



**IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION  
Mobile, Alabama – April 20-22, 2018**

- **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](http://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](mailto: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 2018. You will now fill out the Certificate of Eligibility online at our website, [www.oaregion8.org](http://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 Region 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 business 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](mailto:secretary@oaregion8.org).

**ASSEMBLY REGISTRATION FORMS** Registration forms for this assembly can be found at [www.oaregion8.org](http://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 Mobile, Alabama Business Assembly from April 20 thru the 22<sup>nd</sup>, 2018. 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 business assembly** and is available for future assemblies. If your Intergroup is unable to financially send at least one Representative to the business 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](mailto: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](mailto:vicechair@oaregion8.org)) with any questions or to request support. Her 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.

**2018 - Growing Recovery Worldwide**  
**Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018**  
Table of Contents

Region 8 Service Directory.....	3
I. Agendas .....	4
Board Meeting Agenda.....	4
Business Assembly Agenda.....	5
II. Unapproved Minutes-Miami, FL USA October 2017 .....	7
III. Results of Motions-Miami, Florida- October 2017 .....	11
IV. Reports.....	16
Board Member Reports .....	16
Katrina S. Chair.....	16
Barbara C. Vice-Chair .....	19
Sam A. Treasurer.....	21
Janet T.- Secretary .....	22
Linda H.- Trustee.....	23
Committee Progress Reports.....	26
Bylaws & Electronic Documents .....	26
Twelfth-Step-Within .....	27
Tech Web Committee Report .....	29
Unity with Diversity .....	30
Ways and Means.....	32
Intergroup Outreach (IGOR) .....	32
V. Motions for current Assembly .....	33
VI. Final Report of Hosting Committee, Miami, Florida October 2017.....	36
VII. Standing Rules .....	37
VIII. Decorum in Debate.....	39
IX. Forms .....	40
Business Assembly Committee Selection Form.....	40
Rep Funding Application.....	41
Voucher and Advance Request Form .....	43
X. Future Assembly Flyers.....	44
Little Rock, Arkansas, October 12 <sup>th</sup> -14 <sup>th</sup> 2018 .....	44
XI. Flyers for 2018 bids.....	46

**2018 - Growing Recovery Worldwide**  
**Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018**

**Region 8 Service Directory**

**Board Members**

<b>Chair</b> Katrina Baton Rouge, LA (225) 715-4988 <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a>	<b>Vice Chair</b> Barbara C. Jacksonville, FL (352) 472-9924 <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a>	<b>Treasurer</b> Sam A. PO Box 40273 Saint Petersburg, FL 33743 (727)-458-3668 <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a>
<b>Secretary</b> Janet T. Winter Park, FL (407) 310-2284 <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a>	<b>Region Trustee</b> Linda H. Madeira Beach, FL (727) 647 8280 <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a>	<b>Parliamentarian</b> Judy K. Jacksonville, FL (904) 704-7004 <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a>

**Committee Chairs**

<b>12th Step Within (TSW)</b> JC D Clearwater, FL (813) 240-8572 <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a>	<b>Technology/Website</b> Burt T. St Augustine, FL  <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a>	<b>Bylaws/Electronic Documents</b> Pam G. Sarasota, FL (941) 343-7181 <a href="mailto:Bylawschair@oaregion8.org">Bylawschair@oaregion8.org</a>
<b>Intergroup Outreach (IGOR)</b> Melissa H. Middle Tennessee (615)202-5242 <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a>	<b>Ways &amp; Means</b> Andi S Coral Springs, FL (954) 295-1123 <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a>	<b>Unity With Diversity</b> Donna D. St Pete, FL (727) 480-0865 <a href="mailto:Unitychair@oaregion8.org">Unitychair@oaregion8.org</a>
<b>Public Info/Prof. Outreach (PI/PO)</b> Bonnie V. Boynton Beach, FL (561)-733-9302 <a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a>		

**Other Service Positions**

<b>TSW Mentor List</b> Neill M., (919) 789-9402 Triangle, North Carolina <a href="mailto:mentors@oaregion8.org">mentors@oaregion8.org</a>	<b>TSW Email/Sponsor List</b> Julia S. (985)-646-2593 Louisiana <a href="mailto:sponsors@oaregion8.org">sponsors@oaregion8.org</a>	<b>TSW Speaker List</b> Tammi (337)-734-4564 (Home) (337) 370-1252 (Mobile) Middle TN IG <a href="mailto:speakers@oaregion8.org">speakers@oaregion8.org</a>
<b>TSW-Workshop Resources</b> Tara loux (412)260-8859 <a href="mailto:workshops@oaregion8.org">workshops@oaregion8.org</a>	<b>Region 8 Webmaster</b> Mary Jane W. St Petersburg, Florida (727)-954-7544 <a href="mailto:webmaster@oaregion8.org">webmaster@oaregion8.org</a>	

**2018 - Growing Recovery Worldwide**  
**Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018**

**I. Agendas**

**Board Meeting Agenda**

Friday, April 20, 2018

- 8:00 am Informal gathering of Board Only**  
(Board please feel free to bring Breakfast)
- 9:00 am Board Meeting Convenes** (Appointment of Timer)  
**Old Business**
1. Approval of Minutes of October 2017 Board Meeting  
(Secretary and Board): **15 min**
  2. Topics for November Little Rock Assembly for Presentation and Discussion (VC): **30 min**  
(Theme is "Rocking the Promises")
    - a) Abstinence: What actions do I take to maintain abstinence
    - b) The Promises of Abstinence (choose your favorite promise)
    - c) "as you Trudge the Road of Happy Destiny" (from the Big Book)
    - d) "If you will.... (the 5 "if you will..." from Our Invitation To You
  3. Audits /Finances Update (Treasurer): 20 min
  4. Update on Little Rock IG Business Assembly and
  5. Recovery Convention (VC): 10 min
  6. Discuss Little Rock Forum: Can we talk? (C): 45 min
  7. What, if anything, does extending the Heart of OA mean to us individually?
  8. What individual action can we each take?
  9. Intergroup Renewal – (VC): 10 min
  10. Wrap Up: 5 min
- 11:15 am BREAK 15 minutes**
- 11:30 pm New Business**
11. Friday Night Forum "Scheduling WSBC and the R8 Assembly": 10 min
  12. Emergency Motions: 20 min
  13. New Goals/Tasks for 2018: Committee Chair task / issues: 20 min
  14. Other new business? (Time permitting): 10 min
- 12:30 pm Break for Lunch: 90 min**
- 2:00 pm Board Meeting Reconvenes**
15. Funded Committee Chairs Join Board Meeting:
  16. Check in /update on Committee issues, activities, questions, concerns 10 min Update / 5 min Q&A
  17. Committee Chairs Wrap Up: 5 min
- 3:50 pm Other New Business:**
18. Treasurer- re vouchers
  19. Registration for Little Rock, November 2018
- 4:00 pm Meeting Adjourned**

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018

### Business Assembly Agenda

Friday, April 20, 2018

**6:55 pm ASSEMBLY CONVENES**

1. OA Readings
2. Appointment of Timer
3. Recognition of New Intergroups, 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 (if needed)
6. Roll Call & Credentials
7. Adoption of Agenda
8. Forum: "Scheduling WSBC and the R8 Assembly"
9. 7th Tradition

**10. 8:15 pm BREAK**

11. Announcements: Green Dot Meeting time and place

**12. 8:30 pm Welcome & short skit by hosting Intergroup**

**13. 8:45 pm Presentation & Discussion**

**14. 10:00 pm RECESS**

Saturday, April 21, 2018

**15. 7:30 am New Rep Orientation**

**16. 8:30 am CALL TO ORDER**

17. 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, Miami, FL - October 2017
23. 7th Tradition
24. Board reports - 5 min each with 5 minutes for questions
25. Trustee Report 10 minutes with 5 minutes for questions

**26. 10:15 am BREAK**

**27. 10:30 am Committee Meetings**

First Order of Business:

Recommendation of new Committee Chairs to Board for the Tech/Web Committee

Hand in report (electronically) to Secretary

**28. 12:00 pm LUNCH BREAK with SPEAKER**

**29. 2:00 pm RECONVENE 2PM**

30. Credentials
31. MOTIONS – BYLAWS & P&P
32. Final report from Miami, FL – October Assembly 2017
33. Unfinished Business
34. New business
  - a. Nominations for Fall Board Members elections from the floor
  - b. Region Delegates to WSBC: Nominations from the floor for Region Delegates to WSBC for the following year
  - c. Region 8 Delegate Support Fund: Funds are available to help your Intergroup send delegates to WSBC.
  - d. Announcement of any committee chair elected
  - e. Bids for Spring 2019 Assembly & Convention
  - f. OA's Strategic Operations Plan 2018 (Trustee)
  - g. Emergency Motions (if needed)
35. Committee reports
  - Ways & Means

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018

- Bylaws/Electronic Documents
  - IGOR
  - TSW
  - PI/PO
  - Technology/Website
  - Unity With Diversity
36. Other new business
37. For the good of the order (time permitting): Announcements from the floor
- 38. GREEN DOT CEREMONY**
39. Announcements: Intergroup Chairs Meeting, Board Meeting
- 40. 5:30 pm ASSEMBLY ADJOURNS**

### **Sunday, April 22, 2018**

#### **Post Assembly**

41. **7:00 am – 8:15 am:** Informal: R8 Board/Committee Chairs Wrap-Up: Location TBA
42. **8:30 am – 10:30 am:** IG Chairs/ IGOR Chair: Open meeting. Reps from each IG welcome! Location TBA

**2018 - Growing Recovery Worldwide**  
**Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018**

**II. Unapproved Minutes-Miami, FL USA October 2017**

**Friday October 13, 2017**

7:06 pm	7:00 pm.Assembly Convenes- Serenity Prayer, in English y en Español	MEETING CALLED TO ORDER
7:15 p.m.	OA readings <ul style="list-style-type: none"> <li>• 12 Steps of OA- Jean NFI</li> <li>• 12 Traditions of OA- Mary, Memphis IG</li> <li>• 12 Concepts of OA- Katrina, Baton Rouge IG</li> <li>• For Today 3/17 – Judy L., Pinellas Tradition IG</li> <li>• Solo Por Hoy 3/17– Sofia, Medellin IG</li> <li>• For Today Portuguese -- Dora, Brazil</li> </ul>	OA READINGS
7:25 p.m.	1) Appointment of Timer- Andi S.,	APPOINTMENT OF TIMER
7:26 p.m.	2) Recognition of New IG's, New Reps (Green Dots), Conventioneers & Visitors	NEW INTERGROUPS & NEW REPS/ WELCOME VISITORS & REMOTE ATTENDEES
7:38 p.m.	3) Introduction of Region 8 Board Members, Funded Committee Chairs & Intergroup Chairs	INTRODUCTIONS
7:44 pm	4) Introduction of former Region 8 Board Members and Trustees	FORMER BOARD MEMBERS
7:46 pm	5) Credentials and Roll Call – 40 voting members 4 non-voting members total 44 members in room	CREDENTIALS ADOPTED
7:44pm	6) Adoption of Amended Agenda- - MOTION TO CHANGE 19 TO 18 ADOPTED	ADOPTED AMENDED AMENDED AGENDA ADOPTED
8:11 PM	7) Forum Carry the message to keep OA strong worldwide	EDUCATIONAL
7:57 pm	8) 7 <sup>th</sup> Tradition - \$268.00	FORUM
8:16 PM	8:15 Break	7 <sup>TH</sup> TRADITION
8:25 PM	<b>8:30 PM Welcome &amp; Short Skit by Hosting Intergroup</b>	BREAK
8:40 p.m.	<b>8:45 pm Presentation and Discussion</b>	ANNOUNCEMENT
10:00PM	<b>10:00pm RECESS</b>	RECESS

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Saturday October 14, 2017**

7:30 a.m.	<b>7:30 am New Rep Orientation</b>	
8:30 am	<b>8:30 a.m. -Call To Order- Serenity Prayer, in English y en Español</b>	MEETING CALLED TO ORDER
8:45a.m.	OA readings	OA READINGS
	<ul style="list-style-type: none"> <li>• 12 Steps of OA- Marinda S. –Baton Rouge</li> <li>• 12 Traditions of OA- Dawn K.- Central Florida IG</li> <li>• 12 Concepts of OA, - Susan – Piedmont IG</li> <li>• Voices of Recovery -- Joanna R, - Suncoast</li> <li>• Voces de Recuperacion – Elena, Venezuela</li> <li>• Voices of Recovery in Portuguese -- Rita -- Junccab</li> </ul>	
8:50 am.	9) Credentials- 44 voting 5 non-voting and 49 total	CREDENTIALS ADOPTED
8:56 am	10) Adoption of Standing Rules- motion made and adopted to accept	STANDING RULES ADOPTED
8:58 am	11) Introduction of Parliamentarian & short parliamentary lesson	PARLIAMENTARIAN LESSON
9:05 a.m.	12) Approve Consent agenda – Motion to add PNP Motion 6 – not to add to the consent agenda – Bylaws A and B; PNP 1, 2, 3, and 4	CONSENT AGENDA APPROVED
9:08 am	13) Approve minutes from last Assembly – Jacksonville, FL March 2017—committed don’t elect a person they nominate and the board will approve the nomination from the committee	ADOPT MINUTES FROM JACKSONVILLE, FL
9:10 am	14) 7 <sup>th</sup> Tradition- \$	7 <sup>TH</sup> TRADITION
9:25 a.m.	15) Board reports – A. Treasurer Report B. Secretary Report C. Vice Chair Report D. Chair Report	BOARD REPORTS
9:42 am	16) Trustee Report	TRUSTEE REPORT
9:55 AM	10:30 am Break	BREAK
10:11 AM	17) Credentials—46 voting member 5 non-voting 1 virtual with total 51 for credentials	COMMITTEE MEETING



# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018

10:15 AM	<b>18) New Business</b> <b>A. Election of Chair – Elected Katrina S. – Baton Rouge IG</b> <b>Election of Treasurer --</b>	ELECTION  CHAIR – KATRINA S.
10:55 AM	<b>19) Motions &amp; P&amp;P</b>	ELECTIONS
	Consent Agenda Bylaws A and B; PNP 1, 2, 3 and 4	
	<ul style="list-style-type: none"> <li>• Bylaws A: Article Article V Section 8</li> </ul> <p>A. Subpart C: The Business Assembly must approve the recommendation by a three fourth (¾) vote. To The Business Assembly must approve the recommendation by a three fourth (¾) vote at the next Business Assembly following the Board vote. Subpart D: . Appeal/petition shall be presented to the Business Assembly during the unexpired term of office within six (6) months of the action. To Appeal/petition shall be presented <del>to</del> <u>at the next</u> Business Assembly during the unexpired term of office. <del>within six (6) months of the action.</del></p> <p>B- Bylaws</p> <p style="padding-left: 100px;">Bylaws C</p>	ADOPTED
	<b>PNP 5</b>	ADOPTED
	<b>PNP 6 MOTION TO TABLE SEND IT BACK TO THE BOARD RECONSIDER MOTION BASED ON PRESENTATION TODAY DONE AT ALABAMA</b>	MOTION TABLED
11:56 AM.	<b>12:00 pm Lunch Break with Speaker</b>	LUNCH BREAK
	Credentials 46 voting 4 nonvoting 50	CREDENTIALS ADOPTED
2:00 pm	<b>2:00pm Committee Meeting</b>	COMMITTEE MEETINGS
3:35 pm	<b>20) Unfinished Business</b> B. 2017-2018 Budget—ADOPTED BUDGET C. Election and Announcements of selected WSBC delegates to be funded and their IG’s D. Announcement of Committee Chairs <ul style="list-style-type: none"> <li>a. Tech Web – Viviana S.</li> <li>b. IGOR – Melissa, H.</li> <li>c. Ways and Means – Andi S. – Gold Coast</li> </ul>	

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA – April 20<sup>th</sup>-22<sup>nd</sup> 2018

- d. Unity with Diversity – Donna, PTI
- E. Bids for Fall 2018 Assembly – Little Rock, AK bid for Oct 12 – 14, 2017; -- Adopted  
OA's SOP

3:50PM	F. BREAK	
4:11PM	Emergency Motions (if needed) None	NO EMERGENCY MOTIONS
4:13 pm	Final Report from NFI Intergroup for Spring Assembly	NFI FINAL REPORT
4:28 pm	21) Unfinished Meetings	NEW BUSINESS
4:29 PM	22) Committee reports- Electronic copies will be available online shortly after the close of the assembly- reports are being project- all have been sent electronically	COMMITTEE REPORTS
	23) Ways & Means	
	24) Bylaws/Electronic Documents	
	A. IGOR	
	B. TSW	
	C. PI/PO	
	D. Technology/Website	
	E. Unity With Diversity	
4:50 PM	F. <b>Any other new business—To do forum next assembly</b>	
4:52 PM	G. <b>For the good of the order (time permitting)</b>	
5:00 pm	25) <b>GREEN DOT CEREMONY</b>	
	26) 5:30 PM ASSEMBLY ADJOURNS	

**2018 - Growing Recovery Worldwide**  
**Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018**

**III. Results of Motions-Miami, Florida- October 2017**

Bylaws Motion (Proposed for Fall Assembly)

X	Adopted
	Amended
	Lost

SOAR-8

Motion C: Update Bylaws Article III, Section 2

**Motion:** Move to amend Bylaws Article III, Section 2, as follows:

Current	Proposed
<p>Section 2 – Qualifications to Vote</p> <p>A. Those Intergroups and/or National/Language Service Boards within the geographic definitions of Region 8 that are registered with the World Service Office of OA and with the Region 8 Service Office.</p> <p>B. Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region 8 Business Assembly for each ten (10) groups or parts thereof as participants. Region 8 Representatives shall not be bound by the wishes of their Intergroup or National/Language Service Board but vote for that which is in the best interest of Overeaters Anonymous as a whole.</p> <p>C. No Intergroup or National/Language Service Board may be registered with or be a member of another region.</p>	<p>Section 2 – <u>Qualifications to Vote Representative Qualifications</u></p> <p>A. <del>Those Intergroups and/or National/Language Service Boards within the geographic definitions of Region 8 that are registered with the World Service Office of OA and with the Region 8 Service Office.</del>  <u>Representatives to Region 8 Assemblies must:</u></p> <ol style="list-style-type: none"> <li><u>1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;</u></li> <li><u>2. Be a member of an Intergroup which is registered with the World Service Office of OA; and</u></li> <li><u>3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.</u></li> </ol> <p>B. Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region 8 Business Assembly for each ten (10) groups or parts thereof as participants. Region 8 Representatives shall not be bound by the wishes of their Intergroup or National/Language Service Board but vote for that which is in the best interest of Overeaters Anonymous as a whole.</p>

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

	<p>C. No Intergroup or National/Language Service Board may be registered with or be a member of another region.</p> <p><u>D. Qualified Representatives as described in Article III, Section 2, A, above, may attend Region Assemblies either in person or virtually.</u></p>
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**Submitted by:** TechWeb Committee and Bylaws/Electronic Documents Committee

**Intent:** To clarify the definition of a Region 8 Representative and to include virtual attendees.

**Implementation:** Immediately

**Cost:** None.

**Rationale:** Section A is currently a sentence fragment. The proposed change lists the conditions under which a representative is qualified to serve. Once qualified, the representative then has the right to vote. There is no difference between being a representative and having the right to vote. There are no non-voting representatives. The addition of D in this section gives representatives the choice of attending in person or virtually.

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**P&P Manual Change (Proposed for October 2017)**

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X	Adopted
	Amended
	Lost

**SOAR-8**

**Motion 5: Adjust P&P Manual for Virtual Voting at Region 8 Assemblies**

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**Motion:** Move that the Region 8 Policy and Procedures Manual be changed with the underlined text as shown below:

Article XII. Standing Rules

3. Any **physically present** 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 Chairman. **Virtual representatives will be subject to limited voting. Limited voting means that appropriately credentialed representatives who are attending virtually (over the web/internet/chat room) will be able to cast a vote for motions or amended motions, and elect new Board members provided they are willing to waive their anonymity when written (secret) ballots are used. Limited voting also means that, taking into account the present limitations of the Tech Web Committee, virtual representatives will be able to listen to the assembly proceedings, but will not be able to participate in pro/con debates on motions, nor make amendments to any motions.**

**Voting Procedures**

4. Ballot vote will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. **Virtual representatives will submit their vote to the Tech Web Committee using an online platform (chat room, email, or voting software). The Tech Web Committee will complete a written ballot to the collection for each virtual representative who votes.** After announcement of results, motion is in order to destroy ballots.

Recognition **for Physically Present Representatives**

**Add a new form to the P&P (or the website as we transition): VIRTUAL REPRESENTATIVE APPLICATION**

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

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### Intent:

To align the Policies and Procedures Manual for limited voting by virtual representatives. Limited voting means that appropriately credentialed representatives who are attending virtually (over the web/internet/chat room) will be able to cast a vote for motions or amended motions, and elect new Board members provided they are willing to waive their anonymity when written (secret) ballots are used. Limited voting also means that, taking into account the present limitations of the Tech Web Committee, virtual representatives will be able to listen to the assembly proceedings, but will not be able to participate in pro/con debates on motions, nor make amendments to any motions.

The changes reflected above will apply to credentialed representatives attending via virtual technology. Present virtual representatives would then be able to participate in the business assembly and have both a voice and a vote. This motion creates the possibility for fuller participation in Region 8 business assemblies by both small intergroups that currently are not participating and larger intergroups that cannot afford to send a full complement of representatives.

Procedures for voting in the Policy and Procedures Manual have been modified to reflect virtual voting. Votes are normally taken by a show of hands, a voice vote (aye or nay) or by standing. In these types of votes, the voter's choice is NOT anonymous. Thus, anonymity for the virtual representatives is NOT an issue. Exceptions do occur, such as when a contentious issue is better decided by ballot, or for elections. When a 2/3 or a majority is required for passage of the motion, it is defined BY THE NUMBER OF VOTES CAST (not the number present in the quorum). There is no requirement that all representatives, even those physically present, need to vote. In a vote requiring ballots, at this time, credentialed virtual representatives may choose to waive their anonymity or elect NOT to vote.

**submitted By:** Tech Web Committee

### Cost:

*Minimal. We suggest assessing each virtual representative a \$10 fee to cover the costs of mailing nametags and credentialing ribbons prior to the start of the Business Assembly. This motion modifies existing procedures by allowing virtual representatives a vote.*

### Rationale:

Improve Representation of IGs at Assemblies. Currently only 30-40% of the intergroups are physically represented by at least one representative at assemblies. Furthermore, only about 30% of the total representatives that could be in attendance (i.e., credentialed; 1 per 10 groups in each IG) are present. This motion will permit Region 8 to have fuller participation in 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.

## 2018 - Growing Recovery Worldwide

### Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

Example 1: Greater Atlanta Intergroup has 56 groups and thus is permitted to have 6 representatives present and voting. Due to costs of travel, etc., Greater Atlanta normally sends only ONE representative to the business assemblies, thus losing five of its six votes.

Example 2: Itty-bitty IGs in Mississippi, Puerto Rico, etc. RARELY send a representative because they are very small. They do not have a vote, but they should.

Enhance Region 8's Commitment to our Concepts. Concept One states that the ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. Concept Four states that the right of participation ensures equality of opportunity for all in the decision-making process. Finally, Concept Twelve states, in part, that the spiritual foundation for OA service ensures that all important decisions shall be reached by discussion, vote and, whenever

Take Advantage of Existing Technology. Attending meetings remotely and fully participating in them has been a reality for decades. The IRS, banks, corporations and society as a whole have accepted the validity of digital signatures and virtual/digital interaction. For the past six years, Region 8 has employed virtual attendance technology to allow remote interaction via video and text chat. Clearly the experience that anyone who has ever attended an assembly face-to-face has had cannot be captured when you attend remotely. However, while not perfect, this current online technology does 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.

vote by voicing an aye or nay vote, or by raising their hand, or by texting yes or no on the motions. *Note: Since there is no requirement that physically present credentialed reps be in attendance at the sessions, a technology failure should not prohibit virtual representatives from voting, unless the failure occurs during the voting process. Also, there is NO requirement to cast a ballot – anyone may abstain. The majority is based on number of votes cast – not the quorum.*

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**IV. Reports**

**Board Member Reports**

**Katrina S. Chair**

**Extending the Heart of OA**

First, thanks to everyone in Region 8 for giving me the honor and privilege of being Chair. Special thanks to those who will travel to the assembly. And, sincere thanks to those at home who serve in every capacity from attending meetings to IG board members. I appreciate your dedication and commitment to this work, the region and your own recovery. Together, we do wonderful things.

Second, thanks to Southwest Alabama IG for hosting us in beautiful Mobile! This intergroup is small but mighty. Regina, Barbara, Aleta and the whole merry band! You did it and we are ever grateful!

Third, thanks to my board, parliamentarian and trustee. For a green dot region chair having a board is like having a job GPS. You know, if you are driving and your spouse/partner/significant other/whatever is giving directions and you miss a turn you're likely to hear some not-so-nice responses. What! You missed the turn! We're going to have to go 20 miles out of the way! And you know that 20 miles is NOT going to be a fun drive! But the GPS goes something like: Rerouting. Continue on the current road. Take exit 16A, 20 miles ahead. All in a super sweet, non-judgmental voice. GPS is great. Like having a board, parliamentarian and trustee. I highly recommend both.

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However, the thing that I most want to speak to you about is: Extending the Heart of OA. It is taken, of course, from the OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

My first inclination was to stand here and lecture. To shake a finger at YOU and say that YOU need to extend YOUR heart. Implying, of course, that I ALWAYS extend mine. What nonsense!

Thankfully, quiet time with a loving higher power brought me to another, more truthful place.



## 2018 - Growing Recovery Worldwide Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

When I first walked through the doors of OA I was living on sugar and quite insane. The members at that first meeting let me cry, let me share and loved me, though they didn't know me. At the second meeting they asked me to be group treasurer, ensuring that I was connected to the program, those people and that meeting.

First, they extended the heart of OA. I felt the love in that room. Second, they extended the hand of OA. They recognized that I need to "do" to stay connected and gave me a task.

After being in the program for a few years I see that extending the heart of OA is sometimes hard to do. I, or someone else, may share too much or be off topic. Sometimes I, or someone else, may be angry or bitter. We work together to keep OA strong and growing but I, or someone else, may not get the task done or done "correctly." In other words, we are beautifully, perfectly human.

It is in those times of irritation, of annoyance that we must call on the fruits of the program, the peace, serenity, joy and love that is the gift of The Promises. If someone crosses one of my boundaries and my response is immediately harsh or angry am I extending the heart of OA? If I notice that someone is struggling with their program and I whisper to others. Meaning that my first response was not to lovingly offer help. Am I extending the heart of OA?

Know this, I have done all of these unloving things and though I have learned and grown through the program and prayer, being human I may, yet again, fail to extend the heart of OA. Though I pray and work at this daily.

Extending the heart of OA is simply offering and coming from a place of love, respect and compassion. Love lifts us, strengthens us, lights our path, assures us of our place in the universe and the beautiful thing is, it does this whether it is given or received!

Extending the heart, the love of OA can be a simple smile, a hug, listening with an open heart, noticing the beauty around you and saying: You look beautiful today! No matter the gender of the person being addressed. Extending the heart, the love of OA can be a call to someone you haven't seen in a meeting in a while. We live with a disease that can and does kill. Ordinary acts of kindness, of love, of extending our hearts, can save lives.

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

We are thankful that the OA program is a “we” program, for in loving, lifting and holding another up, we find love, lifting and holding for ourselves.

As Chair, as I rise to the challenge to love more, to share the grace that the program has brought to me and to extend the Heart of OA I ask your help, well wishes, prayers and love as I extend that to you. Also, I will, at times, fail to express compassion, understanding and love as I grow. I may fail to extend the Heart of OA. Please forgive me and offer me the strength and beauty that you always do. Continue to extend your love and your generous, gracious and boundless heart. I thank you more than words can say.

Big hugs, much, much love,  
Katrina S  
Region 8 Chair

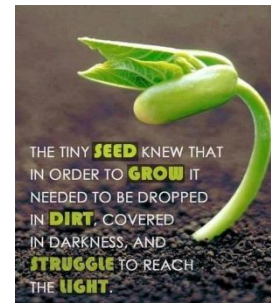
# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Barbara C. Vice-Chair**

Where does the time go? It has been five months since the previous SOAR 8 Recovery Convention and Business Assembly (Miami, FL). This RC & BA made \$2,864 for SOAR 8 and an equal amount for the Miami-Dade and the Keys IG. Approximately 190 people attended. (See packet for complete report.) We have experienced Halloween, Thanksgiving, Hanukkah, Christmas, Kwanzaa, the New Year, Valentine's Day, St. Patrick's Day, Easter, Passover, and the dark days between the end of Daylight Saving Time in November and its new beginning in March. OA celebrated IDEA Day (International Day Experiencing Abstinence) on the third Saturday in November, Twelfth-Step-Within Day (annually on December 12), its 58<sup>th</sup> birthday on January 20 and Unity Day on February 24 at 11:30 a.m. PST. In conjunction with Unity Day, ten Intergroups from Florida planned and hosted the 28<sup>th</sup> Florida State Convention of OA. The "off months" of winter were full of activities.

I love that the theme for this convention and business assembly is "Spring into Recovery." Spring is my favorite season. It is full of promise, new beginnings and flowers: azaleas, dogwoods, violets; and it's time to plant the garden. As you will learn this weekend, planting my garden is very analogous to my program of recovery. I must tend to both: decide on and plant the seeds, pull out and discard the weeds (unhealthy foods, behaviors and thoughts) and nourish what is healthy (abstinence). My raised beds are planted; and, as I write this, the peas and watermelons are peeping through the soil, and the poor tomato plants, which I planted a bit early and thus were exposed to freezing temperatures (relapse and recovery, perhaps?), are leafing again. With luck and help from my Higher Power, I will be harvesting these plus carrots, two varieties of lettuce, onions, strawberries and blueberries.



The website (which I oversee, but our webmaster, MJ, has to modify) has many updates. In anticipation of virtual voting, we added the Virtual Attendance Application and also a letter to all first time representatives ("**Green Dots**") so they may be ready to attend. In case you think you are the only person who has to remain abstinent while dating, in the hospital, keeping religious or medical guidelines, etc., think again! The Unity with Diversity (UWD) Committee has compiled a list of "special circumstances" and can put you in touch with people who are willing to share their experience, strength and hope while facing the same issues. (We hope this will be up and running by now.) The SOAR8 Bylaws and the Policies and Procedures Manual have been updated with the changes voted in at the October assembly. Twelfth Step Within (TSW) Committee has a list of night owls, members who are willing to sponsor on-line, relapse mentors, and the means for you to request workshops and speakers. The Public Information/Professional Outreach (PIPO) Committee needs volunteers to carry the message in July in Orlando, FL at a meeting for health professionals. There is so much information! Check out the SOAR 8 web page (oaregion8.org).

How well do you apply the tool of service? If you are ready to step up your game, there are many opportunities for service in the near future.

- The Tech Web Committee of SOAR 8 needs members now, more than ever. Since we have adopted virtual voting, we need people to help run the computers: displaying the proceedings of the business assembly, chatting with virtual attendees, and assisting with the virtual voting

## 2018 - Growing Recovery Worldwide Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

procedures. If you use a smart phone, you are qualified to serve! If you are technologically challenged but interested, we can bring you up to speed.

- The positions of SOAR 8 Vice Chair and Secretary are up for election at the fall business assembly. These positions are critical to the functioning of Region 8. Are you qualified to throw your hat into the ring?
- Region 8 will be hosting the World Service Convention at the Renaissance Hotel (Orlando at Sea World) in Orlando, FL August 20-22, 2020. This event only happens every five years, so plan NOW to attend. We will also need lots of volunteers. Your first opportunity for service is to come up with a THEME for this convention. Our Trustee, Linda, has brochures outlining the contest. Submissions are due by 15 June 2018. Following that, we will need volunteers for each of the committees required to put together an event of this magnitude (500 -1,000 attendees).

In October, we will be “Rocking the Promises” in Little Rock, AR. Preparations are underway and the Central Arkansas IG is right on schedule! They have brought registration flyers for you to take with you, and the flyer is on the SOAR 8 web page. Make your hotel reservations early. As noted earlier, we will be electing members to fill the Vice Chair and Secretary positions.

In loving service,  
*Barbara J. Carter*  
SOAR 8 Vice Chair

**P. S.** A note about 2020: World Service Convention, Orlando FL 20-22 August  
Because of the WSC, we will NOT hold the Florida State Convention of OA in 2020. (Should people step up to plan it, it will resume in 2021.) All planning efforts and volunteer service will be directed toward making the WSC a success. In addition, we would like to suggest that both SOAR 8 Recovery Convention and Business Assemblies be held OUTSIDE of Florida that year. Please start considering your bids soon.

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Sam A. Treasurer**



### *Treasurer's Report – Mobile Assembly Spring 2018*

Hi everyone!

This is Sam, the treasurer of our great region. As always, I am looking forward to seeing everyone again in Mobile! I am on my second term as treasurer and all is going well. I have my feet wet and feel like I know what I am doing most of the time! We are still doing well financially.....my guideline to how well we are doing is keeping our prudent reserve within the WSO suggested range of 40%-60%. Our region rocks with contributions!!!

Again, 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! Blessings to everyone and a safe trip to Mobile! See you soon!

Sam

Region 8 Treasurer

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Janet T.- Secretary**



Hello all and welcome to the Region 8 Business Assembly in Mobile, Alabama USA. Thank you to the Southwest Alabama Intergroup of OA for committing to this Business Assembly and Recovery Convention! What a great way to recharge our batteries this spring.

If it seems like Deja view all over again, it is- I am filling in the Secretary position for the remainder of the term at the request of the R8 Board. I am happy to do so and look forward to seeing old friends and making new ones. I find that doing service keeps me grounded in my recovery....it is essential.

I am excited and look forward to working with the R8 Board and our new Chair as well as all the Reps, and look forward to meeting our new “Green Dot” reps

If you have ANY concerns, questions, comments or just want to say hey...please feel free to email, text, call or stop me in the hallways! FYI- we ARE looking for someone to take over as Secretary---it is a fun-filled and NOT boring position, and I am willing to help in anyway I can.

Thanks and I look forward to seeing everyone!

Janet Thrane, 407-310-228

Secretary@oaregion8.org

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

Linda H.- Trustee



## TRUSTEE REPORT

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 Mobile!

I want to thank SouthWest Alabama Intergroup for hosting our Business Assembly and Convention. They are a small intergroup that stepped up to the plate to do service. Service keeps our program strong.....whether it be setting up chairs, sponsoring, serving as an officer at your meeting, serving in your intergroup, hosting a Business Assembly and Convention, or as a delegate at the world level.....anything you can do to keep your program and Overeaters Anonymous strong. I have been doing some kind of service for the last 29 years.

As Trustee I am the liaison between Region 8 and the World Service Office. When I leave the Business Assembly on Sunday I will be flying to Albuquerque to attend the World Service Business Conference (WSBC) 2018. The business conference has delegates from all over the world voting on the motions brought forward by the fellowship. Hopefully your intergroup participated in the survey questionnaire.

### What's New in the World of Overeaters Anonymous!

As part of OA's Strategic Plan under the topic of Growing OA Unity Worldwide, a committee has been working on video presentations covering each of our Twelve Traditions. In honor of Unity Day on Saturday, February 24, 2018, at 11:30 a.m. PST, we now have a podcast that covers the topic of Unity. If you enjoy it, please feel free to share <https://oa.org/podcasts/unity-day/> here is the script <https://oa.org/files/pdf/Unity-Day-2018-Script.pdf> if you would like to read it or translate the podcast. The literature referred to in the podcast is as follows:



## 2018 - Growing Recovery Worldwide Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

*Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, p. 107*

*A Common Solution: Diversity and Recovery, p. 8 and p.2*

*Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition p. 110*

*OA Inc. Bylaws, Subpart B, Article V*

*Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, p. 117*

### *NEW! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, SECOND EDITION*

Updated and improved, OA's keystone book—the OA Twelve and Twelve, Second Edition—is now available. Created specifically as a study of the OA Twelve Step recovery program, The Twelve Steps and Twelve Traditions of Overeaters Anonymous has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don't hesitate to call miraculous.” Visit the OA bookstore to order the new Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition (#990-2).

Get OA Spanish literature for cost of shipping go to the OA Bookstore online

A Step Ahead First Quarter 2018 <http://oa.org/files/pdf/asa-q1-2018-bw.pdf>

NEW 2017 Membership Survey Report Available OA Bookstore #102

Use the Public Information Service Manual to carry the OA message of recovery

Expanded, and updated with current media practices, OA's PI Manual is packed with more than 70 pages of outreach suggestions. Learn what a PI Committee is and how to start one. Get practical ideas for reaching newcomers. Learn how to work with digital, print, and broadcast media—while protecting member anonymity. Use the sample press releases to make contacts in your area. And much, much more. To order the Public Information Service Manual (#762) from the OA bookstore, click here. New Courier Newsletter—Carry the Message to Referring Professionals

#### *New Courier*

A new issue of the Professional Community Courier is now available for download on oa.org. The Courier is our newsletter to professionals in health care, nutrition, counseling, and similar areas who may refer patients and clients to OA. Courier articles are written by doctors, nurses, counselors, and other providers so that referring professionals can learn from peers in their field about the solution we have found by working the Twelve Steps of Overeaters Anonymous. Help the still-suffering compulsive eater find us by raising awareness among referring professionals in your community. Download the Courier and share it today!

*NEW! Updated Guidelines for Addressing Disruptive Behavior and Local OA Literature*

Download and use these two revised guidelines to support strong meetings in your area. Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings describes issues members might experience and suggests actions face-to-face and virtual groups can take to address



## 2018 - Growing Recovery Worldwide Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

disorderly behavior and protect members and groups. *Guidelines for Locally Produced Literature* lists twelve procedures and tips for service bodies to use as they develop literature to meet specific needs in their area.

[A New Beginning: Stories of Recovery from Relapse](#) is once again available as a paperback book. To order this recovery resource, go to: <http://www.amazon.com/New-Beginning-Stories-Recovery-Relapse/dp/1889681016> and click the “Paperback \$9.99” button. A single book will be printed for your order and delivered to your address.

### **CALLING ALL OA MEMBERS!**

#### ***Region 8 is hosting a contest***

Region 8 has been selected to host the next

*World Service Convention* at the Renaissance Hotel in Orlando, Florida -- August 20-22, 2020.

To make this a winning event in our Region, a lot of planning is required and we will need many volunteers! This is a great opportunity to provide service.

One of our first tasks is to pick a theme for the event, so we are hosting a contest. Here’s how it will work:

- All submissions must be sent to [R8Trustee@gmail.com](mailto:R8Trustee@gmail.com) before the deadline of June 15, 2018.
- The Region 8 Board will review all the submissions and pick three semi-finalists.
- The themes from the semi-finalists will then be submitted to the Board of Trustees for final approval of one theme.
- The winner will be announced Sept. 1, 2018 and receive the prize that has not yet been determined.

On a personal note this is my last year as Region 8 Trustee...I rotate out of service. I have

served the Region for six years. Please think about doing service as the Region Trustee. The

requirements are listed under documents at [OA.org](http://OA.org).

I have had the experience of a lifetime!! What an honor it is to serve the Region and do service in the form of retreats, workshops and serving with seventeen other Trustees

who have many years of abstinence and share their ES&H. Together with the fellowship we have

a vision for OA in the future. Without service our fellowship suffers...Together We Can!

Hugs,  
Linda H.  
Region 8 Trustee

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

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 2/16/18-3/15/18

BUSINESS ASSEMBLY Between October 2017 and April 2018

Specific objectives for the period (Numbered List)

1. Complete renumbering of sections in P&P
2. Prepare template for submitting motions
3. Write report for Spring Assembly – due Feb 23
4. Send Newsletter to Board for approval – due March 16

Actions /Activities conducted toward objectives (List by Objective)

1. Worked on renumbering sections in P&P – sent to committee for review
2. Continuing to work on template
3. Completed report for Spring Assembly
4. Newsletter will be sent on 3/16.

Projections for the next period:

1. Continue work on renumbering section in P&P
2. Complete work on template and bring to assembly
3. Prepare agenda for assembly.

Expenditures for the period: \$

Committee Chair: Pam Gleason Date: March 15, 2018

# 2018 - Growing Recovery Worldwide

## Twelfth-Step-Within



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: TSW PERIOD COVERED Up to March 2018

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BUSINESS ASSEMBLY April 2018

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Specific objectives for the period (Numbered List)  
Enhance Recovery message in SOAR 8 region.

1. TWS webpage is accessible to OAer's.
2. Connect Speakers with groups
3. Connect Relapse Mentors with mentees
4. Connect Online Sponsors and sponsees
5. Connect workshop resource list to those interested in putting on a local workshop.
6. Connect people who need to call late at night to those available.
7. Promote recovery, steps and traditions thru TSW email.

---

Actions /Activities conducted toward objectives (List by Objective)

1. Slow activity for speakers, and relapse mentors. Connections made.
2. Updated Online Sponsors list for active members.
3. No requests for workshop resource list to date.
4. TSW member has presented two WSO OA online workshops. Abstinence and Abstinence versus food plan.
5. Created night owls list and updated webpage to allow people to sign up to be on list or request a copy of the list.
6. Continue to promote recovery, steps and traditions thru monthly TSW email.
7. Presented skit at last assembly.
8. Worked with Unity with Diversity group by TSW members signing up for UWD call list for specific areas and sharing our experience of getting more people to participate by using signup sheets in conferences.

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Projections for the next period

1. Recruit new speakers, sponsors, workshop resources, night owls and relapse mentors.
  2. Offered to FSC to give workshop targeting intergroups to strengthen local service bodies and therefore recovery.
-

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

- Promote use of resources: relapse mentorship, sponsors, speakers, workshops resources and night owls.
- 

Expenditures for the period: \$0

Committee Chair: JC D Date: 03-15-18



2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

Unity with Diversity

Date 3/15/18

Expenses \$0 Budget \$0

**Members Attending: Donna D, Joanna, Georgette, Paula W**

Accomplished at monthly phone conference:

1. **Members Attending: Donna D, Joanna, Georgette, Paula W**

**Members not attending: Atiya, Mark J, Gloria F, Lila V, Heather, Elena, Patty K**

2. **Donna on “Diversity List” progress:**

-Vice chair Barbara C has emailed permission to have it added to the R8 website

-UWD addition to include new expanded list of diversities w/o contact info -  
which will provide a way for people to request help from some person with the diversity who has  
stayed abstinent

-or offer to join the list of experienced people

-the contact info will not contain column for best time to call, too complicated

-Donna is working with MJ, webmaster, to get the list etc on the website

3. **Donna: will update the list as needed**

4. **Joanna will contact other OA Regions for info on Young People in OA**

-Donna suggested contacting Linda H for info on Face Book Young P in OA group already in  
existence

Projected goals for next month, April (indicate who was tasked with each goal)

1. **Have all slots filled in before Mobile by all of us**

2. **Have a new UWD page on the R8 website - Donna and MJ**

3. **Send out weekly reminders about the next phone conf, Donna**

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

4. Joanna will send me a report on OA Regions and WSO OA for info on Young People in OA

5. Paula will send me a report on the presence and actions of UWD groups in other regions and WSO OA.

**Committee Chair** Donna Dobbs

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Ways and Means**

See addendum

**Intergroup Outreach (IGOR)**

See addendum



2018 - Growing Recovery Worldwide  
 Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**V. Motions for current Assembly**

**Motion1: P&P Manual Change (Proposed for Spring 2018)**

	<b>Adopted</b>
	<b>Amended</b>
	<b>Lost</b>

**SOAR-8**

**Motion 1: Adjust P&P Manual for Reimbursement**

Motion: Move that the *Region 8 Policy and Procedures Manual* be amended by adding the underlined text below

<p>Current Wording          Article XII. Financial Policies          A. General</p> <p>9. Reimbursement to funded persons for expenses incurred for attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines:          Transportation          When possible, the least expensive form of transportation shall be used.          Private vehicle—Expenses including tolls and parking fees are reimbursed pro-rata at the IRS current charity rate or actual expenses, less amount received from car-poolers. The Accountability Sub-committee Chair will notify the newsletter editor to publish any changes.          Public vehicle—Fare is reimbursable for lowest rate available for tickets purchased at least two weeks in advance. Transportation fees to and from terminal are also reimbursable.</p>	<p>Proposed Wording          Article XII. Financial Policies          A. General</p> <p>Reimbursement to funded persons for expenses incurred for attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines:          a. Transportation          When possible, the least expensive form of transportation shall be used.          1) Private vehicle—Expenses including tolls and parking fees are reimbursed pro-rata at the IRS current charity rate or actual expenses, less amount received from car-poolers. The Accountability Sub-committee Chair will notify the newsletter editor to publish any changes.          2) Public vehicle—<u>This category includes buses, trains, and airplanes.</u> Fare is reimbursable for lowest rate available for tickets purchased at least two weeks in advance. Transportation fees to and from terminal are also reimbursable.          3) <u>Rental cars -- Members may be reimbursed for rental cars on a case-by case basis. The request to use a rental car must be submitted to the Region 8 Board at least two months in advance of the proposed use; and permission must be granted by the Board in order for the expenses to be reimbursed.</u></p>
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Intent:

## 2018 - Growing Recovery Worldwide Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

To specify in the Policies and Procedures Manual that Region 8 may reimburse Board members or Funded Committee Chairs for use of rental cars on a case-by base basis.

Submitted By: Region 8 Board (Vice-Chair)

Cost: *None to implement.*

Rationale:

Clarify reimbursement policy. Region 8 is large and distances to the Business Assemblies may be quite far, making it a problem to drive. Leased cars have yearly limits on the numbers of miles allowed to accrue. Air fares may be quite expensive, especially to and from non-major cities. Finding the least expensive way to travel is sometimes challenging and requires creative planning. This change to the policy allows the most flexibility.

Support Tradition 5: Carry the message. Tradition Five states that the primary purpose of Tradition 5 is to carry the message. Our SOAR 8 funds should be used sparingly for personal travel reimbursement, so that more money is available. Finding the least expensive way to get funded members to the Business Assemblies safely is important.

2018 - Growing Recovery Worldwide  
 Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**Motion 2: P&P Manual Change (Proposed for April 2018)**

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	<b>Adopted</b>
	<b>Amended</b>
	<b>Lost</b>

**SOAR-8**

**Motion 2: Adjust P&P Manual for Treasurer**

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Motion: Move that the *Region 8 Policy and Procedures Manual* be changed by striking No. 9.

Article XIII. Board Members

Treasurer

Current wording	Proposed wording
7. Will be bonded. 8. Will be liaison to funded committee(s). 9. Will set up hotel master account prior to each Assembly to pay for Board members and Funded Chairs.	7. Will be bonded. 8. Will be liaison to funded committee(s). 9. <del>Will set up hotel master account prior to each Assembly to pay for Board members and Funded Chairs.</del>

Intent:

To specify in the Policies and Procedures Manual that Region 8 Treasurer will not pay the hotel directly for rooms used by Board members and Funded Chairs. Members will pay the hotel directly, submit a voucher for reimbursement and be reimbursed for all expenses at the same time.

This prevents the Treasurer from having to track who is in what room.

If assistance is required the Treasurer may pay the hotel room on a case by case basis.

Submitted By: Region 8 Board (Vice-Chair)

Cost: *None to implement.*

**VI. Final Report of Hosting Committee, Miami, Florida October 2017**

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

### **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.
  - 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. be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

4. result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
5. 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.
6. 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.
7. 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.
8. Pro and con speakers shall use the appropriate pro/con microphone. While waiting to speak, pro/con speakers may queue at the microphones.
9. A voting member may not speak on two consecutive motions or amendments unless the maximum number of speakers has not been reached.
10. The first speaker is always pro, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
11. 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.
12. 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.
13. A motion to close debate (Previous Question) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
14. 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.

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

### VIII. Decorum in Debate

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Jan Strand, PRP

March 1, 2014

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**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.
- 12<sup>th</sup>-Step Within.** This Committee is concerned with keeping in contact with all people suffering from this disease of food addiction both within the rooms of OA and those who have come and left OA.
- Ways and Means.** This committee proposes projects that would make additional income for Region 8. The SOAR 8 pins are an example of such a project. The committee also annually produces a budget for the next year and audits the treasurer's report. (maximum of 8 people)
- Technology/Website.** This committee is in charge of assisting Region 8 with all technology concerns and endeavors. This committee manages the Region 8 website and Remote Attendance of Assemblies.
- Unity With Diversity.** This committee is focused on ensuring and encouraging unity within all of the diverse groups of Region 8. This committee is also involved with reaching out to Young People.



2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

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? \_\_\_\_\_

\_\_\_\_\_

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA—April 20<sup>th</sup>-22<sup>nd</sup> 2018

Rev 9/2013

To help the committee determine amount of funding needed, please complete the following:

Lodging: **1/2 double-occupancy rate for two nights, including tax and tips**

Transportation: **Public transport at lowest rate, or private vehicle (Note 1)**

**Less amount your Intergroup can contribute toward expenses**

**TOTAL AMOUNT REQUESTED**

Signatures:

Intergroup Officer

Office

Intergroup Officer

Office

Send completed form to Intergroup Outreach Chairman (see Appendix C)

Include financial reports (see above)

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

Rev 9/2013

### Rep Funding Guidelines

1. Priority will be given to Intergroups which have never been represented at an Assembly, and to Intergroups which have not been funded in two years.
2. Intergroups which request funding more frequently than every two years will be considered on a case-by-case basis, at the discretion of the Rep Funding Program.
3. Funding shall be limited to expense of transportation and one-half the double occupancy rate for a maximum of two nights. Transportation should be by automobile if possible, or air/bus/train at the lowest rate.
4. Funding shall be limited to one Rep per Intergroup. However, other members may share transportation.
5. Advance funding may be requested, or funds will be given to the Rep upon arrival at the Assembly. *Voucher* (in this appendix) will be required for either transaction. Unused funds and reconciliation of Advance must be returned to the Region Treasurer within six weeks after Assembly.
6. Application for Rep Funding is requested sixty (60) days prior to the Assembly; however, applications received at a later date will be considered.
7. An application requires the signatures of two Intergroup officers.
8. An application requires copies of the most recent financial reports of your Intergroup.

2018 - Growing Recovery Worldwide  
 Mobile, Alabama USA—April 20<sup>th</sup>-22<sup>nd</sup> 2018

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 bkfast/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.

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**X. Future Assembly Flyers**

**Little Rock, Arkansas, October 12<sup>th</sup>-14<sup>th</sup> 2018**



**Crowne Plaza**  
201 S. Shackleford Road  
Little Rock, AR 72211  
501-223-3000

**\$109<sub>(plus tax)</sub> per night\***  
**1-4 people per room**

\*Reservations must be made at least 3 weeks prior to event.

\$6 breakfast voucher can be purchased *at hotel check-in.*  
(\$15 without voucher)

Free wireless internet, fitness center, complimentary shuttle, free parking, mini fridge & microwave in every room

Request the OA8 Guest rate when you reserve your room



Central Arkansas Intergroup Overeaters Anonymous



**SOAR 8 Recovery Convention  
and Business Assembly**  
October 12-14, 2018

**Crowne Plaza**  
201 S. Shackleford Road  
Little Rock, AR 72211  
501-223-3000

Registration Flier

# 2018 - Growing Recovery Worldwide

## Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

### Convention Highlights

Registration desk opens at 3pm Friday

Workshops Begin: 4pm Friday  
8am Saturday  
8am Sunday

Opening Ceremony: 8:30pm Friday  
Banquet & Entertainment Saturday evening!

### For more information contact:

Convention Chair:  
Margaret R.  
501-258-1697  
meshelldeb@yahoo.com

Hotel Liaison:  
Jacqueline C.  
501-837-3118  
currie.jacqueline@gmail.com

Registration Chair:  
Michelle D.  
501-580-6120  
mdquark@gmail.com

### Register online

(A surcharge will be added when using this site)

**SOAR8LR2018.eventbrite.com**

No refunds after October 1, 2018

Name \_\_\_\_\_

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_

Email \_\_\_\_\_

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

Please check one:

Attendee at Convention  Region Board Member  Funded Chair

Trustee  Region Rep  Region Rep -1st time  Region Rep -virtual\*

I am willing to serve as:

- |                                                                                    |                                               |
|------------------------------------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Greeter                                                   | <input type="checkbox"/> Boutique             |
| <input type="checkbox"/> Hospitality                                               | <input type="checkbox"/> Runner/Page          |
| <input type="checkbox"/> Registration                                              | <input type="checkbox"/> Drawing/Ticket Sales |
| <input type="checkbox"/> Timer                                                     | <input type="checkbox"/> Where needed         |
| <input type="checkbox"/> Workshop Speaker (requires 90 days continuous abstinence) |                                               |

\$35 Early Registration (before 9/12/18)

\$50 Registration

\$35 Registration Saturday Only / Region Rep - virtual\*

\$32 Lunch Saturday (deadline 10/05/18)  
check one: \_\_\_chicken (contains shellfish) \_\_\_vegetarian

\$44 Banquet Saturday (deadline 10/05/18)  
check one: \_\_\_chicken \_\_\_salmon \_\_\_vegetarian

Donation/7th Tradition \$ \_\_\_\_\_

Scholarship Donation \$ \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

Mail with check (payable to Central AR OA Intergroup SOAR8) to:  
Michelle D.  
22 Mossy Rock Cove, Little Rock, AR 72211

2018 - Growing Recovery Worldwide  
Mobile, Alabama USA–April 20<sup>th</sup>-22<sup>nd</sup> 2018

**XI. Flyers for 2018 bids**

In Addendum