

# SOAR 8

Southeast Overeaters Anonymous Region 8



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

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**2018 - Growing Recovery Worldwide**  
**Little Rock, Arkansas USA – October 12<sup>th</sup>-14<sup>th</sup> 2018**

**I. SOAR 8 Service Directory**

**Board Members**

<p>Chair          Katrina          Baton Rouge, LA          (225) 715-4988  <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a></p>	<p>Vice Chair          Barbara C.          Jacksonville, FL          (352) 472-9924  <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a></p>	<p>Treasurer          Michelle D.          PO Box 242522          Little Rock, AR 72223          (501)-580-6120  <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a></p>
<p>Secretary          Janet T.          Winter Park, FL          (407) 310-2284  <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a></p>	<p>Region Trustee          Linda H.          Madeira Beach, FL          (727) 647 8280  <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a></p>	<p>Parliamentarian          Judy K.          Jacksonville, FL          (904) 704-7004  <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a></p>

**Committee Chairs**

<p><b>12th Step Within (TSW)</b>          JC D          Clearwater, FL          (813) 240-8572  <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a></p>	<p><b>Technology/Website</b>          Burt T.          St Augustine, FL  <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a></p>	<p><b>Bylaws/Electronic Documents</b>          Pam G.          Sarasota, FL          (941) 343-7181  <a href="mailto:Bylawschair@oaregion8.org">Bylawschair@oaregion8.org</a></p>
<p><b>Intergroup Outreach (IGOR)</b>          Aleta P.          Baton Rouge, LA          (225) 937-0566  <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a></p>	<p><b>Ways &amp; Means</b>          Andi S          Coral Springs, FL          (954) 295-1123  <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a></p>	<p><b>Unity With Diversity</b>          Donna D.          St Pete, FL          (727) 480-0865  <a href="mailto:Unitychair@oaregion8.org">Unitychair@oaregion8.org</a></p>
<p><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></p>		

**Other Service Positions**

<p><b>TSW Mentor List</b>          Neill M.,          (919) 789-9402          Triangle, North Carolina  <a href="mailto:mentors@oaregion8.org">mentors@oaregion8.org</a></p>	<p><b>TSW Email/Sponsor List</b>          Julia S.          (985)-646-2593          Louisiana  <a href="mailto:sponsors@oaregion8.org">sponsors@oaregion8.org</a></p>	<p><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></p>
<p><b>TSW-Workshop Resources</b>          Tara loux          (412)260-8859  <a href="mailto:workshops@oaregion8.org">workshops@oaregion8.org</a></p>	<p>TSW-Night Owls          OPEN POSITION  <a href="mailto:nightowls@oaregion8.org">nightowls@oaregion8.org</a></p>	<p><b>Region 8 Webmaster</b>          Mary Jane W.          St Petersburg, Florida          (727)-954-7544  <a href="mailto:webmaster@oaregion8.org">webmaster@oaregion8.org</a></p>

# 2018 - Growing Recovery Worldwide

## Little Rock, Arkansas USA – October 12<sup>th</sup>-14<sup>th</sup> 2018

### I. Chair Report

As always, 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. We recognize that you are taking precious time away from friends and family. For the Green Dots who are with us for the first time. Thanks for having the courage to step up your program and for bringing us your fresh energy and enthusiasm. And, sincere thanks to those at home who serve in every capacity from attending meetings to IG board members. To all of you, I appreciate your dedication and commitment to this work, the region and your own recovery. Together, we get better!

Second, thanks to Central Arkansas IG for hosting us in incredible Little Rock! At every monthly board meeting Vice Chair Barb's update on the planning for this assembly was essentially, "No worries. They got this!"☺

And, when the hands holding the reins belong to Margaret, Jacqueline and Michelle with backing from the rest of Central Arkansas you know that it's true!

Third, thanks to the Region 8 Trusted Servants. As you know there will be and have been many changes at the region level. I am filled with gratitude for all who serve. At each assembly we write love notes to each other. I would like to make this report an open love note to the region Trusted Servants and share that gratitude with you. I recognize the inadequacy of my words yet ask that you forgive what may be incorrect or lacking.

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**Vice Chair-Barb C:** Thank you for always saying yes! If something needed to be done and no one was sure who was really responsible Barb would raise her hand and get it done. Whether it was to compose a motion to move the region forward or working with a committee chair to help carry the message. These tasks were not just done but beautifully, wonderfully, completely done. And, you did this while chairing the Florida State Convention, holding down a demanding job and being a Super Grandmother. Barb, thank you for supporting, sustaining and picking up the slack for everyone, including me. You will be greatly missed.

**Treasurer-Sam A:** Thank you for taking the organization of Region 8 finances to the next level. By computerizing the books your work brought transparency and accountability to the management of Region 8 funds, giving all of us a greater measure of trust. This is a solid foundation that will serve the region for years to come. Thank you for this incredible gift. We will miss you.

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**Trustee-Linda H:** Thank you for answering every question with a smile. Thank you for the easy laughter and calm, wise input when things felt tense. Thanks for keeping tabs on everything OA and communicating what we needed to know in a clear and timely manner. We will miss your elegant boutique wardrobe just as much as your warmth and professionalism.

**Secretary-Janet T:** Thank you for stepping in and stepping up without hesitation. When the Secretary's computer died, when the Tech Web Committee needed an extra hand to make virtual voting possible, when the Certificates of Eligibility were simply not in place. Thanks for wearing an "S" on your chest, casually.

**Parliamentarian-Judy K:** Thanks for bringing us the wisdom and patience of your 30 years of abstinence. You are a serene, sure, steady and loving presence, as well as, an amazing source of knowledge. There are no words.

**Interim Treasurer-Michelle D:** When you agreed to be Interim Treasurer I wrote that I did not know which galaxies aligned to bring us such good fortune. That sentiment stands. Excellence is simply what you are and do.

### **Committee Chairs:**

**Unity with Diversity-Donna D:** Thanks for sharing your bottomless well of experience, strength and hope with the region. I truly appreciate your drive to carry the message and to see others grow in recovery.

**IGOR-Aleta P:** Thanks for demonstrating what it means to live Step 12. You take on the mantle of service at any level, be it Trustee, Committee Chair or Timer and do it with a kind of grace that exemplifies the true meaning of Trusted Servant.

**12 Steps Within-J.C. D:** Thanks for being a true visionary with the uncanny ability to inspire others and bring the vision to life. I stand in awe of your gifts and the way that you share them.

**Ways and Means-Andi S:** You are what we all strive to be - unfailingly loving, giving, welcoming and supporting. Much love.

**PIPO-Bonnie V:** Your energy, enthusiasm and love for carrying the message is like sunlight, it grows recovery. You bring the joy of the promises with every smile. Many, many thanks.

**Bylaws / Newsletter-Pam G:** Thanks for being a river of service, quietly flowing, strong and deep. Bylaws, policies and motions hold our service structures together and allow the will of the body to be known and followed. Yet, these fundamentals can sometimes be

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taken for granted. Thanks for working tirelessly to assure that our service structures rest on solid foundations.

**Tech / Web-Burt T:** You are our recovery warrior. There is true integrity in how you share your recovery with us. You bring your fire, your truth, your courage, your sweat, your intellect and your deep belief in the OA way of life to all that you do. There is no way to thank you enough. Many thanks and much love.

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For me, service began as a purely selfish endeavor. I knew that I needed OA to survive and thrive because, without it I would die. But, at times I would put Trusted Servants on a pedestal. My addict's mind would think: They have years of abstinence. They use ALL the tools. They carry the message so much better. These were my thoughts even though, from my experience, they did not ask for anything other than to serve, to broaden and deepen their own recovery and to carry the message.

In truth, every step up in service has exposed more of my numerous character defects. Yes, I am still just another Bozo on the bus but this exposure has allowed the sunlight of the spirit and the OA program of recovery to heal me in ways miraculous. If I can do it, so can you. If you choose to...

There is so much clarity and wisdom in our Region. So many of you who, as stated in the OA 12&12, live this program and don't simply carry the message. You **are** the message. Each day as you live well, are well and embody the joy of recovery, you attract others who want what you have found.

Service is Step 12 in action. There are opportunities available, a stronger program and greater joy awaits. I am ready to write **your** personal love note!

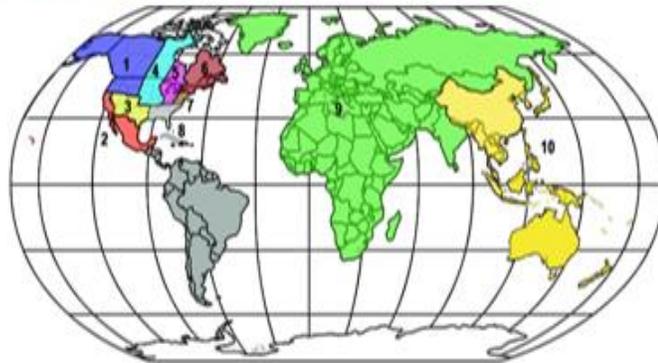
Big hugs, much, much love,  
Katrina S  
Region 8 Chair

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**II. Current Region Composition & Representation**



# Current Region Composition & Representation



	<u>Reg 1</u>	<u>Reg 2</u>	<u>Reg 3</u>	<u>Reg 4</u>	<u>Reg 5</u>	<u>Reg 6</u>	<u>Reg 7</u>	<u>Reg 8</u>	<u>Reg 9</u>	<u>Reg 10</u>	<u>Virt. Reg</u>
Affiliated	346	945	424	260	492	829	454	623	729	166	157
Unaffiliated	32	50	34	24	27	30	35	127	134	12	339
<b>Total of Groups</b>	<b>378</b>	<b>995</b>	<b>457</b>	<b>284</b>	<b>519</b>	<b>859</b>	<b>489</b>	<b>750</b>	<b>859</b>	<b>178</b>	<b>496</b>
Number of Service Bodies	25	35	21	17	28	38	21	57	63	13	9
WSBC '18 Possible Representation	34	76	39	23	42	69	36	69	77	16	14
WSBC '18 Actual Representation	-	-	-	-	-	-	-	-	-	-	-

SB information from 2/18 SB Counts Report

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## *Anticipated Cost Reductions*

<b>2017 BOT Expenses:</b>	<b>Total BOT meeting-related Travel</b>	<b>Total additional Regional Travel</b>	<b>Total BOT Expenses</b>
	\$71,840	\$24,855	\$96,695
<b>Anticipated Expenses:</b>	<b>Total BOT meeting-related Travel</b>	<b>Total additional Regional Travel</b>	<b>Total BOT Expenses</b>
	\$40,153	\$24,855	\$65,008
<b>Total Anticipated Cost Reductions:</b>			<b>\$31,687</b>
Changes include replacement of 1 of the f2f BOT meetings with a virtual meeting, Executive Committee reduced to 4 members and reduction of size of entire board to 12 members.			

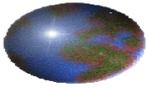
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*DRAFT: Transition Schedule*

	2019	2020	2021	2022	2023
R1	X	E	X	X	E
R2	E	X	X	-	-
R3	X	X	-	-	-
R4	X	E	X	X	E
R5	E	X	X	E	X
R6	X	X	E	X	X
R7	X	E	X	X	-
R8	E	X	X	E	X
R9	X	X	E	X	X
R10	E	X	X	E	X
VRT	X	X	E	X	X
GST1	X	E	X	X	E
GST2	X	-	-	-	-
GST3	X	X	-	-	-
GST4	X	X	E	X	X
GST5	E	X	X	E	X
GST6	E	X	X	E	X
<b>Total:</b>	<b>17</b>	<b>16</b>	<b>14</b>	<b>13</b>	<b>12</b>

### III. Restructuring the OA Board of Trustees



## *Restructuring the OA Board of Trustees*

### Interim Report

#### Our Purpose

- ✦ Research and reach a consensus as to how to best structure the BOT to allow the necessary services to be performed, while maintaining the fiscal soundness of Overeaters Anonymous, Inc.
- ✦ Develop a plan to implement changes to affect the agreed-upon structure.

#### Change

- ✦ It's challenging.
- ✦ It's scary.
- ✦ It's exciting.

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✦It's necessary.

Current Composition of BOT

✦11 Region Trustees

- ✦ 10 Reside in the Region from which they were nominated
- ✦ 1 Virtual Region Trustee

✦6 General Service Trustees

- ✦ Elected 'at large'

✦Total: 17 BOT members

## Clarification

✦According to OA Bylaws Subpart B:

- ✦ Each trustee shall serve and represent Overeaters Anonymous as a whole.
- ✦ To act as guardians of the 12 Steps, 12 Traditions and 12 Concepts of OA Service
  - Insuring that the 12 Steps and 12 Traditions are not altered in any way;
  - To promote the understanding and implementation of the 12 Concepts of OA Service at all levels of service.
- ✦ The regional trustees shall be the representatives of the Board of Trustees in their respective regions and at the region assemblies.

Not-for-Profit Board Composition

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- ✦ Recommendations based on research regarding the optimum size of Not-ForProfit boards.
  - ❖ Ideal board size as far as decision making is concerned is between 5 & 8 members.
  - ❖ Not-for-profit boards assign themselves more responsibilities.
  - ❖ Average size board for this type of organization is 12.

### *Why Change?*

- ✦ **Effective Decision Making:** Current research and personal experience indicates that effective decision making decreases with increased board size.
- ✦ **Scalability:** Currently each region (& WSO) must support a trustee, we believe this is unnecessary.
- ✦ **Cost:** Current number of trustees is unsustainable in the long term.
- ✦ **Improved Accountability:** Currently many decisions are pushed to the BOT when the most appropriate level may be with the regions. BOT downsizing will shift these to the appropriate level.

## Suggested Future Board Composition

### ✦ 12 Board members

- ❖ All positions serve “at large”
- ❖ Each Region will be assigned a liaison Trustee (who lives in that region when possible) to provide support and participation to the extent determined between Region Board and Trustee Liaison.
- ❖ Region boards will assume increased hands-on interaction with members and meetings.

#### Board Members

- ✦ Regions will continue to be encouraged to affirm the nomination of Board members.

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- ✦ All Board positions will be open to nominations from the entire fellowship; therefore reducing the number of appointments needed.
- ✦ 2 Board positions would default (if possible) to candidates outside of North America.
- ✦ Future Region Boards will be empowered to present more ST&C workshops.
- ✦ “Our” Trustee is EVERYONE’s trustee.

### *Does a Trustee need to live in your Region to serve effectively?*

- ✦ Much of the communications done by the Trustee are electronic so not affected by where the Trustee resides.
- ✦ Current technology puts people “face to face” electronically when increased or better understanding is needed.
- ✦ Region officers can fill-in the Trustee regarding any region specifics (e.g. bylaws, history, how things are traditionally ‘done’ in the region, etc.
- ✦ Region officers often can address issues and concerns for their members and service bodies.
- ✦ Having someone who is not invested and has no history is an opportunity for a fresh point of view.
- ✦ Region boards and their service bodies have the opportunity to learn and grow together.

### Region Board Opportunities

- ✦ Regional service opportunities will provide broader training for possible future Board of Trustee membership.
  - ▣ Perform more ST&C workshops independently
  - ▣ Address issues within the Regions (e.g. reply to some of the correspondence sent to WSO)

### *Bylaw Changes needed:*

- ✦ Subpart A Article V
  - ▣ Sections 2, 3, 7, 8, 14
- ✦ Subpart A Article VI
  - ▣ Sections 5, 6

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- ✦ Subpart B Article VII

- ▣ Section 2

- ✦ Subpart B Article IX Board of Trustees

- ▣ Sections 1, 2, 3, 4, 5, 6, 7

- ✦ Subpart B Article X Meetings of Delegates

- ▣ Section 3

Transition Process

- ✦ No member of the board shall be removed as a result of this action
- ✦ Positions shall be phased-out as terms end.
- ✦ During the transition period, should there not be enough candidates to fill all positions in a single year, that position may be eliminated rather than declaring a vacancy. Any vacancies due to resignation or removal of a trustee could also result in the elimination of the position until the number of trustees has been reduced to 12. This could shorten the transition period.

DRAFT: Transition Schedule

As of:	Resulting Number of Trustees:	Action @ WSBC:
Through WSBC 2020	17	
2021	16	5 terms end; elect 4
2022	14	6 terms end; elect 4
2023	13	6 terms end; elect 5
2024	12	4 terms end; elect 3

## Committee Process

- ✦ **WSBC 2018: Interim report presented**
- ✦ **2018-2019: Presentations regarding how to reorganize the board structure.**
  - Present draft to Region Assemblies prior to WSBC 2019 for feedback
  - ▣ Update this PowerPoint based on Region input

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- ❖ Presentation at WSBC 2019 will include **informal** presentation of possible motions
- ❖ Elicit comments and incorporate them into plan

🌟 **2020: Present motions to WSBC.**

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**IV. Treasurers Report September 2018**

**TREASURER'S BI-ANNUAL REPORT**

APRIL 2018 – SEPTEMBER 2018

<b>MONTH/YEAR</b>	<b>INCOME</b>	<b>EXPENSES</b>
April 2018	6099.44	2956.85
May 2018	2371.11	5676.72
June 2018	1164.77	3306.94
July 2018	3779.82	1874.60
August 2018	2747.45	519.99
September 2018	1381.01	1490.71
<b>TOTAL:</b>	<b>\$17543.60</b>	<b>\$15825.81</b>

Current Bank Balance: **\$33,556.61** (as of September 30, 2018)

Prudent Reserve: **65 %** (OA suggestion of 40-60%)

(Prudent Reserve: Actual Bank Balance divided by Annual Amount Budgeted to Fund Region 8:  
\$33,556.61 divided by \$51,600.00 equals 0.65 or 65%)

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**V. Proposed Budget**

<b>Budget for November 2018 – October 2019</b>		
<b>SOURCES OF FUNDS</b>		
Beginning Bank Balance	<b>\$33,556.61</b>	<i>as of 10/1/18</i>
Prudent Reserve	\$20,805.61	
<b>RECEIPTS</b>		
Contributions	\$36,199.00	
Region 8 Assemblies	\$5,000.00	
Region 8 7th Tradition	\$900.00	
Ways & Means Projects	\$4,000.00	<i>(profit)</i>
Seed Money Returned	\$1,000.00	
<b>TOTAL RECEIPTS:</b>	<b>\$47,099.00</b>	
<b>TOTAL SOURCES OF FUNDS (Beginning Balance + Total Receipts)</b>	<b>\$80,655.61</b>	
<b>USES OF FUNDS:</b>		
<b>EXPENDURES</b>		
<b>Board:</b>		
Chairman	\$1,500.00	<i>(includes new computer)</i>
Vice Chairman	\$400.00	
Secretary	\$400.00	
Treasurer	\$1,000.00	<i>(includes taxes/corp. fees/shipping)</i>
<b>Board &amp; Parliamentarian Travel:</b>		
Board Travel (excluding Chairman travel)	\$8,500.00	
Parliamentarian	\$1,500.00	
Chairman Travel WSBC	\$1,700.00	
Chairman Travel RCC3	\$1,700.00	
Chairman Travel Region 8 Assemblies	\$3,400.00	
WSBC Region 8 Delegate	\$4,600.00	
WSBC Region 8 IG Support Fund	\$2,500.00	
WSBC Region 8 Nominated Trustee(s)	\$1,300.00	<i>(every three years if needed)</i>
<b>Committee Chair Travel</b>	<b>\$8,500.00</b>	
<b>Committees:</b>		
Bylaws-Electronic Documents	\$150.00	
Tech-Web	\$2,800.00	<i>(Webmaster/ooVoo/Email/Hotspot Fees)</i>
UWD	\$100.00	
IGOR Rep Funding	\$5,500.00	
TSW	\$250.00	
PIPO	\$1,000.00	

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* Public Information Fund - PIPO	\$2,000.00	
Ways & Means	\$2,400.00	
<b>MISCELLANEOUS</b>		
Carry The Message Fund	\$2,000.00	
Region 8 Trustee	\$400.00	
WSO Contribution	\$5,000.00	
Seed Money Advanced	\$1,000.00	
PayPal Fees	\$250.00	
Bonding Fees - Board Members	\$0.00	(paid every three years - due March 2020)
<b>TOTAL EXPENDITURES</b>	<b>\$59,850.00</b>	
Allocated to Prudent Reserve (OA suggestion 40-60%)	\$20,805.61	(56%)
<b>TOTAL USES OF FUNDS (Reserve Allocation + Total Expenditures)</b>	<b>\$80,655.61</b>	



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VII. Gold Coast Flyer-April 2019

Join us and share your experience, strength, and hope with other OA members while strengthening your own commitment to recovery.

Whether you are new to the program or an "old-timer," we invite you to a weekend full of recovery and fellowship basking in the Sunlight of the Spirit.

The success of the recovery convention relies on service!  
I am willing to serve as:

- Speaker (Abstinence Requirement)
- Boutique
- Hospitality Room
- Hugger/Greeter
- Literature
- Meeting Room Timer
- Registration Table
- Where needed



REGION 8  
BUSINESS ASSEMBLY &  
GOLD COAST INTERGROUP  
RECOVERY CONVENTION

CONTACT

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spiritmade351@gmail.com  
or  
Maureen H. at 954-600-1483  
OA.Maureen@gmail.com

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Gold Coast Intergroup

Visit [OABroward.org](http://OABroward.org)  
for more information

Sunlight  
of the  
Spirit

PLANTATION, FL

APRIL 5-7, 2019

SHERATON SUITES  
FORT LAUDERDALE  
PLANTATION  
311 N UNIVERSITY DR,  
PLANTATION, FL 33324

