specific objectives for the period (Numbered List)

1. Increase use of TWS webpage more accessible to OAer's.
2. Connect Speakers with groups
3. Connect Relapse Mentors with mentees
4. Connect Online Sponsors and sponsees
5. Enhance Recovery message in SOAR 8 region.
6. Create a workshop resource list to assist members and groups in creating local workshops to promote recovery.
7. Promote recovery, steps and traditions thru TSW email.

Actions /Activities conducted toward objectives (List by Objective)

1. Advertising website in workshops, emails, and meetings.
2. Speaker list pairing continues with new updated list.
3. Relapse mentorship pairing is going well.
4. Sponsor list parings are going well.
5. Presented new skit at last assembly.
 - Working with IGOR. We now send out the 12th step with on the 12th of each month to All intergroup list serve.
 - Send out monthly TSW on the 12th emails
6. TSW workshop resource list created. Allows someone to connect with an OA member who has put on workshops.

Projections for the next period

1. Recruit new speakers, sponsors, workshop resources and relapse mentors.
2. Neil and JC to give workshop on relapse mentorship in February at FSC.
3. Promote use of resources: relapse mentorship, sponsors, speakers, workshops resources.

Expenditures for the period:

\$0

Committee Chair:

JC D

Date:

12-20-16

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Tech Web Committee Report

ASSEMBLY COMMITTEE REPORT

Committee Tech Web **Assembly** March 2017

Date 3/17-3/19 **Expenses** \$55+usual tech **Budget** \$2410

Accomplished since last assembly:

- 1. Met using conference call software. Met using iphone add-a-call feature.**
- 2. Registered Region 8 on TechSoup.com and purchased Adobe Acrobat XI Pro for Windows (\$55) and passed it along to MJ, the Webmaster. She will install and use to transform the forms in Appendix E of the P&P into fillable pdf documents that can reside on the Region 8 website.**
- 3. Discussed and submitted a By-Laws motion and a P&P motion to the By-Laws Committee to allow remote attendance and remote voting.**
- 4. Discussed the need for a second person at Assembly to run the Region 8 technology. It is likely Michelle will be the only one from the TechWeb Committee in attendance at the Spring retreat. She intends to solicit the body for a volunteer to help assist her in running the technology.**
- 5. Communicated with the Webmaster on the process to transfer the Region 8 website onto the Joomla platform.**
- 6. Discussed with Ruby, Secretary Region 8, the possibility of using technology to allow some of the readings at Assembly in Portuguese.**

Committee Chair Michelle D

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Unity with Diversity

Unity with Diversity

Committee meeting 10/29/16,

Getting funding for Florida state convention,

Has Facebook page,

Black meetings

Disabled meetings

Women meetings

Task of committee

To maintain to connect people that are different. Try to get involved with people in region who are different.

Nominate chair, qualifications.

Suggested committee serenity prayer, introduction. Discuss what was done last assembly, review tasks assignment. End with prayer

Be a past or present region 8 rep, served on committee. Have attended 2 or more business meetings, 1 year of abstinence.

Recognized that acceptance of diversity, assist groups. Gather and disseminate info from other regions. Assist groups and intergroup with these 12 in different . Survey

Redo survey and write guidelines and bring diverse people.

Tweak meeting formats in order to have gender focused meetings.

Respectfully submitted

Committee chair Lila V

Secretary Heather V.

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Ways and Means

In Adendum

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Intergroup Outreach (IGOR)

In Adendum

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Public Information – Professional Outreach (PIPO)

S O A R

SOUTHEAST OVEREATERS ANONYMOUS SOAR 8

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GEORGIA LOUISIANA - MISSISSIPPI - NORTH CAROLINA – SOUTH AMERICA – SOUTH CAROLINA -
TENNESSEE

PROGRESS REPORT – FUNDED COMMITTEE CHAIRMEN

COMMITTEE:

PIPO

PERIOD COVERED

3/15/17

BUSINESS ASSEMBLY

Jacksonville, FL

Specific objectives for the period (Numbered List)

1. Development of Military resource letter finalized cover letter
2. Press Release
3. Added more drop down forms that everyone can get from our website

Actions /Activities conducted toward objectives (List by Objective)

1. Committee reviewing the letter and list completed by members
2. Completed – Generic press release written with changes reflecting the local details of Memphis convention
3. Submitted new drop down form that we need to be used plus helped in getting them on to the website (approved from World Service website onto Region 8 website)

Projections for the next period

1. Working on approval for body image – young people letter we have developed for final approval of the board of cover letter to me done
2. Adding more drop down forms that would help everyone to our website
3. Will contact Miami convention and make PIPO board for the convention
4. Working on talking with committee about the future of Facebook, Media – Website questions – from the Young People Committee results of their Facebook page now that it is working

Expenditures for the period:

\$0

Committee Chair:

Bonnie Sue

Date:

2.15.17

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V. Motion

Bylaws Change (Proposed for March 2017)

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

SOAR-8

Motion 1: Change Quorum

Motion: Move that the Region 8 Bylaws Article VII - Meetings of the Business Assembly, Section 4 – Quorum, be amended 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 shall constitute a quorum, as long as ~~two (2)~~ eight (8) I.G. in states outside of the state or territory, etc. where the Assembly is being held are represented.

Submitted by: Pinellas Traditions Intergroup

Intent: The intent is to have a greater representation of decisions in our assemblies

Implementation: Immediately

Cost: No dollar amount.

Rationale:

The rationale is at this point, currently, three Intergroups which comprise .06% of Region 8 Intergroups constitute a Quorum and have the ability to make changes effecting the whole 54 Intergroups. This allows a greater and more diverse representation of SOAR 8.

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P&P Manual Change (Proposed for March 2017)

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

SOAR-8

Motion 1: Change Months

Motion: Move to amend Region 8 Policies and Procedures Manual, XI. Assembly Procedures – Basic Principles, #2 by striking and inserting as follows:

XI. Assembly Procedures
Basic Principles

2. Assembly shall be held two (2) times a year: ~~March, and September~~ March/April and October/November.

Submitted by: Pinellas Traditions Intergroup

Intent: The intent is to have greater representation in our assemblies

Implementation: Immediately after the closing of the assembly on March 2017

Cost: No dollar amount.

Rationale: The rationale is to allow a more flexible timeline for the hosting Intergroup to access better rates. It would allow the highly represented number of Intergroups in Florida and other OA members to attend the Florida State Convention the end of February that creates an undo financial hardship to attend both events.

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P&P Manual Change (Proposed for March 2017)

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

SOAR-8

Motion 2: Reorder Committees

Motion: Move to amend Region 8 Policies and Procedures Manual, IX. Financial Policies, A. General, #15, by reordering the Technology/Web Site from b. to e. as follows:

15. Defunding of Committees, if necessary, will be in this order:

- a. Unity with Diversity
- b. Public Information/Professional Outreach
- c. Twelfth-Step-Within
- d. IGOR
- e. Technology/Web Site
- f. Bylaws/Electronic Documents
- g. Ways and Means

Submitted by: Bylaws/Electronic Documents Committee

Intent: To move the Technology/Web Site Committee further down the list of committees.

Implementation: Immediately

Cost: None.

Rationale: The Technology/Web Site committee has become an important part of the Region 8 Assembly by operating and maintaining the equipment used to record and video tape the assembly which would allow people the opportunity to virtually attend the assembly.

If it becomes necessary to not fund committee chairs to attend the assembly, the Technology/Web Site Committee Chair would be the second in line and therefore not funded. This motion would move the committee further down the list.

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P&P Manual Change (Proposed for March 2017)

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

SOAR-8

Motion 3: Add Reimbursements by Check

Motion: Move to amend Region 8 Policies and Procedures Manual, IX. Financial Policies, A. General, #11, by adding #5 below:

11. A Voucher (Appendix E) must be properly completed, authorized, and submitted to the Treasurer prior to reimbursement or advance of any funds: a. Requests for reimbursement shall follow these guidelines:

- 1) Each person shall complete and verify their own Voucher, claiming only those expenses personally incurred. Third-party reimbursements are not allowed.
- 2) Appropriate documentation (including receipts and explanation for all items) must accompany each Voucher, and must be submitted to the Region Treasurer or Committee Chair within six weeks of acquired expense.
- 3) A Voucher presented for reimbursement of committee work must have the approval of the Chair of the Committee for which work is attributed.
- 4) Treasurer shall reimburse each Voucher, or request additional information, within ten days of receipt of request.
- 5) Reimbursements shall be in the form of a check.

Submitted by: Bylaws/Electronic Documents Committee

Intent: For bookkeeping purposes we need to have a paper trail of all monies spent. Reimbursements should not be made in cash.

Implementation: Treasurer will issue reimbursements by checks.

Cost: None.

Rationale:

In the past international delegates and representatives have requested cash payouts because of banking regulations in their countries which prevent them from depositing checks. With this policy, reimbursements to international delegates can be made by check, and then the delegates can take the checks to a bank for cashing.

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VI. Final Report of Hosting Committee, Memphis, TN October 2016

Final Report Memphis TN: October 28-30, 2016

Committee Chair Reports:

REGISTRATION:

The committee decided to keep the registration packets simple and not spend a lot of money. We purchased inexpensive magnets and copied a couple of new pamphlets, and a bookmark with tools printed on them. We used the regional blue badge holders for business assembly attendees and purchased some inexpensive ones to use for the recovery portion since there weren't enough blue to go around. We printed the badges to go in the holders and put all of this in the registration envelope.

We tried to schedule 2 volunteers, plus the registration chair at all the time slots. 3 were needed right in the beginning, but 2 would definitely have been enough the other times. We were open Friday from 1 – 7 pm. And Saturday from 7 am – noon. We possibly could have sold another registration or 2 Saturday afternoon – but we had already packed everything up.

It seemed that folks didn't always check off the correct thing on the registration form. Perhaps it could have been divided up a little differently. Like give them a choice between Recovery and Business. And then add the other designations like Region 8 rep, board member, etc.

There should be a place on the form for the business assembly attendees to put their intergroup since it is information that is needed.

The square (credit card tool) was convenient to use for registering folks in Memphis prior to the event, and also for use during the convention.

Ideally the whole committee should have met together occasionally to build community and check in with each other. We did have meetings, but not everyone was required/expected to attend. Having a secretary to record minutes from the meeting would have been helpful too.

Since there was a push the last couple of weeks to sell more registrations, meals and t-shirts because our numbers were way down, registration got slightly confusing with who was committed to coming and who wasn't and what they were eating, etc.

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PROGRAM COMMITTEE

Obtaining speakers for the Memphis Assembly was easy. Our process for determining who to ask involved identifying some local members who met the requirements and asking them to lead a workshop. We then utilized the registration list that identified those willing to do workshops or speak.

This asking process occurred in the last 4 to 5 weeks of the assembly and caused some anxiety among the committee, but in truth, God was in charge and all worked out beautifully as every person contacted said YES. Evidence of the importance of service to those living the program was so prevalent.

Perhaps unintentionally, we had speakers and workshop leaders among our membership whose stories had not been shared a lot and believe that to have been a good part of the success.

ALL the speakers were fabulous and inspiring.

Lessons Learned: One perceived challenge we experienced was a lack of sharing after the speakers had spoken. Next time this will be a planning discussion as it related to length of time a speaker speaks and/or discussion of support with this among our intergroup. We also had such wonderful speakers from within our intergroup and wished we had engaged them early in the process so that we had a pool of local speakers and less stress worrying about the program.

HOSPITALITY/BOUTIQUE:

The Boutique was what we would consider, a success. The hotel supplied us with rolling hanging clothes racks and many tables. The participants really wanted a bargain, and each day we halved the cost of each thing. The Hospitality Room, Book Sales and Boutique were in the same room, and this seemed to be a good idea as volunteers to watch the rooms could be combined. All food groups were considered and healthy snacks, including milk, veggies, fruit, nuts, coffee, etc. were offered for a set fee. A basket was left on the table and this worked. Snacks were taken down to half price near the end of the convention. The leftovers of clothes and whatnot were donated to charity.

PUBLICITY:

Committee chair contacted local news sources and various Churches to include our event in their calendar of event publication or left brochures for distribution. Committee chair also contributed an advertisement for one month on Eventful and one week online with the Memphis Flyer.

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Lessons Learned: Focus more on members attending vs. first timers. Do more outreach sooner and more frequently to possible region attendees.

PAGERS/RUNNER:

All went well with the exception that I did not schedule pages for the Friday night Business Assembly.

Lessons Learned: Schedule pages from opening on Friday to closing Saturday.

DECORATIONS:

We elected to not have decorations and did not see/hear any issue with this.

ENTERTAINMENT:

We have some very talented members and the Friday night skit was a lot of fun and successful. We are also fortunate to have a 12 step recovery group that includes OA members in Memphis who love to perform at the OA assembly and as in previous events entertained us all well. This year due to the date of the event, we had a Recovery Themed Costume Contest which was a lot of fun and a huge success. There was a prize for the best costume, which was a bag from the World Service Convention which held OA books and CDs. Many participated by dressing in costume.

Lessons Learned: The room was large and there were some concerns that not everyone could hear the entertainers during Friday night skit.

FUND RAISING: Since the usual 50/50 is prohibited in TN, we had a guess-the-beans. It did not garner much attention or funds. We also held a silent auction which was mildly successful, but not as successful as we had hoped, compared to our last convention. We also sold t-shirts by pre-order. The few extras we ordered sold with no problem. We only charged \$10 and still made a good profit. We also sold cloth shopping bags. These did not sell well and we had several left over out of the order of 50. At the Saturday night banquet we took a 7th tradition. It was quite successful, thanks to the generosity of our attendees. We split this money with the Recovery Repertoire Theatre, since they perform at no charge. They use the money to purchase equipment, etc.

Lessons Learned

TREASURER REPORT:

The committee elected to open a separate checking account, which met with some challenges because of recent rules enforced by Homeland Security. The registration chair gave monies it collected to the treasurer to deposit. The account information was given to Eventbrite (eventbrite.com) so that funds from their service could be deposited at the end of the event. The same information was set up with Square.com, which was used by various committees to collect funds. These funds were directly deposited into the account, minus their 2.5% service fee. Region provided \$500 in seed money, which was deposited into this account. There was a monthly service fee of \$12.00 per month until the account accumulated \$3,000, which we considered an expense for the

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assembly. In order to save an approximate \$40 expense to buy a box of checks only to write a few, we used checks from the main intergroup checking account and transferred the funds from the assembly account. Each expense incurred for the assembly has a payment from the main intergroup account and a matching transfer from the assembly account. This was done for accounting purposes.

Lessons Learned:

A thorough search to find a banking institution that will waive monthly service fees for non-profit organizations will be performed. Some banks provide a per-sheet fee to print sheets of checks with 4 checks on each sheet. This will allow all expenses paid by check to be paid directly from that account, which will eliminate the need to transfer from one account to the other.

LOVE NOTES:

We set the love notes up in the boutique without ideal space. Unfortunately, taping envelopes on the wall resulted in having to move them to a couple of tables, which further added to their not being readily visible. Consequently, it appeared that they were really under-utilized as a tool for support of other OAers. Tying the love note management to registration committee in order to ensure all attendees had an envelope, most envelopes and any love notes from the sponsoring intergroup were created prior to the assembly, along with a system at registration that created love note envelopes for on-site registrations is a lesson learned. Ensuring space and display materials are complimentary is also lesson learned. Lastly, we would put a description of the love note process and purpose in the registration packet to ensure that all attendees were aware of this beautiful practice when there is a lot of participation.

MEDITATION:

One of our members graciously agreed to lead the two meditation sessions. Attendance was very small.

LITERATURE:

Literature sale total was \$201. We sold 1-12&12, 3-Abstinence books (all we had), 2-OA 3rd editions, 3-For Today's, 3- Voices of Recovery book and 3 workbooks. Sales would have increased significantly if we could have obtained the new book (The 12 Step workbook and Study Guide). Our literature prices included shipping which averaged about 12%. Starting inventory included \$260 of books borrowed from meetings and intergroup. Soar 8 purchases of literature stock totaled \$308. Unsold literature was returned to meetings or intergroup inventory and new purchases sold to intergroup literature stock. The literature table was set up in the boutique. Most of the time our literature table was manned but if not, boutique handled the purchase. We ordered books one month in advance only to learn that the new book had been sold out since early September (2 months prior to our assembly).

HOTEL LIAISON:

1. Our contracted rate was \$119 per night, not including tax. The hotel has a free airport shuttle and also a

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shuttle within a few miles of the hotel. Our guarantee was 100 room/nights and we exceeded our attrition rate of 80%. For every 40 room/nights booked, we were entitled to a free night, and we used those free rooms for Jim and Maria Huffman, of Vision Audio.

2. Jim and Maria save our Region thousands of dollars because they bring all the equipment that Region needs, including all microphones and a screen for use in the business assembly. They normally pay their own room fees on Thursday but they do request that they be comped the meals at the lunch and dinner banquets on Saturday. A very small price for all their service! They communicated with the AV tech at the hotel in advance, thereby also saving us more hundreds of dollars when the AV tech didn't have to meet with them at the hotel.

3. In order to get the free meeting space, we had to guarantee \$4,000 in food and beverage. With the tax exempt certificate from Florida, we were able to get the hotel to waive sales tax. We knew in advance that we were going to run short on the guarantee, so we brought that to the attention of our hotel sales rep, who worked with us and forgave about \$400.

4. In our meeting spaces we had a water stand. In retrospect, we might have sold more drinks in the hospitality room if we didn't provide that free of charge. Due to our artesian wells, Memphis has the best water in the nation, so many do not purchase water.

5. We served plated meals at both lunch and dinner. The costs, including 23% service charge (but no tax) were, respectively, \$20.91 and \$33.21. We rounded these up to \$23 and \$35 for attendees. 81 lunches and 80 dinners were served.

6. As part of our contract, we got the hotel to let us use all their coat stands in our boutique. This saved us from having to find/borrow/transport them from elsewhere.

7. One of the biggest difficulties for the hotel liaison is finding meeting space to satisfy the needs of Region. The request that the green dot meeting and the Sunday board meetings are breakfast meetings is unreasonable due to logistical issues. Our hotel, like most others, does not have a private room in the restaurant. In addition, there is music that they cannot, or will not, turn off. Therefore, I suggest that these meetings take place elsewhere, without the expectation of meals or refreshments being served.

8. There was a complaint about the raised dais in the business assembly not being long or wide enough. Unfortunately, by the time the complaint was made, it was too late to rectify it. It is suggested that the vice-chair inspect the meeting space with the hotel liaison prior to Friday evening commencement.

9. This is the second time we have held this event at the Hilton and everyone gave rave reviews about the facility and the staff. They were extremely attentive to our needs and requests. That the hotel common space is too cold was the only consistent complaint we heard.

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PERSONAL NOTE FROM THE CHAIR

Plan and organize as soon as possible. You need the whole year. Continuously ask for volunteers at meetings, send emails, and make phone calls. Stress it is a “we” endeavor. People do need to be asked personally for their help. Many members are reticent about volunteering, for one reason or another. Remember that life happens and volunteers may not be able to do the service they committed to do. Schedule general meetings and help/follow up with committee chairs to schedule committee meetings. Each committee needs to concentrate on their needs and get support before the general meeting. Overall we were very fortunate. Attendees stepped up and did service when we were lacking volunteers.

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VII. Standing Rules

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules, Participation in Assembly

1. Voting member must wear **appropriate identification** badge/ribbon denoting Rep, Funded Committee Chair, or Board Member.
2. The Secretary shall make a credentials check at the beginning of each session, and prior to any important vote, as deemed necessary by the Chair.
3. Any registered member of the Assembly may participate in Assembly procedures, e.g. vote, make a motion, speak to a motion, etc. Non-voting members may have a voice at the discretion of the Chair.
4. There will be a consent agenda consisting of routine non-controversial matters. The chair will determine the matters that will be placed on the consent agenda. Any voting members may go to the center microphone to request that an item from the consent agenda be considered separately. The consent agenda shall require a 3/4 vote for adoption.

Voting Procedures

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

Recognition

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

Motions and Debate

1. Process for New Business Motions
 - a. Secretary will distribute minutes of the Business Assembly to the Board and Committee Chairs electronically no later than fifteen (15) days after close of the Business Assembly. New motions will be contained in the Committee Reports of the minutes.
 - b. New motions arising out of committees during an Assembly shall be communicated to the Secretary within fifteen (15) days after the close of the Assembly at which they emerge. After Board notification the Secretary shall forward these motions to the Bylaws/Electronic Documents Chair within twenty-one (21) days of the close of the Assembly at which they emerge.
 - c. New motions arising outside the Business Assembly shall be submitted to the Secretary at least sixty-five (65) days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.
 - d. Motions must be formatted to contain the intent, the proposed motion, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Policy & Procedure Manual for consistency or congruity.

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- 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.
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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VIII. 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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IX. 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 | \$ | _____ | |
| 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**
- Voucher must be submitted to Committee Chair for approval/signature.
 - 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.
 - 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.
 - Please attach specific receipts or copies of bills and explanations (as needed) for all items.
 - Lodging - maximum allowable per night is one-half the double-occupancy rate.

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X. Future Assembly Flyers

Miami Dade and the Keys, October 13-15, 2017

In Addendum

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XI. Flyers for 2018 bids

In Addendum