



IMPORTANT NOTES FOR BUSINESS ASSEMBLY & RECOVERY CONVENTION

Ft Lauderdale, Florida – April 5th – 7th, 2019

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

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

CERTIFICATE OF ELIGIBILITY In order for your Intergroup Region 8 Representatives to be able to vote at the assembly, **your Intergroup must have a Certificate of Eligibility on file with the Secretary that is valid for 2019. You will now fill out the Certificate of Eligibility online at our website, www.oaregion8.org . Select the documents tab, fill in the information and hit submit! There is a Spanish and English version of the form online.** You no longer need to mail or scan and email the form. If you need help filling out the form, contact the Secretary. All Intergroups are requested to submit a new Certificate in January of each year AND during the year any time there is a change in IG Chair, Reps or Alternates for a 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 [Committee Selection Form](#) and contains a brief explanation of each committee. If you were a Rep in the last assembly you will be placed in the same committee as last time. If you desire to change committees please first contact your Committee Chair and then contact the Secretary at secretary@oaregion8.org .

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

CALLING ALL INTERGROUPS We need you. Is your intergroup going to be represented at the Ft Lauderdale, FL, Business Assembly from April 5th thru the 7th, 2019. 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 from [Representative Funding Application](#). Contact the IGOR Chair (igorchair@oaregion8.org) for more information. We appreciate your service and need you.

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

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Region 8 Service Directory

Board Members

Chair Katrina S. Baton Rouge, LA (225) 715-4988 chair@oaregion8.org	Vice Chair Pam G. Sarasota, FL (941) 343-7181 vicechair@oaregion8.org	Treasurer Michelle D./SOAR8 Treasurer P.O. Box 242522 Little Rock, AR 72223 (501) 580-6120 treasurer@oaregion8.org
Secretary Janet T. Winter Park, FL (407) 310-2284 secretary@oaregion8.org	Region Trustee Linda H. Madeira Beach, FL (727) 647 8280 trustee@oaregion8.org	Parliamentarian Gloria L. Winter Springs, FL (407) 340-2008 parliamentarian@oaregion8.org

Committee Chairs

12th Step Within (TSW) JC D Palm Harbor, FL (813) 240-8572 tswchair@oaregion8.org	Technology/Website Barbara C. Newberry, FL (352) 472-9924 techwebchair@oaregion8.org	Bylaws/Electronic Documents Susan D. Huntsville, NC (415) 987-3194 Bylawschair@oaregion8.org
Intergroup Outreach (IGOR) Aleta P. Little Rock AK (225) 937-0566 igorchair@oaregion8.org	Ways & Means Andi S Boca Raton, FL (954) 295-1123 waysandmeanschair@oaregion8.org	Unity With Diversity Donna D. St Pete, FL (727) 480-0865 Unitychair@oaregion8.org
Public Info/Prof. Outreach (PI/PO) Bonnie V. Boynton Beach, FL (561)-733-9302 pipochair@oaregion8.org		

Other Service Positions

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

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I. Agendas

Board Meeting Agenda

Friday, April 5th, 2019

8:00 am Informal gathering of Board Only
(Board please feel free to bring Breakfast)

9:00 am Board Meeting Convenes - Open to All
Old Business

1. Approval of Minutes of October 2018 Board Meeting (Secretary and Board)
2. Topics for November Memphis Assembly for Presentation and Discussion (VC)
 - a. Theme is "River City Recovery"
 - i. Topic 1 - TBD
 - ii. Topic 2 - TBD
 - iii. Topic 3 - TBD
 - iv. Topic 4 - TBD
3. Audits /Finances Update (Treasurer)
4. Update on Memphis IG Business Assembly and Recovery Convention (VC)
5. Forum: Intergroup Renewal (C)
6. Assembly Feedback: Ideas from Board and Funded Chairs (C)
7. Convention 2020 – (Trustee)
8. Wrap Up

Break 15 minutes

New Business

1. Voting Prep: Review voting plans for virtual and floor voting
2. Emergency Motions (if needed)
3. New Goals/Tasks for 2019: Committee Chair Tasks / Issues
4. Other new business (Time permitting)

12:30 pm Break for Lunch: 90 min

2:00 pm Board Meeting Reconvenes

1. Funded Committee Chairs Join Board Meeting:
Check in /update on Committee issues, activities, questions, concerns **10 min Update**
2. Review Board progress on Assembly Feedback from Little Rock: Ideas from Board and Funded Chairs
3. Committee Chairs Wrap Up

Other New Business

1. Treasurer: Vouchers / Reimbursement
2. Registration for Memphis, November 2019

4:00 pm Meeting Adjourned

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Business Assembly Agenda

Friday, April 5, 2019

- 6:55 pm ASSEMBLY CONVENES**
1. OA Readings
 2. Appointment of Timer & Center Mic
 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
 6. Roll Call & Credentials
 7. Adoption of Agenda
 8. Forum: Intergroup Renewal
 - 9. 8:15 pm BREAK – Announcement (Green Dot Meeting)**
 - 10. 8:30 pm Welcome & short skit by hosting Intergroup**
 - 11. 7th Tradition**
 - 12. 8:45 pm Presentation & Discussion**
 - 13. 10:00 pm RECESS**

Saturday, April 6, 2019

- 14. 7:30 am New Rep Orientation**
- 15. 8:30 am CALL TO ORDER**
16. OA readings
17. Credentials
18. Adoption of Standing Rules
- 19. Introduction of Parliamentarian & short parliamentary lesson**
20. Approve Consent agenda (If needed)
21. Approve minutes from last Assembly, Little Rock, AR - October 2018
22. 7th Tradition
23. Board reports - 5 min each +5 minutes questions
24. Trustee Report 10 minutes + 5 minutes for questions
- 25. 10:15 am BREAK**
- 26. 10:30 am Committee Meetings**
27. First Order of Business:
 1. Recommendation of new Committee Chairs to Board (if needed)
 2. Hand in report to Secretary
- 28. 12:00 pm LUNCH BREAK with SPEAKER**
- 29. 2:00 pm RECONVENE 2PM**
30. Credentials
31. Final report from Little Rock, AR – October Assembly 2018
32. Brief Parliamentary Discussion
33. MOTIONS – BYLAWS & P&P
34. New business
 - a. Nominations for Fall Board Member elections (from the floor)
 - b. Nominations for Region Delegates to WSBC for the following year (from the floor)

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- c. Region 8 Delegate Support Fund (R8DSF): Funds are available to help your Intergroup send delegates to WSBC. Applications must be in by September 1st.
- d. Announcement of any committee chair elected (if needed).
- e. Bids for Spring 2020 Assembly & Convention
- f. OA's Strategic Operations Plan 2019 (Trustee)
- g. Emergency Motions (if needed)

35. Committee Reports

- a. Ways & Means
- b. Bylaws/Electronic Documents
- c. IGOR
- d. TSW
- e. PI/PO
- f. Technology/Website
- g. Unity With Diversity

36. For the good of the order (time permitting): Announcements from the floor

37. GREEN DOT CEREMONY

38. Announcements: Banquet Info, Intergroup Chairs Meeting, Board Meeting

39. 5:30 pm ASSEMBLY ADJOURNS

Sunday, April 7, 2019

Post Assembly

- 40. **8:00 am – 9:00 am:** Informal: R8 Board/Committee Chairs Wrap-Up: Location TBA
- 41. **9:15 am – 10:45 am:** IG Chairs/ IGOR Chair: Open meeting. Reps from each IG welcome! Location TBA

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II. Unapproved Business Assembly Minutes-Little Rock, AK USA October 2018

MINUTES/BUSINESS ASSEMBLY
Little Rock, Arkansas USA
October 12-13, 2018

Friday October 12, 2018

7:01 p.m.	7:00 p.m. Assembly Convenes- Serenity Prayer, in English, Kathy E., Smoky Mountain OA IG y en Español- Ellen F. Greater Memphis Intergroup	MEETING CALLED TO ORDER
7:05 p.m.	1. OA Readings <ul style="list-style-type: none"> • 12 Steps of OA-Susan B, Piedmont IG • 12 Traditions of OA- Maureen H., Gold Coast IG • 12 Concepts of OA-Pam G., Manasota Ig 	OA READINGS
7:15 pm	2. Appointment of Timer- Aleta P, Baton Rouge IG	APPOINTMENT OF TIMER
7:16 p.m.	3. Recognition of New Intergroups, New Reps, Green Dots , Conventioneers & Visitors	NEW INTERGROUPS & NEW REPS/ WELCOME VISITORS & REMOTE ATTENDEES
7:17 p.m.	4. Introduction of Region 8 Board Members, Funded Committee Chairs & Intergroup Chairs	INTRODUCTIONS
7: 20 p.m.	5. Introduction of former Region 8 Board Members and Trustees	FORMER BOARD MEMBERS
7:22 p.m.	6. Credentials– motion made and adopted to accept voting 39, 5 of those are virtual with 5 virtual, Roll Call moved to Saturday morning (no longer	CREDENTIALS
7:25 p.m.	7. Adoption of Amended Agenda, motion made and approved	ADOPT AGENDA
7:30 p.m.	8. Forum- “World Service Board of Trustees Restructuring”	FORUM
7:45 p.m.	9. Announcements/Break	ANNOUNCEMENTS /BREAK
8:15 p.m.	10. Welcome & short skit by hosting Intergroup & Announcements	WELCOME & SKIT
8:35p.m.	11. 7 th Tradition	7th TRADITION
8:45p.m.	12. 8:45 p.m.-Presentation & Discussion	PRESENTATION & DISCUSSION
10:00 p.m.	13. Recess	RECESS

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Saturday October 13, 2018

7:30 a.m.	14. New Rep Orientation	
8: 32 a.m.	15. 8:30 a.m. -Call To Order- Serenity Prayer, in English led by Judy, Pinellas Traditions IG y en Español led by Tara L., Suncoast IG	MEETING CALLED TO ORDER
8:34 a.m.	OA readings <ul style="list-style-type: none"> • 12 Steps of OA-Paula W., Manasota IG • 12 Traditions of OA- Kathy, Smoky Mtn IG • 12 Concepts of OA-Maureen, Gold Coast IG • Voices of Recovery – Lynne, Triad IG • Voces de Recuperacion – Melissa, Tennessee Valley IG • For Today- Georgette, New Freedom IG • Solo Por Hoy- Andre, Miami Dade and The Keys 	OA READINGS
8:49 a.m.	16. Credentials- motion adopted to accept 39 voting which includes 5 virtual	CREDENTIALS
8:58 p.m.	17. Adoption of Standing Rules- motion made and adopted to accept	STANDING RULES
9:00 a.m.	18. Introduction of Parliamentarian & short parliamentary lesson	PARLIAMENTARIAN LESSON
n/a	19. Approve Consent agenda – not needed	CONSENT AGENDA
9:07 a.m.	20. Approve minutes from last Assembly – Mobile, Alabama- April 2018- motion made and carried to adopt the minutes	ADOPT MINUTES FROM MOBILE, AL
9:05 a.m.	21. 7 th Tradition- Friday \$221; Saturday \$196	7th TRADITION
9:11 a.m.	22. Board reports - 5 min each +5 minutes questions, reports are found in the packet.	BOARD REPORTS
9:48 a.m.	23. Trustee Report – 10 minutes + 5 minutes for questions	TRUSTEE REPORT
10:08 a.m.	24. Break	
10:30 a.m.	25. Committee Meetings- reconvene at 2 p.m.	COMMITTEE MEETINGS
Noon	26. 12:00 pm Lunch Break with Speaker	LUNCH
2:00 p.m.	27. Reconvene	RECONVENE
	28. Credentials 39 voting, 5 of which are virtual	

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2:03 p.m. 29. Motions Bylaws & P&P- only voting on Motion #2, Motion #1 was withdrawn since the body was not notified per the Bylaws **MOTIONS**

30. New Business

NEW BUSINESS

2:13 p.m. a. Budget Nov 1, 2018-October 31, 2019- corrected from 2019-2020- budget was presented to body by Michelle D., Treasurer, **BUDGET APPROVAL**

- amendment to the motion was and seconded made to increase PI/PO budget by \$1,000, taking it from IGOR reducing their budget to \$4,500,
- Question arising on how the monies will be spent by both committees; PIPO is supplying pamphlet holders and plans to supply literature, IGOR is responsible for expanding participation in RB Assemblies- money is needed to do this
- 2017-2018 budget igor rep funding requested \$7,500 budgeted \$2,400; PIPO requested \$2,000 budgeted \$1,000
- 2017-2018 year there were no IGOR funded reps, this year
- Written ballot requested and granted for the amendment- results 19 yes, 12 no (included 1 yes, 1 no virtual votes)- amendment passes

2:45 p.m. b. World Service Office contribution – part of the budget approval process **WSO CONTRIBUTIONS**

c. WSBC Delegates- candidates Atiya, Neill, Tara- written ballots with results- all three elected to go to WSBC **ELECTIONS**

3:16 p.m. Break requested and granted-15 minutes, returning at 3:30

3:37p.m. d. Election of Vice Chair- one nominee Pam G. is elected

3:50 p.m. e. Election of Secretary- Pam G. & Janet – since Pam was elected to the VC position, the ballot be presented with Janet only and she was elected as secretary

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3:55	f. Ratify Trustee- one nominee Andy S. was ratified as RB Trustee	TRUSTEE RATIFY
4:06 pm	g. Committee Chair selection announcements <ul style="list-style-type: none"> • Ways & Means- Andi S. • Bylaws & Electronic documents- Susan C. • Intergroup Outreach- Aleta P. • Tech/Web- Barbara C. 	COMMITTEE CHAIRS
4:08 pm	h. Bids for Fall 2019 Assembly & Convention-2 nd weekend in October, 11 th – 13 th , 2019	FALL 2019 BIDS
n/a	i. Emergency Motions (if needed).	
4:16 p.m.	j. Final report Mobile Alabama- Rep did not make it to the assembly, Aleta P. presented the report on their behalf	FINAL REPORT MOBILE
4:20 p.m.	31. Committee Reports <ul style="list-style-type: none"> a. Ways & Means- Andi S., Gold Coast IG b. Bylaws/Electronic Documents- Pam G., Manasota IG c. IGOR- Andrea, Miami Dade & The Keys d. TSW- JC, Pinellas Traditions IG e. PI/PO- Bonnie, Palm Beach County IG f. Tech/Website- Barbara C., New Freedom IG g. Unity with Diversity- Donna D., Pinellas Traditions IG 	COMMITTEE REPORTS
4:48 p.m.	31.5- voted for 15 minutes added for continued discussion	
4:55 p.m.	32. For the good of the order—announcements from the floor	GOOD OF THE ORDER
5:05 p.m.	33. GREEN DOT CEREMONY	GREEN DOT CEREMONY
5:06 p.m.	34. Announcements: Banquet Info/ IG Chairs meeting/Board Meeting	ANNOUNCEMENTS
5:08 p.m.	35. Assembly Adjourns	ADJOURN

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III. Results of Motions-Little Rock, AK- October 2018

Bylaws Change (Proposed for Fall 2018)

	Adopted
	Amended
√	Withdrawn

SOAR-8

Motion 1: Adjust Bylaws for Residence Requirements

Motion: *Move that the Region 8 Bylaws be changed with the red bold text as shown below:*

Article III. Section 2 – Representative Qualifications

Current Text	Revised Text
<p>A. Representatives to Region 8 Assemblies must:</p> <ol style="list-style-type: none">1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;2. Be a member of an Intergroup which is registered with the World Service Office of OA; and3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.	<p>A. Representatives to Region 8 Assemblies must:</p> <ol style="list-style-type: none">1. Be a member of an Intergroup or National/Language Service Board within the geographic definition of Region 8;2. Be a member of an Intergroup which is registered with the World Service Office of OA; and3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.4. Additionally, representatives to business assemblies (including Board members and Committee Chairs), and delegates representing Region 8 at the World Service Business Conference, must physically reside in a state or country within the geographic boundary of Region 8 (for the previous six months) in order to be eligible for funding.

Intent:

- To specify in the Bylaws that representatives (including Board members and Committee Chairs) to business assemblies and delegates attending the World Service Business Conference must physically reside in a state or country within the geographic boundary of Region 8 in order to be eligible for funding.

Submitted By: Region 8 Board (Vice-Chair)

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Cost: *None to implement.*

Rationale:

There is some question about whether or not Region 8 will allow funds to be expended by a person who is not physically residing in the region. The OA.ORG Bylaws, Subpart B, Article IX, Section 4.d state, under the qualifications for Trustee, that

d) In addition, regional trustees:

- 1) Are to physically reside in the region represented no less than the six months immediately prior to election.
- 2) Elected regional trustees will maintain physical residency in the regions represented for two-thirds of each year of their terms, excluding OA-related business travel.
- 3) If a change of status of physical residency of a regional trustee occurs following election to office, said trustee will notify the Board of Trustees of the change in status immediately. The trustee will vacate the position at the next World Service Business Conference, where elections will be held to fill the incomplete term.

In keeping with this policy, Region 8 would like to allocate funds to persons who reside in, and report back to, their Intergroups in Region 8. This will apply to all persons who may be funded: Board members, the Committee Chairs, anyone representing Region 8 as a Delegate to the World Service Business Convention, and anyone requesting funds to attend the Business Assembly as a Representative.

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Policies and Procedures Manual Change (Proposed for Fall 2018)


X	Adopted
	Amended
	Lost

SOAR-8

Motion 2: Adjust P&P Manual to include Public Information Fund Subcommittee

Motion: *Move that the Region P&P Manual be changed as shown below:*

Article XXIII – Public Information/Professional Outreach Committee

Current Text	Revised Text
<p>Duties</p> <p>1.</p> <p style="text-align: center;"></p> <p>14. Encourage dialogue and exchange of ideas among Intergroups, Public Information/Professional Outreach Committees and OA groups within Region 8.</p>	<p><i>Below the current list of duties, add The Public Information Fund Subcommittee and the guidelines as shown on the next page. The form will be added to the Region 8 website under the PIPO Committee documents.</i></p>

Intent:

- To establish the Public Information Fund Subcommittee under PIPO.

Submitted By: Region 8 Board (Vice-Chair)

Cost: *None to implement. Line item of \$2,000 voted into 2018 budget.*

Rationale: The issue of funding for “promotional advertising” (public information) for OA was raised in the summer of 2017. Miami, Dade and the Keys IG sent an email to the WSO requesting money to support placing “Is Food A Problem For You?” in the rail cars for Miami. Their email, and the reply from the WSO, was forwarded to the Region 8 Board and discussed. The Board agreed that campaigns such as this may be effective; and determined that there is a pressing need for such funding.

Previous budgets for Region 8 did NOT include any money for promotional advertising. For the 2018 budget, the SOAR 8 Board added a line item of \$2,000 for “PIPO/Promotional advertising” under the budget for the PIPO Committee. This line item was approved at the fall business assembly (Miami, FL), but was identified as a “Carrying the Message Fund,” a fund which already exists for another purpose

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and is overseen by the IGOR Chair and the Treasurer. The PIPO Committee was asked to establish some guidelines (changes to the Policies and Procedures Manual) on how this money will be allocated (across the Region; proportions for each IG; does each IG need to make a matching contribution, etc.), what it can be used on (TV, visual media, purchasing flyers, taking out ads, whether copyright is involved, etc.), and how to request this money (a submission form, dates), among other considerations.

By creating a Public Information Fund Sub-committee, PIPO Committee will oversee the requests for these funds, meet to review the applications, and approve/disapprove the projects that have been identified. The form that has been developed will be placed on the Region 8 webpage, under documents pertaining to PIPO.

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Public Information Fund Sub-committee

Purpose

*The SOAR8 Public Information Fund has been established to aid any Intergroup in facilitating our primary purpose - **to carry the message**. Specifically, this fund is to be used to reach the general public, who may not have heard of Overeaters Anonymous and our program of recovery. Funds may be used, for example, to launch a local poster campaign, pay for TV or radio air time for our existing OA podcasts, purchase billboards or other signs such as on bus benches, and any other project that gets the OA name into the public eye.*

(For more information, see the OA Media Press Kit: <https://oa.org/files/pdf/oafinalmediamaterials.pdf>.)

Duties

1. Receive, review and approve/disapprove requests for Public Information funds.
2. Promote availability of this fund through Region 8 newsletter and PIPO Committee.
3. Ensure follow-up reports of effectiveness have been submitted; review all reports.

Guidelines

1. Applications for funds will be submitted to the PIPO (electronically or hardcopy) by completing the “Request for Public Information Funds” worksheet found on the Region 8 website. Complete all the information requested. Thoroughly describe the project and how the funds will be used, including the town(s), state(s) and IG(s) this project will benefit. If you are purchasing materials for distribution, explain how they will be distributed. Include the name, phone number(s) and email address of the person(s) who will be able to answer questions about the project. Application must be signed by the Intergroup Chair.
2. FOLLOW-UP. In the application, all projects must include an explanation of how the project will be evaluated for effectiveness (e.g., we will count the number of new attendees at meetings, will count the number of responses, etc.). This follow-up information is required to be submitted no later than six (6) months after the funds have been awarded to the Intergroup. Also, submit all receipts and supporting documentation with the report to the PIPO. The documented effectiveness of each project (even though the project was performed by another intergroup) may be used as consideration when funds are requested.
3. Priority for funding will be given to Intergroups which have not requested funding for a project for the past two years. Intergroups which request funding more frequently than every two years will be considered on a case-by-case basis, at the discretion of the PIPO Committee.
4. The amount of funds granted by Region 8 may not exceed 50% of the total estimated costs for the project. Please submit documentation to support the project costs.
5. Applications for funding may be submitted at any time during the year; however, it is highly recommended that applications be submitted during the FALL business assembly. Funds will be distributed until they are totally allocated.

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REQUEST FOR “PUBLIC INFORMATION” FUNDS –SOAR8

INTERGROUP INFORMATION

IG Name	IG #	
IG Address		
City	State	Zip

PROJECT COORDINATOR INFORMATION

Name
Phone #
Email Address

PROJECT INFORMATION

Project Title	
Estimated Total Costs	Amount of Funds Requested
Estimated Start Date:	Completion Date
Project Summary (500 words or less) Attach additional sheets if necessary.	
How will you determine the effectiveness of the project?	

Intergroup Chair signature _____ Date _____

-----FOR USE BY THE PIPO COMMITTEE -----

Date of application review:	
Balance in PI funds as of today:	
Amount requested for this project:	
This project is (circle one):	APPROVED DISAPPROVED
Signature of PIPO Chair:	
Amount remaining in PI funds:	
Date approved form is sent to Treasurer:	

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IV. Reports

Board Member Reports

Katrina S. Chair

Welcome! Bienvenidos! Bem-vindo!

Hello! ¡Hola! Olá!

My name is Katrina. I am Region 8 Chair and a compulsive overeater and sugar addict, in recovery thanks to OA!

As always, my first thoughts are to extend my thanks to you. For your service. For your dedication. For your commitment to your own recovery. For being a brave Green Dot. For coming to your 10,000th ☺ OA Assembly, still willing to give service. For supporting the recovery of everyone around you by coming back, again and again, to share your Experience, Strength and Hope. For allowing me the honor and privilege of being Chair.

Welcome to Plantation, FL, USA for our Fall Assembly. The theme is **“Sunlight of the Spirit.”** The presentation and discussion topic is: **Seeing the Sunlight of the Spirit Working in My Life (where fellows share those little “HP / God moments”)**

Many, many thanks to Gold Coast Intergroup for hosting us in this particularly beautiful corner of the sunshine state.

Little Rock Fall 2019 Assembly

If you didn't go...you totally missed it!

You missed a well-oiled OA Recovery and Business Assembly organizing machine!

A beautiful venue – Oh Arkansas!

Margaret's calm presence, pure Zen.

Bea, Janet and Margaret as sightseeing guides par excellence.

Karaoke! Karaoke! Karaoke! With two sisters whose middle names are party!

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You also missed genuine Region 8 Business excitement when 2 committee chairs brought true OA enthusiasm to the floor of the assembly while seeking funds to better carry the message via their committees!?! 😊

It has been said that geographical cures don't work. But, whoever said it has never been to an OA Recovery and Business Assembly. There is something to be said for experiencing the energy of working harmoniously on the business of OA with recovering brothers and sisters. Talking, hugging and sharing while getting the work done.

And we did get the business of Region 8 done:

We elected a new Vice Chair (Pam G / Manasota IG) and Secretary (Janet T / Winter Park IG), and our new Treasurer (Michelle D. / Central Arkansas IG) made a stunning debut!

This new, energized and invigorated Board and the Funded Chairs brainstormed a list of Improvement Ideas and have already completed many of these tasks.

We elected 3 WSBC Region Delegates (Atiya M / Triangle IG, Neill M / Triangle IG, and Tara L / Suncoast IG) and will be sending ALL 3 to the World Service Business Conference. We also ratified a Trustee Candidate (Andi S / Gold Coast IG).

We agreed to dedicate funds to be used by Intergroups to aid in their PIPO efforts and established a process for distribution. Contact the PIPO Committee and Chair Bonnie V / Palm Beach County IG for information and a share of the funds.

We hosted 5 remote attendees. Just so you know, remote attendance remains a challenge for the region. We are a non-profit organization trying to connect an international region with mostly free tech and tools. It is a tall order that our volunteers (Tech / Web Committee and Region 8 Secretary) work tirelessly to accomplish. If you and your intergroup are dedicated to this effort please consider supporting it by sending reps who can support our Tech / Web committee.

We also provided feedback to the OA Board of Trustees!

What are you waiting on, boost YOUR recovery, bring YOUR Intergroup's ideas and energy to the Region, and bring the Region's energy and enthusiasm back to YOUR Intergroup. Be a Region Representative, a Funded Committee Chair or run for the Board!

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Linda H, Region 8 Trustee

This assembly is the last of Linda's 6 years of service to World Service and Region 8 as Trustee. My previous sentiments are totally appropriate and bear repeating.

Linda, Linda, Linda...

What a package! Wisdom, beauty, intellect and a total professional! Linda is dedicated to her recovery and dedicated to assisting in the recovery of everyone in OA!

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.

Extending the Heart of OA to Yourself

Previously, I've spoken to you about extending the heart of OA to others and to those who give service. Now, I wish to speak about extending the heart of OA to the person that is sometimes hardest to love. And that is, of course, ourselves. We overeaters are seldom filled with pride and love for ourselves. We often hide ourselves. We often hate ourselves.

The very first meeting that I attended was a "Relapse and Recovery Meeting." I didn't know that. I only knew that the meeting was on Friday night and Friday was "an eat sugar until you go into a coma" night for me. The ladies at that first meeting, were beautiful. They welcomed me. As "Our Invitation to You" says, they offered me the gift of acceptance. They joyously, lovingly encouraged me. I was home.

When I think of them, all I remember is beauty. Beauty, inside and out. Later, I came to understand that they didn't see beauty in themselves. We are kind and loving towards all, as the "Big Book" suggests, but "all" may not always include ourselves.

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In my first address as Chair I said that extending the heart of OA is simply offering and coming from a place of love, respect and compassion. I said that 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! It does this even when we give that love to ourselves.

Here, I am speaking of loving the wondrous, magical gift that is you. I am asking you to stand in the sunlight of the spirit and truly feel it. I am asking you to honor each other and yourself. I am asking you to revere the amazing human that you are, right here, right now, just as you are at this very moment.

One of my favorite character defects is to tell you what you should do, especially when I am not doing that thing myself!?! So, what's my story? I began thinking about this topic immediately after the last assembly.

At that assembly I spoke of the fact that when I became Chair, an old part of me raised its head. The part that says you're not good enough, you don't know enough. The part that shuts me down and silences me. I thought that I had erased that monster years ago. Now, it was back, wrapped in cravings and wild emotions. I didn't recognize it initially but I knew that it wanted sugar.

For me, the discipline of doing the footwork, of taking every issue that threatens my recovery through the steps and finding the joy waiting after Step 9 is another facet of self-love. We are complex, sprawling and unruly. Yet, always worthy of love.

I was doing the footwork. I was taking those issues through the steps. I was receiving experience, strength and hope from my brothers and sisters in the program. But, when I asked myself: Do I love myself? My answer was, "Well, kind of, sort of, maybe?"

Distance from my peak can lead to forgetfulness. Forgetting the joy of recovery. Just as, distance from my bottom can lead to complacency. My attitude is always: Yes, I may hit a bottom but thanks to the program, HP and all of you - I can bounce!

I sought out an OA member who modeled the self-love that I wanted. She said that she learned to look into her own eyes every morning and say: I love you. I really do. She learned to look at herself naked and love herself just as she was.

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Later, I learned that creating fat is one way that the body, my body, encapsulates poisons in an effort to keep those toxins from overwhelming and killing me. I learned that my body has its' own wisdom. Its' own self-love.

I made learning to love myself an important part of my Action Plan. I am learning that love, all love, is transformational. Self-love allows me to hear what my body is telling me. I am learning that the more that I love myself the more love I have to share.

I am learning that self-love can become a kind of spiritual food. I can nourish myself by letting OA and HP feed me. I am learning to ingest spiritual food that fills me in ways that sugar cannot.

So, I invite you to love yourself and if you can't do it right now let us love you until you can do it for yourself!

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

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Pam G. Vice-Chair

Looking forward to my first Assembly as Region 8 Vice Chair. I'm excited and nervous and feeling the feelings, whatever they are.

April 5-7, 2019 – Sunlight of the Spirit – Region 8 Business Assembly & Recovery Convention

Sheraton Suites, Fort Lauderdale Plantation
311 N University Dr.
Plantation, FL 33324.

Gold Coast Intergroup and Chairs: Andi and Maureen, are putting the final touches on this event.

Next up is the Fall Assembly:

October 11-13, 2019 – Region 8 Business Assembly & Recovery Convention

Holiday Inn Memphis Airport
2240 Democrat Road
Memphis, TN 38132.

Greater Memphis Intergroup and Chair: Susan. Flyers are available today. Register early!

At this assembly we will be voting on where to hold the Spring Assembly 2020. Baton Rouge IG has submitted a bid.

It won't be long for us to decide on where the Fall Assembly 2020 will be held. Middle TN Intergroup is considering putting in a bid. Maybe your intergroup is also interested. Let me know.

A small committee of previous convention chairs and former vice chairs are working on revising the Region Convention and Business Assembly Hosting Manual. If you are interested in serving on this committee, please let me know.

Pam Gleason

vicechair@oaregion8.org

941-343-7181

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Michelle D. Treasurer

Hello all!

I can get so internally focused and can become tunnel-visioned on the details of life and my to do list and my daily activities. Every once in a while though, something jostles me and I suddenly gain perspective and recognize the wider world/universe I occupy. In this way, too, my focus softens, and I lift up my head/heart/soul and see my interconnectedness with the world around me which brings me such harmony.

Yesterday it was catching a glimpse of a plane in the sky on my way to work. It sent me contemplating the folks on the plane and projecting a story about them. And another story about me if I was on the plane and where I would be going. It was a lovely diversion.

This morning I gazed up and out of my window and saw the half-moon with a planet resting just off of its SW edge. As I was admiring it, a cloud slowly crossed in front of it. Celestial and Terrestrial saying good morning to me.

When I get stuck focusing my attention on the details of life it is so wonderfully refreshing to be granted this awareness all of a sudden. Gifts from the universe!

Thank you for the privilege of serving! I am honored to be entrusted with the Region's money and am grateful for the opportunity to enhance my recovery through this position. I relish the use of my organizational talents to aid in the flow of recovery around Region 8.

A couple of things I have learned these past 6 months:

1. I still get nervous that I shall mess something up completely - keeping me humble.
2. Service IS slimming - keeping me focused.
3. A little bit of merriment can go a long way - keeping me in gratitude.

Please never hesitate to reach out if you have questions or desire more guidance in dealing with forms and money and what-not. I've got you covered! Or we will figure it out together. :)

Michelle D

Interim Treasurer Region 8



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Janet T.- Secretary

Hello All,

Welcome to sunny Florida!! Thank you to the Gold Coast Intergroup for hosting the Spring Business Assembly and Recovery Convention. We know how much work it takes to pull this off and we are grateful to all who participate getting these events planned and executed! While it always seems so flawless from my point of view, I know what commitment is need and I appreciate it.

I have made a few changes in the packet assembly. The forms that are usually at the end of the packet are now links to the online forms. R8 has been converting many of the forms to on-line fillable forms. This streamlines the process of filling it out and emailing it. Committees now do their progress and assembly reports electronically. A little hint with these- open it, save it to your local drive, fill it out, save it again and then attach it to an email. This includes, committee selection forms, expense reports, delegate to WSBC, budget overrides and requests for STC workshops. Exciting stuff- if it makes you smile you might consider the Secretary position in your future! (shameless plug!)

The R8 Board is also considering a communication project. We would like to look at our email distribution lists; how they are set up and how they are being used. More to come on that!

If this is your first assembly, we will fondly call you a Green-dot. I understand there is A LOT of information for you to look at. Please do no hesitate to contact the any one on the Board for any questions you have regarding the assembly. If you have questions on committee selections or this packet, or ANYTHING – feel free to call or email me secretary@oaregion8.org. We want to make this a pleasant productive experience for you.

I look forward to see all my new and old friends!

Janet Thrane

Secretary@OARegion8.org

407-310-2284

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Linda H.- Trustee

Hello/Hola/Ola Region 8!

My name is Linda and I am a compulsive overeater!

Mi nombre es Linda y yo soy un comedor compulsivo!

Meu nome é Linda e eu sou um comedor compulsivo!

Welcome everyone to Fort Lauderdale, Florida!

I want to thank the Gold Coast Intergroup of Overeaters Anonymous for taking on the challenge of hosting our spring assembly. Many of our intergroups know what hard work this is, but we also know how rewarding it can be. Service brings members together and helps our recovery. Think about volunteering for upcoming Conventions and Assemblies!

Speaking of conventions!!!! Our World Service Convention will be held in Orlando, Florida August 20-23, 2020, at the Renaissance Hotel. We will need lots of volunteers to make this a successful event. I will be asking intergroups how they can help us...whether it be with speakers, set ups...and so much more. We are in the planning stages now! I will be rotating out of service in May 2019..Our next Trustee will need lots of help...I'm planning to be there..are you?

This February was the first Board Of Trustees meeting to meet virtually. We are using a platform that provides us with the ability to see one another and also have the capability of using the touch of a button to raise our hand to speak. The BOT are also in the process of looking at downsizing the Board in the future. We are listening to the members and taking action to reduce costs.

Here are some new resources for you to use for your recovery.....

WHAT'S NEW

OA's NEW NEWCOMER PAMPHLET: Where Do I Start? Everything a

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Newcomer Needs to Know

Now available for \$1.00: *Where Do I Start? Everything a Newcomer Needs to Know (#705)* is OA's new pamphlet for newcomers. Composed from the five pamphlets in OA's Newcomer Packet, *Where Do I Start?* eliminates repetition, packing key information about OA's Twelve Step program of recovery into a single 32-page pamphlet. Includes: the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. Groups, service bodies, fellows: Welcome newcomers and help them get started in OA with our new, comprehensive pamphlet. Order *Where Do I Start? Everything a Newcomer Needs to Know* at bookstore.oa.org.

A Step Ahead, First Quarter 2019 Issue – now translatable

Get the First Quarter 2019 issue of *A Step Ahead* and get the latest news about OA world services. *A Step Ahead* is now published as a web page and can be translated into thirty-four additional languages by clicking the "Select Language" button at the top of the page. In this issue, you'll find important and useful information about:

- World Service Business Conference 2019, including New Motions and Amendments
- *Lifeline's* new subscription pricing and how to submit your ideas for its future
- The temporary suspension on developing new Conference-approved literature
- Strengthening OA's virtual meetings through registration
- New and updated recovery resources from the World Service Office
- and more!

OA Twelve and Twelve, Second Edition now available as LARGE PRINT paperback

OA's keystone book—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*—is now available in LARGE PRINT. Identical to the recently published 5.5" x 8.5" book—except larger—the new 8.5" x 11" large-print book matches line by line, page by page, so you can read from either book in a group setting. Indexed. To order, click [here](#) and then click the "Paperback

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\$18.50” button. A single book will be printed and delivered to your address.

New Download: Twelve Traditions of OA

OA has discontinued sales of *Twelve Traditions of OA* which is now posted to the OA website for free download. This pamphlet still carries the Conference Seal of Approval and can provide an introduction to the Twelve Traditions for members and newcomers. It can be found at oa.org/documents under “Discontinued Literature.”

Recovery Roadmap Workshop

Where have you visited on the road to recovery? Self-Pity Falls? Higher Power Service Station? Use OA’s new workshop resource, “Recovery Roadmap,” to explore answers and add momentum to a Unity Day event or weekend workshop. In this interactive presentation, several “Recovery Road Travelers” who share their experience visit participants. Open sharing and personal mapmaking follow. Scripts, presentation slides, and map materials are available for download at oa.org/documents under “Workshops and Skits.”

NEW and UPDATED! Twelve Step Workbook, Second Edition Revised for new OA Twelve and Twelve, Second Edition

The new *Twelve Step Workbook, Second Edition* is now available. Composed of questions based on OA’s keystone book—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*—this new *Workbook* has updated references, including page number references, to the new OA *Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new OA *Twelve and Twelve* are presented in the new *Workbook*—all in a single, comprehensive *Workbook*. Find the new *Twelve Step Workbook, Second Edition* (#992) in the OA bookstore. Also available from the OA bookstore as a downloadable, interactive PDF e-Workbook.

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New Reference Study Chart For Workshop and Study Guide, and Twelve and Twelve, second edition.

Use this handy reference to integrate our new book, *The Twelve Step and Twelve Traditions of Overeaters Anonymous, Second Edition*, into your workshop study sessions using the *Twelve Step Workshop and Study Guide*. Now you can refer to our new Second Edition as you journey through the Steps with the Workbook and Study Guide to discover proven ways to incorporate the Twelve Steps of OA into away of living.

New Guidelines! Help and Hope for Small Meetings

All OA meetings are a source of experience, strength, and hope, but small meetings may face challenges unique to their size or location. OA's new *Guidelines for Small Meetings: Help and Hope* offer inspiration, practical suggestions, and resources to support members in building fellowship and strong groups—at any size.

On a personal note, this will be my last S.O.A.R. 8 Business Assembly serving as Region 8 Trustee.

It has been a pleasure to serve O.A. as a whole. Making many new friends around the world and here in Region 8. I plan on continuing my service to O.A. I want to see the membership grow. I want O.A. to be here for all compulsive overeaters who still suffer. I know that by doing service I am a part of the solution!

Hope to see you around!!

Hugs,

Linda H.

Region 8 Trustee

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Committee Progress Reports

Bylaws & Electronic Documents

The bylaws committee reviewed bylaw amendments referred to us from the Board and submitted them to the assembly.

We are currently in the process of reviewing the Policy & Procedure Manual.

We have reviewed the first 10 sections and have submitted amendments for the Assembly's approval.

We will continue to review the P & P until we've reviewed it all.

We are open to any suggestions for amendments to the P & P or Bylaws.

Susan Berland
Bylaws Committee Chair

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Twelfth-Step-Within

Committee ___ TSW ___

Date ___ 3/1/19 ___ Expenses ___ Budget ___

Progress since last assembly:

1. Continue to connect Speakers, Relapse Mentors, Sponsors, workshop resource(people able to help put on a workshop), Nightowls (people available late at night.) to those available.
2. Sent out 12th on the 12th emails to promote abstinence and recovery. Now coming in english and Spanish! This is sent out to the all sore eight email list and is also forwarded to several intergroup email list within the region.
3. Created a new skit to be presented at spring 2019 assembly.
4. Published results of young timers survey to AllSOAR8
5. Submitted newsletter article to Region 8.
6. Created a new 12-step with and display to promote the TSW resources. To be unveiled at this assembly!
6. Continuing our monthly meetings via conference call 1st Sunday of the month 8:15 EST.

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Tech Web Committee Report

SOAR 8

Southeast Overeaters Anonymous Region 8



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

REGION 8 COMMITTEE PROGRESS REPORT

SAVE THIS FILE to your device. Open saved file from your device, complete it and save it again. Then attach the completed form in an email and submit it to: secretary@oaregion8.org

Committee: Tech/Web Committee Assembly: "Sunlight of the Spirit" Plantation, FL

Packet for Assembly 5-7 April 2019 Date of Assembly Progress Report Date Period Covered

Specific objectives for the period: *(Numbered List)*

1. Speed up computers
2. Get new software for assembly
3. Update committee email list
- 4.
- 5.

Actions / Activities conducted toward objectives: *(List by Objective)*

1. Tech Web has 2 laptops. Both were optimized (old files removed, updates made, drives defragmented)
2. The Committee met and decided that ZOOM would be a much better, easier software to use for
3. Sent emails to all on list; asked for changes. Held meeting on freeconferencecall.com.
- 4.
- 5.

Projections for the next period:

1. Revise P&P Manual - Section XXV Technology/Web Site Committee duties
2. Prepare a motion for changes of above to P&P -- submit to Bylaws Committee
3. Investigate hotspot.
- 4.
- 5.

Expenditures for the period: \$ 15.00

Committee Chair: Barbara J. Carter

Date: 1 March 2019

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Unity with Diversity

See addendum

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V. Motions for current Assembly

	Adopted
	Amended
	Lost

Motion II: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
<p>Section III Welcome to Region 8, 2nd paragraph</p> <p>1. Each Intergroup is entitled to one Rep for every ten affiliated Groups or fraction thereof. Each unaffiliated Group is entitled to one Rep. Expenses related to attendance at Assemblies are the responsibility of the Intergroup or Group represented. Each Intergroup or Group, being autonomous, selects its Representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions.</p>	<p>Section III Welcome to Region 8, 2nd paragraph</p> <p>1. Each Intergroup is entitled to one Rep for every ten affiliated Groups or fraction thereof. Each unaffiliated Group is entitled to one Rep. Expenses related to attendance at Assemblies are the responsibility of the Intergroup or Group represented. Each Intergroup or Group, being autonomous, selects its Representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions.</p>

SUBMITTED BY:

Bylaws Committee of Region 8

Susan Berland

415-987-3194

sberland@pacbell.net

INTENT:

To be in alignment with the Bylaws

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

RATIONALE: This sentence is in conflict with the Bylaws as they do not state that unaffiliated groups are entitled to a representative.

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	Adopted
	Amended
	Lost

Motion III: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
Section III Welcome to Region 8, 3 rd paragraph 2. The Service Structure on page 6 illustrates the networking of Region 8. Questions about Region 8 may be directed to our Region Trustee or any officer listed in the Service Directory.	Section III Welcome to Region 8, 3 rd paragraph 2. The Service Structure on page 6 illustrates the networking of Region 8. <u>The illustration on Page 6 shows where Regions fit into the OA Service Structure.</u> Questions about Region 8 may be directed to our Region Trustee or any officer listed in the Service Directory.

SUBMITTED BY:

Bylaws Committee of Region 8
 Susan Berland 415-987-3194 sberland@pacbell.net

INTENT:

To simplify and make clearer

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

RATIONALE: The word “networking” does not make clear that the illustration shows where regions fit into the OA Service Structure.

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	Adopted
	Amended
	Lost

Motion IV: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Section, V, The Twelve Steps of Overeaters Anonymous by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
Section V The Twelve Steps of Overeaters Anonymous 3. <i>(Reprinted with permission of Overeaters Anonymous, Inc.)</i>	Section V The Twelve Steps of Overeaters Anonymous 3. <i>(Reprinted with permission of Overeaters Anonymous, Inc.) <u>Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc. The Steps cannot be amended by the Region.</u></i>

SUBMITTED BY:

Bylaws Committee of Region 8

Susan Berland

415-987-3194

sberland@pacbell.net

INTENT:

To keep wording consistent with what is in the bylaws

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

RATIONALE: To stay consistent with what is in the bylaws.

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	Adopted
	Amended
	Lost

SOAR-8
Motion V: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Section VI, The Twelve Traditions of Overeaters Anonymous by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
Section VI The Twelve Traditions of Overeaters Anonymous 4. <i>(Reprinted with permission of Overeaters Anonymous, Inc.)</i>	Section VI The Twelve Traditions of Overeaters Anonymous 4. <i>(Reprinted with permission of Overeaters Anonymous, Inc.)</i> <u>Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Steps cannot be amended by the Region.</u>

SUBMITTED BY:

Bylaws Committee of Region 8

Susan Berland

415-987-3194

sberland@pacbell.net

INTENT:

To keep wording consistent with what is in the bylaws

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

RATIONALE: To stay consistent with what is in the bylaws.

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	Adopted
	Amended
	Lost

Motion VI: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Section VII, The Twelve Concepts of Overeaters Anonymous Service by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
Section VII The Twelve Concepts of Overeaters Anonymous Service	Section VII The Twelve Concepts of Overeaters Anonymous Service
5. <i>Bylaws of Overeaters Anonymous, Subpart B</i>	5. <i>Bylaws of Overeaters Anonymous, Subpart B</i>
<i>(Copyright 1999. Reprinted by permission of Overeaters Anonymous, Inc.)</i>	<i>(Copyright 1999. Reprinted by permission of Overeaters Anonymous, Inc.)</i> <u><i>Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous Inc. The Twelve Concepts of OA Service cannot be amended by the Region.</i></u>

SUBMITTED BY:

Bylaws Committee of Region 8

Susan Berland

415-987-3194

sberland@pacbell.net

INTENT:

To keep wording consistent with what is in the bylaws

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

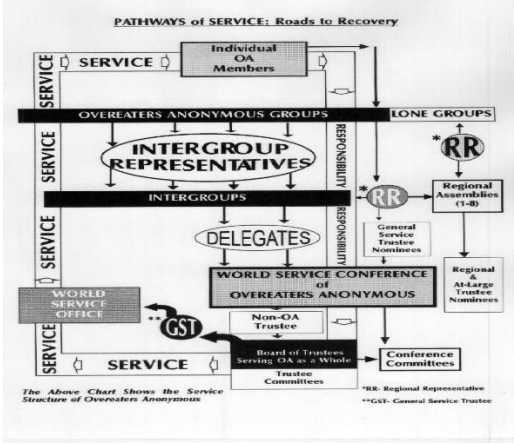

RATIONALE: To stay consistent with what is in the bylaws.

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	Adopted
	Amended
	Lost

Motion VII: Update Policy & Procedure Manual

Motion: Move to amend Policy & Procedure Manual, Section VIII, Service Structure by striking and inserting:

CURRENT WORDING	PROPOSED WORDING
<p>Section VIII Service Structure</p>  <p>The Above Chart Shows the Service Structure of Overeaters Anonymous</p>	<p>Section VIII Service Structure</p> 

SUBMITTED BY:

Bylaws Committee of Region 8

Susan Berland

415-987-3194

sberland@pacbell.net

INTENT:

To use the Service Structure Diagram that is currently used by OA World Service

IMPLEMENTATION:

Updating the manual and uploading an updated copy to the website

COST:

None

RATIONALE: To stay consistent with what World Service is using. This diagram is simpler and easier to explain and understand.

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VI. Final Report of Hosting Committee, Little Rock, AK October 2018

Final Region 8 Convention Report

Oct 12, 12, 14, 2018

Convention Chair Report

Finding a hotel in the Little Rock area that we could actually afford was very difficult. They were all charging the same price for their meeting rooms. If the hotel where we held the convention had not worked with us on pricing we would not have been able to host a SOAR 8 convention. None of the other hotels would discuss pricing other than their original quote.

We started holding monthly meetings before August of 2017 as soon as our intergroup voted on putting in a bid for hosting the SOAR 8 Convention & Business Assembly. Our date was for Oct. 12, 13, 14 of 2018 which we put in the bid at the Miami-Dade SOAR 8 convention in Oct. of 2017. Having this much time to prepare for the bid and then a whole year to prepare after getting the bid made for a less stressful hosting. However, everyone in our Arkansas area volunteered from the very start to either take a committee chair position or volunteer on a committee. This is the miracle that actually led to such a smooth sailing event. Everyone was dedicated to their committee and saw it through to the very end of the convention. I was truly blessed as a convention chair to have that kind of exuberance and commitment. Holding monthly meetings was extremely helpful and then in September we held weekly meetings up to the week of the convention. We took Mobile, Alabama's recommendations of having a hotel walk through with all committee chairs prior to the start of the convention. I believe that made the start up on the first day of the convention much smoother running.

The hosting manual has a "12 Month in Advance" check list in general and also for each committee. This was invaluable. We were always a

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little ahead of that schedule or exactly on it and that also kept any stress away.

Around the last month and a half I developed a “grid” listing each committee and little wrap up details so that everyone was on the same page and knew what and where everyone was going to be during the convention. This grid was passed on to us from the Mobile Intergroup and that worked very well for us too. Mobile even passed on a flash drive/thumb drive with all that information which *I passed on to the Gold Coast Intergroup as they start their year.*

The hotel liaison and I kept in touch with the hotel throughout and especially as the date of the convention got closer. That was crucial for last minute details and confirmations.

1. Number registered at Convention: 108
2. Number registered at Hotel: 36 people registered for a guest room; 55 adults listed in rooms; 2 children
3. Number of guest rooms used: 35 rooms reserved & used; 79 room nights from Oct. 11th thru Oct 15th
4. Number of meeting rooms used: 3
5. Number reserved for Banquet: 72 Number served at Banquet: the hotel did not have that information saying they did not track that data
6. Price per ticket for Banquet: \$44
7. Number reserved for Luncheon: 69 Number served for Luncheon: the hotel did not have that information saying they did not track that data
8. Price per ticket for Luncheon: \$32
9. Number of photocopies made during Business Assembly:
10. Total amount received from Registration: \$3,865.00
11. See attached budget spreadsheet & Treasurer’s report below
12. Entertainment: no money was spent on Entertainment. Two members volunteered to lead Karaoke with their personal machine

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and for the “game room” members brought their personal board games.

13. Decorations: No money was spent on decorations. One member brought her “terrariums” from home. As an after thought she decided to donate them and have each table at the banquet decide who would get to take it home.
14. Drawing: \$1,778.11
15. Tapes: We contacted Vision Audio as soon as we knew we were going to put in a bid. The cost for the taper was hotel room and meals while at the convention.

Vice Chair

I served as Vice Chair for the Soar 8 convention. I joined the team later in the process when most preliminary things were decided, hotel, theme, other chair positions. I helped with whatever was needed, recruiting volunteers, checking with hotel and attending convention meetings. During convention I was available to assist committee Chair people whenever possible.

Speaker chair

I prepared I asking suggestions for the main speakers for the luncheon, banquet and closing. For the workshop speakers I waited until people started registering.

Everything went smoothly. I would say 90% of people asked to speak said yes. I got all of my speaker slots filled before the convention. And everyone showed up on time and did a great job.

Nothing needs to be different.

Entertainment

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We did not have an Entertainment Committee Chair. HOWEVER, four lovely members stepped up and did service in this area. One wrote the Friday night skit for the opening session. Two other members, twin sisters no less, volunteered to bring their Karaoke equipment to provide singing and dancing for the Saturday night entertainment. And oh did we have fun!!!!!! One of the sisters also brought a guitar and we had a spontaneous bit of entertainment from an OA member from out of state that performed one of his OA songs. Then one of our own AR members wrote and sang an adapted OA song. So HP takes care of things if we are open to monitoring and adjusting and asking for help from HP and other OAers!

Hospitality

The Hospitality Room was mainly a refreshment room for members to obtain coffee, decaf, tea, water.. Various sugar free sodas were also appreciated, as well as fruit... It was suggested that one price be set for coffee, e.g. \$3 or \$5 for the weekend, rather than by the cup.. The weekend schedule was so tightly packed, there was no need for “a quiet place for members to get together and talk”.

Boutique

The Boutique was a fun part of the Region 8 event in Little Rock. Planning began a year in advance so that nice merchandise could be collected and included in the mix.

Having access to the space a day in advance of its opening was fabulous! Clothing was sorted by size and then color before being placed on clothing racks. Having lots of extra clothing hangers made it helpful to showcase the clothing appropriately. The hotel provided one clothing rack and two individuals provided another four racks. All five

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racks and a closet in the room that housed the Boutique were filled with gorgeous clothing and shoes.

A large table was placed in the center of the room to display the jewelry. It was a shopping magnet! Other items were placed on tables and counters in the room. Various home accessories, holiday items and craft supplies rounded out the wide variety of merchandise available to happy shoppers.

Oversized shopping bags were used to decorate the walls of the space. Merchandise on the tables/counters was displayed similar to real stores, so that shoppers experienced it as an actual store, rather than a “garage or white elephant type” sale.

Racks and tables were strategically placed to ensure optimal access by shoppers. Built-in countertops were also used as display areas. Seating was only provided for two volunteers at the checkout table. This kept the flow of traffic moving and encouraged those wanting to take a break to use the seating in the Hospitality Suite next door to the Boutique.

The goals of the Boutique were:

1. Make money for the CAIOA Intergroup in order to spread the message of OA;
2. Provide a delightful shopping venue for all attendees; and,
3. Serve as an inexpensive resource for members in search of smaller-sized clothing, oftentimes as a result of ongoing recovery in OA.

The only drawback was that hundreds of pieces of clothing were delivered on site shortly before and during the weekend’s events. Having an extra room that could be used as a staging area for these clothes proved invaluable! It also meant that attendees made multiple return shopping trips to look at new merchandise.

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Volunteers were used primarily to:

- * Set up clothing racks & tables
- * Decorate the room
- * Sort merchandise and hang up clothing
- * Assist shoppers
- * Take down the decor and pack up unsold items
- * Deliver unsold goods to a local charitable organization

Having plenty of terrific volunteers, tons of beautiful merchandise, and an atmosphere of recovery made for an amazingly successful Boutique!

Registration

Things that worked:

- Registration chair was familiar with Eventbrite.
- Registration chair was comfortable with Excel.
- Weekly the chair would enter all physical registrations into Eventbrite.
- Weekly the chair would create an envelope for each registrant:
 - Name
 - Nametag name
 - Meal preference(s) - put tickets in envelope
 - Note if a Green Dot and/or participating position in Assembly - put corresponding ribbon in envelope
- Delegated to committee members acquiring items to go into registration packets.
- Hosted a “stuffing” session to put together registration packets as a committee two-three weeks before event. Anticipated and created a handful of extras.

Things to improve:

- Verify that the event on Eventbrite is set to “private” to remove ads.

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- Keep registration envelopes in two piles - one for Convention and one for Assembly.
- Easier to count up how many in each venue
- The crayon give-aways were purchased early on with a cross-over concept with fundraising using coloring sheets and/or having coloring options. This fell through. Select give-aways further on in the process.

Pages & Runners

Working as a Pager/Runner was very interesting and it gave me more insight to what really happens with the business aspect of OA. I was briefed about what to expect so I was not taken by surprised about anything. Having 2 runners scheduled for each time slot made it very easy and convenient to be successful. There was always someone available to assist. It was a great experience.

Love Notes

What worked:

- Putting the notes in envelopes, in alphabetical order, in easy to access boxes.
- cute stickers, markers, set-up.

Might be done better:

- Putting the table closer to the registration table so that people will remember to do them and pick them up as they leave.
- Putting the person's city/state so that people will know better who's envelope is who's.. i.e.- "Kerri S. Little Rock"
- Perhaps adding info about the Love Notes table in the registration forms, and adding the question "Would you like your love notes

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mailed to you after the conference/retreat? (if you say no they will not be mailed to you)" adding a charge to cover stamps.

- I wanted to put a heart-shaped balloon and a bit more decoration on the table to draw people to the table. I didn't get a chance to- but think it would have been effective.

What didn't work:

- when someone saw that a person signing up Saturday morning didn't have an envelope yet- they made them an envelope which was great.. but then ended up making several duplicates creating a bit of confusion. Let people make themselves an envelope and perhaps have a checklist of people that have love notes envelope, and/or check with the Love Notes chair to see if an envelope was made for person(s) in question.

Treasurer Report

The treasurer and chair opened a separate checking account for the convention with the \$500 seed money from SOAR 8. Reimbursements were made to committee chairs for any committee supplies. The hotel required a deposit the day after we received the bid to host the convention. So Central AR Intergroup paid that deposit and will be reimbursed from the convention income. Fundraising, Boutique, and Registration had their own bag to keep funds during the convention. The treasurer collected extra cash periodically throughout the convention. We paid the hotel fees from the registrations collected by mail. The funds from registrations made online through Eventbrite were not available until 1 week after the convention. Overall the convention went very smoothly. The only problem I encountered was how to budget the correct amount for the hotel fees and meals.

Literature

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When preparing for the October SOAR 8 Convention, concerns were expressed about the limited selection of literature that could be offered to members attending the Convention by the recommended budget of \$150. There were additional concerns about any remaining literature after the convention.

At this point the Little Rock OA group Serenity on Saturday offered to provide the literature

for the SOAR 8 Soar Convention in order to allow access to a complete selection of conference approved OA literature.

I believe that Serenity on Saturday provided an important service to Little Rock's SOAR 8 Convention. Two representatives came with lists in order to purchase literature for their local groups. All copies of The Twelve Step Workbook, Second Edition, Twelve Step Workshop and Study Guide and Voices of Recovery were sold out as was Come to Believe, an AA text. We could have sold additional copies of these volumes. \$362.50 of literature was sold during the Convention weekend.

If I provide this service to OA again, the one change I would make is to order fewer pamphlets. Committee members asked that we offer a selection of all the pamphlets currently available through the OA bookstore. Few members were interested in these at the time. However, the group, Serenity on Saturday, now has pamphlets available to spread the message.

Signs & Decorations

-We used the following materials:

One Large Sign at the Front to point towards Registration/Business Assembly and Recovery Workshops

-One Large Sign for the Boutique/Hospitality Room

*Leave off Room numbers and arrows till the day of if it is an option

*Bring tape to help fix signs to easels

-One 8"x11" Boutique Table Sign

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-One 8"x11" Business Assembly Registration Sign

-One *8x11" Registration Sign

*Keep spare poster board, tape, and markers to make additional signs as needed

Center Pieces:

-# of Center Pieces for the banquet tables

*Keep checking for the total number tables for Luncheon & Banquet

Hotel Liaison

My experience as the hotel liaison for the October 2018 SOAR 8 convention mostly occurred before our bid was accepted. Convention Chair and I researched hotels and made appointments with many hotels in the Little Rock area. We met multiple times with each hotel and toured their facilities. The hotel was wonderful to work with, they were competitive with their prices, had ample space, and met our food requirements. Then several meetings with the hotel were made a few weeks before the convention dates.

Really, most of the work of the hotel liaison was done and the contract was pretty much completed before the bid process even occurred.

There is a lot of legwork (several weeks of appointments, meetings, phone calls, studying proposals, deciphering the manual) that has to be done, and to not know that it would come to fruition could be a deterrent.

Fundraising

For the Soar 8 Convention held on October 12-14, I oversaw the fundraising efforts that did not include the Boutique and the sale of literature. These are the fundraising events that occurred: (1) a silent auction of donated items; (2) the sale of donated prayer shawls; (3) the sale of donated dyed handkerchiefs; (4) the sale of homemade magnets made from 12 Step quotes; (5) a live auction of donated

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items; (6) the raffle of Step baskets and (7) a half and half raffle using playing cards.

The total funds raised were \$1,778.11. Having items donated helped keep costs to almost nothing for the fundraisers and the fact that the half and half winner donated her winnings contributed to the overall success.

For future events, I would recommend having more baskets for the silent auction and/or raffle because I think they generate interest in either bidding or buying raffle tickets. Otherwise, I think the fundraising ideas were all good ideas and, more importantly, successful in raising money.

Although I served as the chair of this committee, I relied on donations and assistance from other members of our Arkansas contingent. It was truly a group effort!

Workshop Evaluation Results

Over all the Workshop evaluations were positives with many “yes” answers in all categories on the evaluation sheet. The friendly hotel staff was mentioned in many of the evaluations. For those that remembered to ask for the breakfast voucher (\$6) at hotel check-in—they were very pleased with the price and choice of foods on the buffet; Some of the suggestions for making the convention better were: lower costs on the meals; hotel restaurant too pricey; shorten the skit; lower costs on the hotel rooms; vegetarian meals were not up to expectations; confirm with chef no white flower pasta; the room keys were a problem for many—they just wouldn’t work; too cool in the meeting rooms monitor that for future conventions; list of ingredients in the meals, esp the sauces;

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Program/Workshop Chair

As the chair of the workshop committee it worked well to find the promises in the literature and put it all together, so we could make a decision about which promise/s we wanted to correlate with each step. It also worked well to have everything organized out, so that the speaker had a listing of the promises for each step and the reference back to the page numbers in the literature. One thing I would do differently is to make sure I read the introduction for the speakers ahead of time because the first time I read it aloud I was surprised by what it said because it was different than anything that is said at our meetings. I assumed I could just get up there and read it, which I could, but I would have felt more confident if I'd read it ahead of time and become familiar with it.

Respectfully Submitted,

Margaret Regnier
Convention Chair

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VII. Standing Rules

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

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

Voting Procedures

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

Recognition

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

Motions and Debate

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

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3. be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
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.

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VIII. Decorum in Debate

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

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

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

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

2. Refraining from attacking a member's motives.

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

3. Addressing all remarks through the chair.

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

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

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

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

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

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

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

7. Reading from reports, quotations, etconly with permission.**

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

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

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

9. Refraining from disturbing the assembly.

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

Jan Strand, PRP

March 1, 2014

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IX. Links to Online Forms

Voucher and Advance Request Form

<https://oaregion8.org/documents/SOAR8-Voucher-and-Advance-Request-Form.pdf>

Committee Selection Form

<https://oaregion8.org/documents/PDFs/Region8-Committee-Selection-Form.pdf>

Committee Progress Report

<https://oaregion8.org/documents/PDFs/Fillable-SOAR8-Committee-Progress-Report.pdf>

Region 8 Delegate to WSBC Application

<https://oaregion8.org/documents/PDFs/Fillable-SOAR8-Delegate-to-WSBC-Application.pdf>

Request for Budget Override

<https://oaregion8.org/documents/PDFs/Request-for-Budget-Override>

Certificate of Eligibility – English

<https://oaregion8.org/e-docs/online-forms/coe>

Certificado de Elegibilidad - Espanol

<https://oaregion8.org/e-docs/online-forms/coe-espanol>

Request for Steps, Traditions, Concepts Workshops

<https://oaregion8.org/e-docs/online-forms/stc>

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X. Future Assembly Flyers

Memphis, Tennessee October 2019

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XI. Flyers for Future bids

Baton Rouge, Louisiana- Spring 2020



XXX.

XXXX. Traveling the Bayou from Relapse to Recovery

XXV. SOAR 8 Recovery Convention & Business Assembly

XXV.

XXVI. *Date:* March 19-21, 2020

XXVII. *Hotel:* Crown Plaza

XXVIII. 4728 Constitution Ave.

XXIX. Baton Rouge, LA 70808

XX.

XXI. *Contact:* Aleta P. ahp42@atl.net 225-937-0566

XXII. Katrina S. chair@caregion8.org 225-715-4988