



Table of Contents

Region 8 Service Directory 2

I. Chair Report 3

II. Secretary Report 6

III. Trustee Report 7

IV. Treasurers Bi-Annual Report 10

V. Proposed Budget 11

VI. Tech/Web Report 13

VII. Forum Presentation 14

VIII. Forum Questions 17

IX. Motions 18

X. Baton Rouge, Spring Assembly 2020 28

XI. Bid Fall 2020- Nashville 30

2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

I. Chair Report

Katrina S.

Hello! ¡Hola! Olá!

My name is Katrina. I am Region 8 Chair and a compulsive overeater and sugar addict, living an abstinent, beautiful life thanks to OA!

Hello Memphis!!! Many, many thanks to Greater Memphis Intergroup for hosting us in music city, Memphis, Tennessee for "River City Recovery" and the 2019 Region 8 Fall Business Assembly.

And, as always, I also thank YOU. For your commitment to your own recovery. For going to meetings and sharing your experience, strength and hope. For supporting the recovery of others around you by Sponsoring. For giving service by being a Group Treasurer or Representative. For stepping up to work with your Intergroup. For giving us your time and energy at the Region Assembly.

Lastly, thank you for allowing me the honor and privilege of being Chair of this amazing region.

The Gift of Service

At the last assembly a beautiful, loving Region 8 OA member asked me: Is the business side of OA about saving lives? My answer was "yes" but at the time I didn't really have much else to say. I've given it some thought. These thoughts are not complete but a beginning.

When I first stepped up to service beyond the group level my friends questioned my decision. But, I worked in a global, multibillion dollar corporation. What I know is that large human enterprises need structure and organization to thrive. In AA Comes of Age, Bill W speaks of the 'need' for the administrative side of AA. The 'need' for the Traditions that he would write and struggle to implement. OA has the same need.

On the business side of OA (as in the Assembly) we are not doing the work that mesmerizes members. We are not quoting OA literature and thumping the Big Book.

On the business side, we are doing the work to provide the spaces for members to share experience, strength and hope. We are organizing the information that new

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

meetings need to begin the journey of being of service. We are helping to provide literature for those who need words that speak directly to our disease. We are providing wisdom when interactions prove challenging. We are picking up the chairs after the meeting. We are building websites to allow compulsive overeaters to easily find us. We are collecting the 7th Tradition and making a donation to those who allow us to gather, share and heal.

Because we are a globally organized and recognized entity, others can feel comfortable allowing our members to meet in their facilities. We are keeping the lights on and the doors open in a global organization. In this work we may not be carrying the message directly. However, through these and many other actions we help to make the road to recovery more accessible.

Here, we stand on the shoulders of giants, the founders of AA and OA. They carried the message to the still suffering directly but they also did the hard, sometimes numbing tasks of building and maintaining service structures. They did their part to turn the lights on and open the doors. These tasks now fall to us. The challenge is to keep our purpose front and center while we do. We exist to carry the message.

In reality, we take up the task in small ways only. As Mother Teresa said, "We can do no great things, only small things with great love." The business side of OA is not the poetry of carrying the message. This is the prose. I am not some gifted orator. I do not know the text by heart. I may not be able to move you to tears or tell the story or the joke that brings the message home in some profound way but I can be a part of the hands, feet, heart and minds needed to help us learn to live the program as we work together.

Yes, our fellowship is changing. Face to face meetings are declining while virtual meetings are on the rise. There are thousands of diets and weight loss companies offering an "easier and softer way." Despite that, the number of compulsive overeaters continues to rise. In life, all must "adapt or die." OA has a life giving message. OA CAN continue to adapt. OA CAN continue to save lives. It is up to us.

We build on a rock solid foundation: Twelve Steps, Twelve Traditions, Twelve Concepts and a Higher Power that speaks through YOU in our Group Conscious. If YOU will give us YOUR brilliance, energy, hard work, experience, strength and hope OA will continue to be here for the next compulsive overeater who needs our life giving message.

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

Without YOU OA as an organization cannot exist. For the next compulsive overeater who stumbles through the doors of a meeting in Region 8, I thank you. Your service, your dedication, allows us to continue to spread the lifesaving and life giving message of OA. The message made available to us by those who took up the task of assuring that OA would still exist when we stumbled through those doors.

My service is selfish. I serve so that overeating (sugar addiction) doesn't kill me. I serve because I need OA. I need my meetings, intergroup, region and world service. I serve because I love my OA brothers and sisters. I serve because I believe that the business side of OA supports and facilitates my recovery. I can do some of those boring, numbing business tasks and along the way learn to live the program as I work with others to make the road to recovery more accessible. For whatever reason you serve, I thank you.

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

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

II. Secretary Report



Hello Y'all

Welcome to Memphis!! Thank you to the Greater Memphis Intergroup for hosting the Fall Business Assembly and Recovery Convention. We all know how much work it takes set this up and we are grateful to all who participated 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 Chair is presenting a communication project "Improving Communication Across the Region". Please tune in for the Forum on Friday Night. The presentation is included in this Addendum along with a list of questions that we are hoping to get feedback on how things can be improved.

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 not 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 many old friends, and meeting new ones!

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

III. Trustee Report

Hello/Hola/Ola Region 8!

My Name is Andi and I am a compulsive overeater!

Mi nombre es Andi y yo soy un comedor compulsivo!

Menu nome Andi e eu sou um comedor compulsivo!

Welcome everyone to Memphis, Tennessee !

Looking forward to River City Recovery this weekend, as the "Big Book Comes Alive" for us. I want to thank you for stepping up to the challenge of hosting our Fall assembly. For those Intergroups that have hosted this type of event before I know they can share just how much unity and team work they experienced during the planning and the event. Service brings us together and also helps our recovery. Many fellows have shared that working on the event helped them to get abstinent and build on their own personal recovery. Go back to your Intergroups and start a conversation about hosting an upcoming Convention and Assemblies!

Speaking of Conventions..... "Sunshine of the Spirit 60 Years Around the Sun!" Our World Service Convention will be held in Orlando , Florida August 20-23, 2019. We will be at the Renaissance Hotel. Registration starts in January 2020. Come and meet fellows from around the world as we share our recovery through workshops, interactive lectures and so much more. The fun and recovery is truly something to experience.

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

Can you believe OA has offered a solution to compulsive eating and compulsive food behaviors for 60 years. Awesome ! World Service Business Conference 2020 will be celebrating the occasion with the theme "OA Celebrates 60 Year! Looking to the Future!" First Conference e-Documents are now posted on the WSBC web pages and include Delegate registration material, Trustee application form, Delegate registration materials, tentative schedule and a motion/amendment template. Hotel reservation link is also open. Use group code "OEA" to get our special rate.

The window to purchase a full-year subscription to Lifeline magazine will be closing in the next few months. Ordering for new print subscriptions will close December 17, 2019. You will continue to receive every issue through November of 2020. Online subscribers will continue through January 2021. The World Service Office staff will replace Lifeline with a new online platform for members to share their stories. Look for upcoming information in the year ahead.

All suggested meeting formats that include OA's statement on abstinence and recovery have been updated to include OA's new definitions of abstinence and recovery as approved by the delegates to World Service Business Conference 2019. You can download the revised formats at oa.org/documents under "Meeting Formats".

Give newcomers and other OA members the best understanding of what it means to be abstinent and what it means to be in recovery by downloading the new formats.

We can now download the OA Handbook and Seventh Tradition Pamphlet. Go to bookstore.oa.org.

Have you seen the new Questions and Answers Pamphlet. It provides

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

answers to twenty-four of the most common questions a new member might have about OA, including basic questions about recovery, Higher Power, Steps and Traditions and OA's service structure. The board just reduced the price to \$.35 so pick up a bundle for your Intergroup or Service Board.

Our new Social Media Connection. www.instagram.com/overeatersanonymous-official / for inspiration, information and to help carry the message.

Looking for all you young OA members (30 and under). Are you interested in giving service as a podcast speaker, sharing your experience, strength and hope through recovery in OA. Please fill an online questionnaire. Response will be reviewed by the Young Persons' Committee and they will contact you to follow up.

These first five months serving as your trustee have just zoomed by. It is my honor to be of service for this truly awesome region. Having been giving service since 2001 on region level I have been given so much encouragement, help and opportunity to really carry the message to all both in and out of the rooms. Thank you for giving me the opportunity to continue to grow and to continue to carry these lifesaving solutions to all who share my compulsion.

Please come up and introduce yourself at assembly. I love giving and getting hugs.

Blessing of light

Andi S.
Region 8 Trustee

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

IV. Treasurers Bi-Annual Report

TREASURER'S BI-ANNUAL REPORT

APRIL 2019 - OCTOBER 2019

MONTH/YEAR	INCOME	EXPENSES
April 2019	6259.03	6244.72
May 2019	1411.41	1662.00
June 2019	1456.97	2405.92
July 2019	4124.36	2776.19
August 2019	2816.59	5878.29
September 2019	6718.03	714.00
October 2019	TBD	TBD
TOTAL	22,786.39	19,681.12

Current Bank Balance: \$34,403.66 (as of September 30, 2019)

Prudent Reserve: 57% (OA suggestion of 40-60%)

(Prudent Reserve = Actual Bank Balance divided by Annual Amount Budgeted to Fund Region8: \$34,403.66 divided by \$59850.00)

2019-Growing Our Membership Worldwide
 Memphis, Tennessee USA October 11th – 13th 2019

V. Proposed Budget

1	Budget for November 2019 – October 2020		
2			
3			
4	SOURCES OF FUNDS		
5	Beginning Bank Balance	\$34,769.60	<i>as of 09/22/2019</i>
6	Prudent Reserve = \$23,899.60		
7			
8	RECEIPTS		
9	Contributions	\$37,000.00	
10	Region 8 Assemblies	\$5,000.00	
11	Region 8 7th Tradition	\$900.00	
12	Ways & Means Projects	\$4,500.00	(\$1500profit)
13	Seed Money Returned	\$1,000.00	
14			
15	TOTAL RECEIPTS:	\$48,400.00	
16			
17	TOTAL SOURCES OF FUNDS (Beginning Balance + Total Receipts)	\$83,169.60	
18			

19	USES OF FUNDS:		
20			
21	EXPENDURES		
22			
23	Board:		
24	Chair	\$800.00	includes laptop
25	Vice Chair	\$800.00	includes laptop
26	Secretary	\$300.00	
27	Treasurer	\$600.00	includes \$350taxes/\$70corp.fees/\$90POBox
28			
29	Board & Parliamentarian Travel:		
30			
31	Board Travel (excluding Chair travel)	\$8,000.00	VC+Sec+Treas
32	Parliamentarian	\$1,300.00	
33	Chair Travel WSBC + Convention	\$3,000.00	
34	Chair Travel RCC3	\$1,500.00	
35	Chair Travel Region 8 Assemblies	\$3,000.00	
36	WSBC Region 8 Delegate	\$4,500.00	R8Reps to WSBC \$1500/del
37	WSBC Region 8 Support Fund (R8DSF)	\$3,000.00	IGReps to WSBC
38	WSBC Region 8 Nominated Trustee(s)	\$0.00	every 3 years if needed-\$1300/nominee
39			
40	Committee Chair Travel	\$8,500.00	ByLaws+TechWeb+IGOR+TSW+PIPO+Ways&Means

2019-Growing Our Membership Worldwide
 Memphis, Tennessee USA October 11th – 13th 2019

41			
42	Committees:		
43	Bylaws-Electronic Documents	\$150.00	
44	Tech-Web	\$2,800.00	\$1800Webmaster/Email/Hotspot Fees
45	UWD	\$0.00	
46	IGOR Rep Funding	\$4,500.00	IGReps to R8Ass
47	TSW	\$200.00	
48	PIPO	\$1,800.00	
49	* Public Information Fund	\$2,000.00	IG outreach/advertising
50	Ways & Means	\$3,000.00	
51			
52	MISCELLANEOUS		
53	Carry The Message Fund (thru IGOR)	\$1,700.00	Send leaders to workshops/retreats
54	Region 8 Trustee - Assembly expenses	\$400.00	
55	WSO Contribution	\$5,000.00	
56	Seed Money Advanced	\$1,000.00	
57	PayPal Fees + Bank Fees	\$420.00	\$35/mo
58	Bonding Fees - Board Members	\$1,000.00	\$1000 paid every 3 years - due March 2020
59			
60	TOTAL EXPENDITURES	\$59,270.00	
61			
62	Allocated to Prudent Reserve (OA suggestion 40-60%)	\$23,899.60	40.3%*EXPENDITURES
63			
64	TOTAL USES OF FUNDS (Reserve Allocation + Total Expenditures)	\$83,169.60	

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

VI. Tech/Web Report

Fall 2109

The Tech Web Committee is ready to serve the Business Assembly Attendees (including those attending virtually) again this fall in Memphis. To this end, we have optimized the computers, updated the antivirus software and scanned all files, and updated all software. We enrolled in Zoom Pro once again so that we have unlimited on-line minutes for our virtual attendees. We also purchased a mobile hot spot and data card for the Committee. This will allow our second tech web computer to access the hotspot and prevent dropping the signal when transmitting to the virtual attendees.

Motion F, to be addressed at this Assembly, is a motion to fund the travel for two co-chairs of the Tech Web Committee. If you have questions or concerns about the need for this motion, please talk to one of us on the Committee before we get to the deliberations.

Committee members will be discussing the following issues more fully at the Business Assembly:

- Revising the Virtual Attendee Application form so that voting (credentials are required) and non-voting members can be distinguished from each other.
- Updating the Tech Web Committee responsibilities and revising our section of the P&P Manual.
- We would like to prepare some **informational videos** for our Region 8 website. These might include such things as how to register as a virtual attendee; information for New Representatives (“Green Dots”), a quick lesson on Parliamentary procedure, and how to prepare a motion. If you have an idea for a video for your Committee, please contact us.
- Preparing an “etiquette” guide for virtual attendees.

The Tech Web Committee will also need to discuss our current computer hardware. One of the computers is running Windows Version 7. Microsoft has stated they will no longer provide support for this system after January 14, 2020. Any PC running Windows 7 will no longer receive security updates. Therefore, it's important that we upgrade to a modern operating system such as Windows 10 in the very near future.

To be part of this cutting-edge committee, please see me.

Barbara J. Carter

Barbara Carter, Committee Chair

techwebchair@oaregion8.org

352-472-9924

VII. Forum Presentation

The Forum: Improving Communication Across the Region

Background

- ▶ The Region 8 Board has been working on a list of projects.
 - ▶ Six are aimed at Improving Assemblies
 - ▶ Four are aimed at Improving Communication across the Region
- ▶ Work is ongoing but we now want input from you on the next phase of work aimed at Improving Communication Across the Region
- ▶ Please answer the questions on the sheets provided.

2

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

Improve Communication Across Region 8

▶ Phase 1

- ▶ Secretary: Signed up all committee members to their distribution lists and ALLSOAR8 at the assembly
- ▶ Secretary: Signed up all Committee Chairs to their region email (so that they would actually receive emails sent from the website)
- ▶ Secretary: Created Dropbox Accounts
 - ▶ For the Board to store Region Documents
 - ▶ For Funded Chairs to store documents
- ▶ Gathered info on the reach of ALLSOAR8

3

Improve Communication Across Region 8

▶ Phase 2: We need info from you! Tell us!

- ▶ What's the Best way to reach you?
 - ▶ Tell us:
- ▶ What do you want to know?
 - ▶ Tell us:
- ▶ What's the best way to find out what's going on with your Intergroup?
 - ▶ Tell us:

4

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

Improve Communication Across Region 8

- ▶ **Phase 2: How can we best use the communication tools that we already have?**
- ▶ **ALLSOAR8**
 - ▶ How can we assure that info reaches every Intergroup?
 - ▶ Best way to get everyone signed up?
 - ▶ What do you want to be notified about?
- ▶ **SOAR 8 Newsletter**
 - ▶ How do we make this document a “must read” or “go to” document for the whole region?
 - ▶ Can we substitute the Region newsletter for a “local” newsletter? What would have to happen to do that?
- ▶ **Region 8 Website / Calendar**
 - ▶ How do we make this website / calendar a “must read” or “go to” site for the whole region?
 - ▶ Can we substitute the Region website / calendar for “local” websites / calendars? What would have to happen to do that? Would your intergroup be interested?

5

In Closing

- ▶ The Board and the Funded Chairs are a true team want to serve all of Region 8 and to do it well!
- ▶ Completing these projects will allow all Trusted Servants to better serve the region.
 - ▶ These projects provide foundations needed to support our efforts.
 - ▶ Improved Communications means reaching more members in our vast region.
 - ▶ Improved Assemblies will improve understanding and participation.
- ▶ Thanks for your Service!

6

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

VIII. Forum Questions

Improving Communication Across the Region- to be filled out and turned in to a Board Member

1. What's the Best way to reach you?

2. What do you want to know?

3. What's the best way to find out what's going on with your Intergroup?

4. **ALLSOARS**
 - a. How can we assure that info reaches every Intergroup?

 - b. Best way to get everyone signed up?

 - c. What do you want to be notified about?

5. **SOAR 8 Newsletter**
 - a. How do we make this document a "must read" or "go to" document for the whole region?

 - b. Can we substitute the Region newsletter for a "local" newsletter? What would have to happen to do that?

6. **Region 8 Website / Calendar**
 - a. How do we make this website / calendar a "must read" or "go to" site for the whole region?

 - b. Can we substitute the Region website / calendar for "local" websites? What would have to happen to do that? Would your IG be interested?

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

IX. Motions

Motion 1: Update Bylaws Article VIII, Section 1

	Adopted
	Amended
	Lost

Motion: Amend Bylaws Article VIII, Section 1 by striking Unity with Diversity

CURRENT WORDING	PROPOSED WORDING
Article VIII, Section 1, A, 2. 2. Odd Years: Technology/Web Site, Twelfth-Step-Within, Unity with Diversity, Public Information/Professional Outreach Committee	Article VIII, Section 1, A, 2. 2. Odd Years: Technology/Web Site, Twelfth-Step-Within, Unity with Diversity , Public Information/Professional Outreach Committee

SUBMITTED BY:

Bylaws Committee
Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

Remove Unity with Diversity as a standing committee as it is now a sub-committee of Twelfth Step Within (TSW)

IMPLEMENTATION:

Amend the Bylaws to reflect this change.

COST:

Minor only if reprinting of the Bylaws is necessary.

RATIONALE: As this committee has already been made a subcommittee of TSW, the bylaws need to reflect this.

2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

Motion A: Update Policy & Procedure Manual Article XXVI

	Adopted
	Amended
	Lost

Motion: Move to amend Region 8 Policy and Procedure Manual, Article XXVI as follows: (and to renumber sequential Articles of the P & P accordingly)

CURRENT WORDING	PROPOSED WORDING
<p>XXVI. Unity with Diversity Committee Purpose To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. Duties: 1. Gather and disseminate information from other Regions and WSO regarding Unity with Diversity work. 2. Assist groups in attracting all who come to OA (regardless of culture, ethnicity, nationality, gender, sexual orientation, age, language spoken, abuse of food, disability, or method of recovery) and reach out to them with the message of recovery. 3. Assist Groups and Intergroups with Twelve Step work with these diverse populations. Young People’s Sub-Committee Purpose To work with Groups, Intergroups and members to share the message of recovery with young people in OA. Duties 1. Share information from other Regions and WSO regarding Young People’s work. 2. Encourage Groups to welcome young people who come to OA, reach out to them with the message of recovery, and help them find a sponsor. 3. Assist Groups and Intergroups with Twelve Step Young People’s work.</p>	<p>XXVI. Unity with Diversity Committee Purpose To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity. Duties: 1. Gather and disseminate information from other Regions and WSO regarding Unity with Diversity work. 2. Assist groups in attracting all who come to OA (regardless of culture, ethnicity, nationality, gender, sexual orientation, age, language spoken, abuse of food, disability, or method of recovery) and reach out to them with the message of recovery. 3. Assist Groups and Intergroups with Twelve Step work with these diverse populations. Young People’s Sub-Committee Purpose To work with Groups, Intergroups and members to share the message of recovery with young people in OA. Duties 1. Share information from other Regions and WSO regarding Young People’s work. 2. Encourage Groups to welcome young people who come to OA, reach out to them with the message of recovery, and help them find a sponsor. 3. Assist Groups and Intergroups with Twelve Step Young People’s work.</p> <p>Translations Sub-Committee (Motion ratified July, 2015)</p>

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

<p>Translations Sub-Committee (Motion ratified July, 2015)</p> <p>Purpose To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.</p> <p>Duties</p> <ol style="list-style-type: none"> 1. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery. 2. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese. 3. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages. 	<p>Purpose To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.</p> <p>Duties</p> <ol style="list-style-type: none"> 1. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery. 2. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese. 3. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages.
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SUBMITTED BY:

Bylaws Committee
 Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

Remove Unity with Diversity as a standing committee

IMPLEMENTATION:

Amend the Region 8 Policy & Procedure Manual to reflect this change.

COST:

Minor only if reprinting of the P&P is necessary.

RATIONALE: The Twelfth Step Within (TSW) committee and the Unity with Diversity (UWD) committee often find they have common issues and are duplicating their service work. In addition, it has proven very difficult to keep the UWD committee adequately staffed. Therefore, a merger of UWD into the TSW as a subcommittee of TSW will avoid duplication of efforts in accordance with Concept 10 and will help alleviate the staffing issues.

2019-Growing Our Membership Worldwide
 Memphis, Tennessee USA October 11th – 13th 2019

Motion B: Update Policy & Procedure Manual Article XXVI

	Adopted
	Amended
	Lost

Motion: Move to amend Region 8 Policy and Procedure Manual Article XXIV after the section “Duties” by adding Unity with Diversity and its Translations sub-committee as subcommittees of Twelfth Step Within as follows:

CURRENT WORDING	PROPOSED WORDING
	<p>XXIV. Twelfth-Step-Within Committee</p> <p><u>Unity with Diversity Sub Committee</u></p> <p><u>Purpose</u> <u>To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity.</u></p> <p><u>Duties:</u></p> <p><u>1. Gather and disseminate information from other Regions and WSO regarding Unity with Diversity work.</u></p> <p><u>2. Assist groups in attracting all who come to OA (regardless of culture, ethnicity, nationality, gender, sexual orientation, age, language spoken, abuse of food, disability, or method of recovery) and reach out to them with the message of recovery.</u></p> <p><u>3. Assist Groups and Intergroups with Twelve Step work with these diverse populations.</u></p> <p><u>Young People’s Sub-Committee</u></p> <p><u>Purpose</u> <u>To work with Groups, Intergroups and members to share the message of recovery with young people in OA.</u></p> <p><u>Duties</u></p> <p><u>1. Share information from other Regions and WSO regarding Young People’s work.</u></p> <p><u>2. Encourage Groups to welcome young people who come to OA, reach out to them with the message of recovery, and help them find a sponsor.</u></p>

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

	<p><u>3. Assist Groups and Intergroups with Twelve Step Young People's work.</u></p> <p><u>Translations Sub-Committee (Motion ratified July, 2015)</u></p> <p><u>Purpose</u> <u>To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.</u></p> <p><u>Duties</u></p> <p><u>1. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery.</u></p> <p><u>2. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese.</u></p> <p><u>3. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages.</u></p>
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SUBMITTED BY:

Bylaws Committee
Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

Add Unity with Diversity as a sub-committee of Twelfth Step Within

IMPLEMENTATION:

The action has already been taken. This will simply amend the Policy & Procedure Manual to reflect this change.

COST:

Minor only if reprinting of the P&P is necessary.

RATIONALE: The Twelfth Step Within (TSW) committee and the Unity with Diversity (UWD) committee often find they have common issues and are duplicating their service work. In addition, it has proven very difficult to keep the UWD committee adequately staffed. Therefore, a merger of UWD into the TSW as a subcommittee of TSW will avoid duplication of efforts in accordance with Concept 10 and will help alleviate the staffing issues.

2019-Growing Our Membership Worldwide
 Memphis, Tennessee USA October 11th – 13th 2019

Motion C: Update Region 8 Policy & Procedure Manual

	Adopted
	Amended
	Lost

Motion: Move to amend Region 8 Policy and Procedure Manual by changing Chairman to Chair

CURRENT WORDING	PROPOSED WORDING
Move to change all instances of the word Chairman to Chair An example: XXI Vice- Chairman 1. Assumes all duties of Chairman in his/her absence.	Vice <u>Chair</u> 1. Assumes all duties of <u>Chair</u> in his/her absence.

SUBMITTED BY:

Bylaws Committee

Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

To make the P&P more inclusive.

IMPLEMENTATION:

Change all instances of the word chairman to chair and vice-chairman to vice-chair

COST:

Minor only if reprinting of the P&P is necessary.

RATIONALE: To make the P&P more inclusive.

2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

Motion D: Amend Region 8 Policy & Procedure Manual

	Adopted
	Amended
	Lost

Motion: Move to amend Region 8 Policy and Procedure Manual by changing his or her and his/her to their

CURRENT WORDING	PROPOSED WORDING
<p>Move to change all instances of the words his or her or his/her to their</p> <p>An example: XXI Board Members Duties of Board Members</p> <p>5. Board member may select someone to give report in his/her absence, at no expense to Region.</p>	<p>5. Board member may select someone to give report in <u>their</u> absence, at no expense to Region.</p>

SUBMITTED BY:

Bylaws Committee

Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

To make the P&P more inclusive.

IMPLEMENTATION:

Change all instances of the word his or her to their and his/her to their

COST:

Minor only if reprinting of the P&P is necessary.

RATIONALE: To make the P&P more inclusive. The pronouns they/them/their are more commonly used as singular today.

According to Merriam Webster, “In an 1881 letter, Emily Dickinson wrote "Almost anyone under the circumstances would have doubted if [the letter] were theirs, or indeed if they were themself." People have used singular 'they' to describe someone whose gender is unknown for a long time, but the nonbinary use of 'they' is relatively new.”

More information can be found here: <https://www.merriam-webster.com/words-at-play/singular-nonbinary-they>

Motion E: Update Policy & Procedure Manual

2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

	Adopted
	Amended
	Lost

Motion: Move to amend OAPP, changing the graphic on the cover page

CURRENT WORDING	PROPOSED WORDING
	

SUBMITTED BY:

Bylaws Committee
Susan Berland

415-987-3194

Bylawschair@oaregion8.org

INTENT:

To make the title accurate.

IMPLEMENTATION:

New P&P to be uploaded to the website

COST:

Minor only if reprinting of the P&P is necessary.

RATIONALE: To make the P&P accurate. The current graphic says Southeast Overeaters Anonymous. This will reflect the correct name, Southeastern Overeaters Anonymous.

2019-Growing Our Membership Worldwide
 Memphis, Tennessee USA October 11th – 13th 2019

Motion F: Fund TWO Co-Chairs of the Tech Web Committee

	Adopted
	Amended
	Lost

Motion: Move to amend P & P Manual, Article IX, Section A.5 as follows:

CURRENT WORDING	PROPOSED WORDING
Article IX Financial Policies, Section A General 5. The following positions are funded within the guidelines hereinafter stated: Chairman, Vice-Chairman, Secretary, Treasurer, Parliamentarian, and the chairs of the following committees: Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/ Professional Outreach, Twelfth-Step Within, Technology/Web Site , and Unity with Diversity.	Article IX Financial Policies, Section A General 1. The following positions are funded within the guidelines hereinafter stated: Chairman, Vice-Chairman, Secretary, Treasurer, Parliamentarian, and the chairs of the following committees: Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/Professional Outreach, Twelfth-Step Within, Technology/Web Site , <u>and two Co-Chairs of the Technology/ Web Site Committee.</u> a)

SUBMITTED BY:

Chair, Technology/Web Site Committee, SOAR 8
 Barbara Carter 352.472.9924

techwebchair@oaregion8.org

INTENT:

The intent of this motion is to request funding for a second person on the Technology/Web Site Committee (two Co-Chairs) for travel/expenses to the Business Assemblies.

IMPLEMENTATION:

Starting with the spring 2020 business assembly. This will fall under a new fiscal year.

COST:

\$1,200 (per year, approximately). The Treasurer stated that the budget allows \$600 for each funded chair per business assembly.

RATIONALE:

Since the adoption of virtual attendance and, more recently, virtual voting during the business assemblies, the Tech/Web Committee responsibilities have increased, while the desire to assist on the Tech/Web Committee has decreased. At the spring 2018 assembly, we “recruited” a talented person from the recovery convention to help with the Tech/Web Committee. At the assembly in fall 2018, only one person was physically present to handle two computers: one for real-time projection and the other for real-time communication with the virtual attendees. When no one from the rooms stepped up to assist Tech/Web, the Vice-Chair stepped down from the dais to support their responsibilities.

2019-Growing Our Membership Worldwide Memphis, Tennessee USA October 11th – 13th 2019

It is imperative that **at least** two people be present at each business assembly to handle the responsibilities and the equipment of the Tech/Web Committee. These responsibilities include:

- Monitoring all the virtual attendees. This includes working with the Secretary to make sure they are all informed and on-line, answering their questions through chat, and trying to maintain the internet connections, video and audio feeds.
- Displaying all of the readings, motions and other presentations on the screen. Modifying the text in motions as they are amended.
- Maintaining, setting up, and running all the equipment: two laptop computers, a microphone, camera and projector.

Scrambling at the last minute to recruit a second person to assist with the Tech/Web committee is not efficient. The job cannot be done with only one person. It will be easier to fund a second person – thus ensuring their attendance at the business assembly. The qualifications are few: if you can use a smart phone and/or computer, we can teach you to run the software needed during the business assembly.

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

X. Baton Rouge, Spring Assembly 2020

Here is a link to information on the Spring Assembly- please check here for updates:

[Baton Rouge Spring 2020 Business Assembly/Convention](#)

**THE SUCCESS OF THIS EVENT
RELIES ON SERVICE!**

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

I am willing to serve as:

- Hugger/Greeter
- Boutique
- Hospitality
- Page
- Where Needed
- Willing to Mentor
- Workshop Speaker:

I have 90 days of continuous
abstinence

_____ Initial here

*I put my hand in
yours, and
together we can
do what we could
never do alone.*

Committee Chair
Aleta Pickholtz
225.937.0566
ahp42@att.net

Committee Vice-Chair
Becky Fincher
225.937.8895
finche_b@bellsouth.net

Need a Roommate? Have
Registration Questions?
Contact Aleta

HOW TO REGISTER

Register Online

oabatonrouge.org/soar8
oaregion8.org

Or mail check and form to:
BRIG
P.O. Box 14815
Baton Rouge, LA 70898

Make checks payable to
Baton Rouge Intergroup
or BRIG

Please make copies of this flyer
and post it in a visible place at
your OA meeting place.



**Traveling
the Bayou
to Recovery**

Uncover, Discover, Recover
on the Bayou

SOAR 8
RECOVERY CONVENTION
AND BUSINESS ASSEMBLY

**March 20-22,
2020**



2019-Growing Our Membership Worldwide

Memphis, Tennessee USA October 11th – 13th 2019

HOTEL INFORMATION

Crowne Plaza Baton Rouge

4728 Constitution Avenue
Baton Rouge, LA 70808
225.925.2244

Use Code: SOA
Check in 4 PM
Check out Noon
Airport Shuttle \$10 per trip

Hotel Rates:

Standard Double Room:
\$125 + Tax
Sleeps 4, includes breakfast
Rooms have fridge & microwave

REGISTRATION FEES

Early Registration: \$45 (Before 2/20/20)
Late Registration: \$55 (After 2/21/20)
Saturday Only Registration: \$35
Virtual Registration: \$35

MEAL FEES

Saturday Lunch: \$35
Saturday Banquet: \$40
All meal orders due by 3/14/20



If you remove your body
from the truth,
when you are ready
the truth is nowhere to be
found.

But if you continue to
bring your body to the truth,
then when you are ready
the truth is waiting there for
you.

And that truth-
our promise of recovery-
is in every OA meeting
when we join hands,
pray together
and joyously,
lovingly,
encourage one another:
Keep coming back!

Reprinted from Overeaters Anonymous

REGISTRATION FORM

Name _____
Name for badge _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____
Intergroup _____

PLEASE CHECK ALL THAT APPLY

- Region 8 Rep
- Board Member
- 1st Time Representative (Green Dot)
- Recovery Convention Attendee
- Business Assembly Attendee
- Virtual Assembly Attendee
- Trustee
- Funded Chair

FEES ENCLOSED

Registration: \$45 (Before 2/20/20) \$ _____
Late Registration: \$55 (After 2/21/20) \$ _____
Saturday Only Registration: \$35 \$ _____
Virtual Assembly Registration: \$35 \$ _____
Sat. Lunch: \$35
 Rosemary Chicken Red Fish
 Vegetarian \$ _____
Sat. Dinner Banquet: \$40
 Baked Salmon Herb Chicken Breast
 Vegetarian \$ _____
Scholarship donation \$ _____
Total \$ _____

All meal orders due by 3/14/20

2019-Growing Our Membership Worldwide
Memphis, Tennessee USA October 11th – 13th 2019

XI. Bid Fall 2020- Nashville

FOR YOUR CONSIDERATION:

THE ROAD OF HAPPY DESTINY

Region 8 Recovery Convention & Business Conference in Nashville, TN



Date of Event
October 9-10, 2020

Hotel name and address
Embassy Suites
10 Century Blvd.
Nashville, TN 37214
(615) 871-0033

Hotel room prices
\$189 plus taxes
Every room is a two-room suite
with microwave and refrigerator

Free Wi-Fi
For Hotel Guests Registered
as Hilton Honors Members - free to join
**Internet in the Conference Room
for the Business Assembly is \$100
plus tax per day.**

Food prices
Saturday lunch & Saturday banquet
-Plated Lunch \$37
-Plated Dinner at Banquet \$50
Free Made-to-Order Breakfast
Complimentary Drinks and Snacks at
the Evening Reception

Plus
-Free Parking
-Complimentary Shuttle to/from Airport
-Multilingual staff
-Room Service
-Fitness Room
-Pool
-Handicap Accessible

