



Southeastern Overeaters Anonymous Region 8



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

**Southeastern Overeaters Anonymous Region 8
Spring Business Assembly
October 15,16,17 2021**

LOCATION: ZOOM

Board meeting

Friday, Oct 15, 2021

11:00 – 4:00pm EST

Meeting ID: 830 8870 7108

Passcode: Friday

<https://us02web.zoom.us/j/83088707108?pwd=ekNOMEZmZXFscFlzVFJRWVJwWjB1Zz09>

Friday Assembly reconvenes

Friday, Oct 15, 2021

6:00pm – Recess

Meeting ID: 830 8870 7108

Passcode: Friday

<https://us02web.zoom.us/j/83088707108?pwd=ekNOMEZmZXFscFlzVFJRWVJwWjB1Zz09>

Saturday All Day Assembly

Oct 16, 2021

8:00 am EST - Adjournment

Meeting ID: 827 5413 9434

Passcode: Saturday

<https://us02web.zoom.us/j/82754139434?pwd=U0hEcmNPdG12QjRQWmhLUXVURnNmdz09>

Sunday Post Assembly

Oct 17, 2021

9:00 am EST

Meeting ID: 840 5511 4050

Passcode: Sunday

<https://us02web.zoom.us/j/84055114050?pwd=bzVSTTIVQ2N3a3FtdDNZaEpVTGNSUT09>

IGOR intergroup sharing

Oct 17, 2021

2:00 pm EST

Meeting ID: 890 1461 3855

Passcode: whatsapp

<https://us02web.zoom.us/j/89014613855?pwd=dIFxWG51S0xDaEdldjBNOXF4OXRUT09>

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Notes for the Region Reps

Thank you for choosing to represent your intergroup at the Fall Assembly, October 15-17, 2021. This packet is being distributed electronically. All Reps are responsible to read the material in the packet and have it available during 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. Please contact secretary@oaregion8.org if you have any questions.

What do I need to do before attending the assembly?

1. Have your intergroup chair fill out a certificate of eligibility form for the reps coming from your intergroup. They can do this here:
 - a. ENGLISH: [Link to COE Form](#)
 - b. SPANISH: [Link to COE Form](#)
2. Registration – the fee is \$25. [Register Here](#)
3. Fill out a [committee assignment sheet and send to secretary@oaregion8.org](#)
4. **READ THE VIRTUAL ATTENDEE INFORMATION ON PAGE X OF THIS PACKET!!**

For more details on these items and other details specific to your role as a rep, please read the information on the next page.

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 2021.** You can 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 here [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 .

CALLING ALL INTERGROUPS We need you. 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.

Board Meeting Agenda Pre-Assembly**Friday, October 15, 2021 (All Times Eastern)**

Time (Eastern)	Item #	Description / Topic
10:00 AM		Informal Board Meeting: R8 Board Only
11:00 AM		BOARD MEETING CONVENES Funded Chairs Join – Open to All
		Old Business: <ol style="list-style-type: none"> 1. Serenity Prayer 2. Approval of Minutes: Spring 2021 Board Meeting (Secretary) 3. Spring 2022 Update (VC) 4. Topics for Spring Convention 2022, for Presentation and Discussion (VC) 5. Audits/Finances/R8DSF Update (Treasurer) 6. OA Strategic Plan (if needed)
		Break (10 minutes)
		New Business: <ol style="list-style-type: none"> 1. Tech Web / Voting Review 2. Emergency Motions / Other New Business 3. Forum 4. Funded Committee Chairs: (10 mins each) Check in & update on Committee issues, activities, questions or concerns.
12:30 PM		Lunch (90 minutes)
2:00 PM		BOARD MEETING RECONVENES FUNDED CHAIRS JOIN - OPEN TO ALL Funded Committee Chairs: (10 mins each) Check in & update on Committee issues, activities, questions or concerns.
		Other New Business: <ol style="list-style-type: none"> 1. Vouchers / Reimbursement 2. Registration for Spring 2022 Assembly
4:00 PM		Close: R8 Chant / Meeting Adjourn

Business Assembly Agenda

Friday, October 15, 2021 (All Times Eastern)

Time (Eastern)	Item #	Description / Topic
6:00 PM	1	ASSEMBLY CONVENES (Breaks ~10 min / hour)
	2	OA Readings <ul style="list-style-type: none"> a. Serenity Prayer English b. Serenity Prayer Spanish c. Serenity Prayer Portuguese d. 12 Steps of OA e. 12 Traditions of OA f. 12 Concepts of OA g. For Today h. Solo Por hoy
	3	ZOOM Basics Refresh (~5 minutes)
	4	Appointment of Timer
	5	Recognition of New Intergroups, New Reps (Green Dots)
	6	Introduction of Region 8 Board Members, Funded Committee Chairs and Intergroup Chairs
	7	Introduction of former Region 8 Board Members and Trustees
	8	Roll Call (Virtual) and Credentials
	9	Adoption of Agenda
	10	Forum (To Be Determined)
	11	7 th Tradition (Please go to oaregion8.org to donate. Thank You!)
	12	BREAK
7:30 PM	13	Presentation and Discussion Panel (Conventioneers join Assembly) <ul style="list-style-type: none"> • Three OA Speakers share experience, strength and hope
	14	Announcements: <ul style="list-style-type: none"> • Green Dot (New Rep) Orientation <ul style="list-style-type: none"> ◦ Saturday, 8:00 AM ET (45 minutes) • Assembly Reconvenes: Saturday, 9:00 AM ET
	15	Recess

Saturday, October 16, 2021 (All Times Eastern)

Time (Eastern)	Item #	Description / Topic
8:00 AM	16	New Rep (Green Dot) Orientation (45 min) Everyone Welcome!
9:00 AM	17	ASSEMBLY RECONVENES (Breaks ~ 10 min / hour)
	18	OA Readings / Prayers <ul style="list-style-type: none"> a. Serenity Prayer English b. Serenity Prayer Spanish c. Serenity Prayer Portuguese d. 12 Steps of OA e. 12 Traditions of OA f. 12 Concepts of OA g. For Today h. Solo Por hoy
	19	Credentials Report
	20	Adoption of Standing Rules
	21	Approve Minutes from Spring Assembly
	22	7 th Tradition <ul style="list-style-type: none"> • Please go to oaregion8.org to donate. Thank You!
	23	Board Reports (5 minutes each + 5 minutes for questions) <ul style="list-style-type: none"> a. Chair b. Vice Chair c. Treasurer d. Secretary
	24	Trustee Report (5 minutes + 5 minutes for questions)
	25	Final report from Spring Convention Nashville
	26	WSBC Delegate Report (5 min + 5 min Q&A)
11:20 AM	27	Break
11:30 AM	28	Committee Meetings <ul style="list-style-type: none"> • Recommendation of new committee chairs • Hand in report (electronically) to Secretary
1:00 PM	29	Lunch Break with Speaker
2:30 PM	30	ASSEMBLY RECONVENES (Breaks ~ 10 min / hour)
	31	Credentials

	32	Brief Parliamentary Discussion
	33	Introduction of Parliamentarian & short parliamentary lesson
	34	Zoom Motions Instructions (~10 mins) a. Pro and Con speakers will raise their hands (in ZOOM) to speak b. When recognized, please state your name and Intergroup before speaking. c. After speaking, please lower your hand.
	35	Motions a. Consent Agenda / Debate (If needed) b. Vote on Motions c. New motions (If Any)
	36	New Business
	36/a	a. Budget Report for next year
	36/b	b. Elect Region Delegates to WSBC (5 min + 5 min Q&A)
	36/c	c. Elect Chair (5 min + 5 min Q&A)
	36/d	d. Elect Treasurer (5 min + 5 min Q&A)
	36/e	e. Ratify Trustee (5 min + 5 min Q&A)
	36/f	f. Committee Chair selection announcements
	36/g	g. Committee Chair selection announcements
	36/h	h. Bids for Spring 2022 Assembly and Convention (If needed.)
	36/i	i. OA's Strategic Operations Plan (if needed): Trustee
	36/j	j. Emergency Motions (if needed)
	37	Committee Reports (5 min each + 5 min Q&A) a. Ways and Means b. Bylaws and Electronic Documents c. Intergroup Outreach (IGOR) d. Twelve Steps Within (TSW) / Unity With Diversity (UWD) e. Public Information / Professional Outreach (PI/PO) f. Technology / Website
	38	For the good of the order (time permitting) Intergroup Announcements, etc.
	39	GREEN DOT CEREMONY
	40	Assembly Evaluation
	41	Announcements

		<ul style="list-style-type: none"> a. Region 8 Board & Committee Chairs Meeting <ul style="list-style-type: none"> o Sunday, 9 AM ET, 1 hour b. Intergroup Sharing Meeting <ul style="list-style-type: none"> o Sunday, 2 PM ET, 2 hours)
	42	ASSEMBLY ADJOURNS

Sunday, October 17, 2021 Post-Assembly (All Times Eastern)

Time (Eastern)	Item #	Description / Topic
9 AM		Informal Meeting: R8 Board and Committee Chairs Only (1 hour)
2 PM		Intergroup Sharing Meeting (2 hours) <ul style="list-style-type: none"> a. Open Meeting – Reps / Visitors / All IG Welcome! b. Please fill out IGOR Intergroup (IG) Information & Update Form once per year. Form is located on the Region 8 website, under IGOR Committee

Standing Rules

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion

to Suspend the Rules, Participation in Assembly

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

Voting Procedures

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

Recognition

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

Motions and Debate

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

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

Unapproved Business Assembly Minutes- Virtual April 2020

Time	Board Meeting Agenda	Minutes
(all ET)		
	Friday, April 9, 2021	In attendance: Dara King – Secretary/TechWeb Neill M - TSW Michelle D – Treasurer/WaysMeans/IGOR Melissa H – ViceChair/PIPO Katrina – Chair/All Sarah C - TechWeb Ellen F – Parliamentarian/ByLaws Susan B – Bylaws Nicki R - Ingrid – Ways/Mean Marisa – PIPO Sarah S - IGOR
	9:00 am CT / 10:00 am ET	
	Informal Meeting: R8 Board Only	
	10:00 am CT / 11:00 am ET	
	Board Meeting Convenes – Funded Chairs Join - Open to All	
	Old Business	
11am	Serenity Prayer	
11:02	Approval of Minutes: October 2020 Board Meeting (Secretary)	Approved
11:03	Fall 2021 Update (VC)	Melissa – Atlanta will host R8 Assembly in Fall – All Virtual – Topic will be Diversity
	Topics for Fall Convention 2021, for Presentation and Discussion (VC)	Diversity
11:06	Audits/Finances/R8DSF Update (Treasurer)	Michelle D - Committee chairs can get numbers – Fiscal Year runs from 11/1 – 10/31. Numbers will reflect from 11/1. Needs any adjustments to be made to budget numbers. Please add to your agenda to talk about with your committee. She will email that information to all committee chairs.
11:10	OA Strategic Plan (Trustee)	Katrina – On Strategic plan committee – No plan in place right now. Trying to come up with a more effective way to plan for OA as a whole. Would like to get Board and Funded chairs’ input on what they would like to see in plan. Please all join board meeting IF ABLE on April 13 – Tuesday at 6pm CT/7pm ET to discuss in order to provide input from R8.

	BREAK – 10 m	
		Minutes
	New Business	
11:12	Voting Review	Sarah – any issues? Sarah writing up blurb for Katrina. Voting is all set up. Barb to go over raising hands in zoom refresh.
11:22	Emergency Motions / Other New Business	<ul style="list-style-type: none"> • Ways/Means motion to increase budget. • Michelle states that there is a huge abundance of \$\$ so there may be an emergency motion to give a larger than budgeted sum to World Service – remains to be seen based on discussing with assembly. Andi- wanted to know if there was a way to give out \$\$ to meetings that need to make rent when we go back to face 2 face meetings – will be brought up during brainstorming on Saturday.
	Forum	<p>Katrina wants input on the topic for the forum. Shared word document ‘Improving Communication Across the Region: Assembly Feedback’. Forum topic slides shown to get our input. Attendees voted on ideas from the document – each gave top 3 votes.</p> <p>AIISOAR8:</p> <ul style="list-style-type: none"> • Ellen: 5 , 13 • Sarah S: 5, 14, 2 • Sarah C: 7,2,14 • Marisa: 2, 10, 11 • Ingrid: 2, 8, 13 • Dara: 1, 7, 14 • Andi: 2, 7 , 10 • Michelle: 5, 7, 13 • Susan B: 2,3,10 • Melissa: 5,9,14 • Neil: 2,5,10 <p>Winners: 2. Send to chair for newsletter. 5. Use AllSoar8 7. Solicit</p> <p>Best way to get everyone signed up. Ellen: 3,4,7,8,14,16,19 Marisa: 6,15,23 Dara: 5,11,21 Andi: 8,23,3</p>

		<p>Michelle: 7,12,19 Susan: 4,7,8 Melissa: 1,15,20 Sarah S: 8,23,20 Ingrid: 1,6,20 Sarah C: 12, 20,19 Neil: 7,8,12</p> <p>Totals: 7,8,12,20</p> <p>Katrina to share our input with the forum.</p> <p>Go do items:</p> <ul style="list-style-type: none"> • Create a video. • Work with MJ and Techweb to create a more efficient process overall of communication. Possibly 'hire' MJ. • Figure out rules/moderation for AllSoar8 • Upgrade website and newsletter. • Send messaging in Spanish and Portuguese • Reaching out to countries that speak Spanish/Portuguese • Sending our communications in Spanish/Portuguese as well as English • Zoom closed captioning, and also translate it in Spanish/Portuguese as well • Also include Spanish to English in translations so SouthAmerica can speak and not just listen. <p>Communication is about saving lives!!</p>
	<p>Funded Committee Chairs:</p>	
	<p>Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each</p>	<ul style="list-style-type: none"> • Ingrid Ways/Means – Really good results with the shirts and journals. Sold 85 journals, and 38 t-shirts. Offered T-shirts/journal combination sale to up the t-shirt sales. Sent an email to all region 8 and sent an email. Budget is approved for \$1000 and have spent \$823 to buy journals. Will present emergency motion to increase the budget. Will need \$1750 more. Questions: Melissa: reminder that Michael has water bottles and mini-journals for sale. Andi: wanted to know if there are scales left. No. Does R8 want to do anything for the World Service

		<p>Convention in August. Sarah – please note – the Olympics are still using the 2020 t-shirts to commemorate what happened in 2020.</p> <ul style="list-style-type: none"> • Sarah S – 70% intergroups responded. People on committee volunteered to do things that they did not follow through with. Asked, how should that be handled? Neil stated that he feels good if he gets 50% cooperation on committee. \$4500 for rep funding, \$465.40 has been spent. Suggests checking out what other regions are doing – look at their websites. Sarah set up global meeting for all regions. Shared a link from Region 9 website on language translation: http://www.oaregion9.org/service/translation-of-oa-literature/
	11:30 am CT / 12:30 pm ET	
	1:00 pm CT / 2:00 pm ET	
2pm	Board Meeting Reconvenes – Funded Chairs Join - Open to All	<p>In attendance: Dara King – Secretary/TechWeb Neill M - TSW Michelle D – Treasurer/WaysMeans/IGOR Melissa H – ViceChair/PIPO Katrina – Chair/All Ellen F – Parliamentarian/ByLaws Susan B – Bylaws Nicki R - Marisa – PIPO Terri M – Tech/Web</p>
	Funded Committee Chairs: (continued)	<p>Susan B-Bylaws, submitted some motions. Worked with Ingrid on her emergency motions. Since Susan has been chair they have gone through all the bylaws and the p&p. Will submit a draft copy to the Board.</p> <p>Sarah C – Tech/Web – bought items they committed to purchasing. Lots of new members. What do we do with old equipment? Needs to clean up the equipment – Burt/Barb working on that. The board told them it was up to them what to do with the equipment. Want to find out who wants the equipment, whether people want website/do they have website. Tech/Web open virtual sessions—wants to know if it interests people. If so, what do they want to know. They realize they need more interaction with the various intergroups in the region. Looking at links/items on website that need to be</p>

		<p>updated. Total update on website. New idea for a video—how to create a hybrid meeting.</p> <p>Neil/TSW: Grateful for all the tech/web support that they are getting. Practice sessions and setting up workshops. Thanked Andi for sitting in on phone meetings – they meet almost weekly!! Maintaining 12th on the 12th. Hunting for someone to translate 12th on the 12th into Portuguese, someone is using google translate for that— Tara is translating into Spanish. They had their workshop and it went really really well. Andi hosted it. There were 87 people and 81 people were there through the entire workshop. And the OA birthday was on the same day!! Next workshop is steps 4,5,6—next weekend on the 18th. 2pm ET, 1CT. Oppty for writing/sharing/DJ musical interludes. Wants to amplify the lists they maintain. Katrina has gotten positive feedback on the translation into Portuguese, and also a question, why doesn't TSW work with other committees to do translation. Andi – has a calendar.</p> <p>PIPO/Marisa – Have had info-shares with 8 different intergroups attending. Wanted to help folks with a Facebook page – reached out to Nassau county intergroup who are doing advertising and is very successful. Working on a virtual PIPO manual. Supporting them in discussions. Lots of great documents to disperse thru region 8. Also having roadblocks with translation. Will look at using google translate and will talk about that this weekend to get some movement there. Have had great engagement with first 2 committee mtgs. Had bad timing on the 3rd meeting as it was same day as TSW workshop and OA birthday. Having challenges finding a good meeting time. Needs more people to delegate to. Katrina- states intergroups have questions about PIPO, wanted to know if there is 'cross-pollination' with IGOR. Also,</p>
	<p>Check in & update on Committee issues & activities, questions, concerns, issues – 10 min each</p>	
	<p>OTHER NEW BUSINESS:</p>	
	<p>Vouchers / Reimbursement</p>	<p>Michelle asked if anyone has any expenses/vouchers just shoot in Michelle's way.</p>
	<p>Registration for Spring 2021 Assembly</p>	<p>Registration will be virtual so it will be the same as this assembly.</p>
	<p>3:00 pm CT / 4:00 pm ET</p>	
	<p>Close / R8 Chant / Meeting Adjourn</p>	

Results of Motions-Virtual Assembly Spring 2021.

Motion A: Move to amend Region 8 Policy and Procedure Manual, XXII Bylaws/Electronic Documents Committee, Vice Chair, Duties **ADOPTED**

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

Motion C: Move to amend OAPP, changing the geographic area covered by Region 8 on the cover page **A motion was made and passed to refer the motion back to the bylaws committee.**

Motion D: Move to amend Region 8 Policy and Procedure Manual, XIII, Secretary Duties **ADOPTED**

Emergency Motions: Request an increase to the Budget Approved to Ways & Means Committee for the current period. **There was a friendly amendment to increase the amount to \$1000. The maker accepted the friendly amendment. ADOPTED**

Board Reports:

Chair

¡Hola! Olá! Hello!

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

This will be my last Assembly as Chair of Region 8.

My overwhelming first thought is of more thanks than I can express.

It has been a true honor and privilege to work with people who perform these labors of love, those who put their recovery into action by doing the business of OA at the region level. I have no words that will convey the thanks that I owe to everyone who served on the Region Board. No words to convey the thanks that I and those who still suffer owe to the Committees. No words to convey the thanks I owe to all of you for the opportunity to deepen and broaden my recovery.

I am forever grateful.

One of the true gifts of serving as Chair is that I had an opportunity to help guide and inspire during a time when the region came together to do big things, to lead OA globally and to excel in the face of challenge from a worldwide pandemic. I will list just a few.

- Region 8 hosted the first virtual attendees at an OA Region Assembly. This was not just a first for OA Region 8, it was a first for OA worldwide. Our Region 8 Tech Web Committee and Region Board taught the entire OA world how to meet virtually.
- Region 8 made the move to electronic documents. These moves were made possible by our beloved Webmaster, Secretary, Treasurer and many Committee members.
- Intergroups that had never hosted an Assembly or Convention did so -successfully! Strong intergroups repeatedly stepped up to host.
- The Region has been and continues to be in great financial shape. Thanks to YOUR generosity, fabulous Ways & Means committees and an extraordinary Treasurer.
- Additional funding was made available to IGOR and PIPO allowing us to fund more reps for Assembly and send more delegates to WSBC, including 7 delegates from South America.
- When the pandemic struck, the world went into lockdown and the hosting intergroup faced the potential of being thousands of dollars in debt. At the following Assembly, the Region 8 body DEMANDED that the Region do whatever was necessary to help the Intergroup cover the costs. Members donated their fees. Other Intergroups sent donations. The members of the intergroup fought back tears.
- Following that, Region 8 had its' first fully virtual Business Assembly. The feedback told us that the Assembly was smooth, efficient and effective! Our methods were shared globally.
- When the pandemic shut down face to face meetings members immediately set up virtual meetings. Intergroups across Region 8 hosted wonderful workshops, speaker-thons and conventions. Sometimes asking no fee.
- An invigorated, energized IGOR Committee began the first ever Global Intergroup Support meetings and worked with every applicant to fund efforts to carry the message.
- For this assembly we have another record breaking 6 reps from South America attending.
- The Region Board has developed a process for managing Translations that, we hope, can be leveraged across OA globally.
- At the last Assembly, in the Chair's Forum when I asked, "How can we best spend the additional monies in our treasury."

- Region 8 spoke in one voice to say that this region should be, must be and will be, ONE REGION.
- Language should not be a barrier to full participation when we have the funds. Travel should not be a barrier when we have the funds.
- We want the region to carry the OA message loud and clear to every corner of Region 8. Support, love and fellowship should flow across ALL of Region 8.
- I stand in awe.

Honestly, I am deeply saddened and very happy. Sad, because serving in this role has been a life changing experience. I will miss working closely with fellow trusted servants. I will miss being Chair of this magnificent Region.

Happy, because the role is rigorous, leading to spiritual and emotional growth at a rapid pace. And, after four years, it is definitely time for someone else to grow! I am also happy because I know that Region 8 will select a new Chair from 3 amazingly prepared and inspiring candidates. Each of them a blessing to all of Region 8!

Big hugs! Much, much love!

Katrina S, Region 8 Chair

Vice Chair Report:

Thank you Greater Atlanta OA Intergroup for hosting an incredible Region 8 Assembly and Convention. I've watched a committee put together an outstanding convention on Diversity, including offering translation for all sessions. Thank you!

PUTTING OUT A CALL FOR SERVICE:

We are in need of an Intergroup, or collection of Intergroups to host the Spring 2022 Assembly/Convention. Our goal is to have a volunteer to host, either virtually or in person, our Assembly and Convention. The Board is ready to serve and help with the Assembly - PLEASE CONSIDER THIS SERVICE!

The PIPO (Professional Outreach Committee) has been providing health information webinars to professionals and other health care folks over this year. Our most recent presentation was September 24th. We encourage all to forward these flyers to your personal and local health care professionals - including dentists, therapists and chiropractors.

I am humbled to be in this position...serving a region filled with people who guide me and teach me as I go along. Much love to all!

XOXO

Melissa H. Vice Chair Region 8
North Alabama OA Intergroup

Treasurer Report

Hello all,

I am grateful to everyone who has been so faithful in financially supporting the still suffering compulsive overeater through donations to Region 8. With the survey data from the most recent Assemblies, a budget could be tailored to best represent the desires of the body in using these funds in amazing ways. I am excited to be a small piece of this wave of energy Region 8 has risen to!

I am most excited about offering grants for Intergroups to employ translation services for Assemblies if they have members who speak only Spanish or Portuguese!

If this budget is approved by the body there will be grants available for Intergroups to cover technology expenses for their virtual or hybrid meetings. There will be grants available for Intergroups to cover literature distribution in their areas. There will be money available for robust special advertising projects for Intergroups. LET'S SPREAD THE MESSAGE TO UNDERREPRESENTED INTERGROUPS THAT THESE FINANCIAL RESOURCES ARE AVAILABLE TO THEM. :)

HELP! MY INTERGROUP NEEDS FINANCIAL SUPPORT!!

1. Apply for IGOR **Rep Funding** if your Intergroup needs help sending a delegate to a Region 8 Assembly.
<http://oaregion8.org/documents/Representative-Funding-Application.pdf> Send to IGORChair@oaregion8.org due 60 days prior to Assembly
2. Apply for assistance from the PIPO **Public Information Funds** if your Intergroup needs assistance in carrying the message in your communities like through a poster campaign, a sign on a bus bench, or a newspaper ad.
<https://oaregion8.org/documents/PDFs/Fillable-Request-for-Public-Info-Funds.pdf>
 Send to PIPOChair@oaregion8.org
3. Apply for assistance from the IGOR **Carry the Message Funds** if your Intergroup needs help to bring someone to your area to lead a workshop or help your Intergroup with a specific event.
 Page 52 of the P&P:
<https://oaregion8.org/documents/Policy-and-Procedure-Manual-as-of-June-2019.pdf> Send to both IGORChair@oaregion8.org and Treasurer@oaregion8.org
4. Apply to the **Delegate Support Fund** (R8DSF) to help send a representative from your Intergroup to the WSBC Conference.
<https://oaregion8.org/documents/PDFs/Fillable-SOAR8-Delegate-to-WSBC-Application.pdf> Send

to Treasurer@oaregion8.org due September 1 (Region 8 will pass it along to WSBC when/if Region 8 uses all of our money budgeted for this)

I'm grateful to be a small part of your work in spreading the message of OA!Peace,
Michelle D

Send contributions to:
SOAR8 Treasurer
PO Box 242522
Little Rock, AR 72223

Secretary Report:

Thank you all for allowing me to be your secretary. I know I could be doing more for you all, and I'm grateful that leeway is given to me to allow me to serve as time allows me to right now. I've experienced tremendous change and numerous health issues this year that have caused me to tamp down my 'achiever' attitude and simply do what I can do while still completing what I am responsible for. Having the opportunity to do this small service has allowed me to stay connected to program folks and the principles of the program when it would be very easy for me to slip away. I am committed to completing my term with you all to the best of my ability and when I can do more, I will do more!

I'm amazed by how much work the rest of the board and committees do! Each board member meets with their committees monthly (or more) in the interim months between assemblies and gets so much work done. It is not just setting up for the assembly, but making sure information gets disseminated to all the intergroups in the region and helping people recover no matter where they are located. I haven't been able to make the Sunday meetings for the TechWeb committee these past months and Katrina has been stepping in for me which I am eternally grateful for. The TechWeb committee does an AMAZING job putting this assembly together and I am in awe of the job these folks are doing.

I hope to be of more service in the coming months.

Thanks for letting me serve!

Dara Sue King

Secretary, Region 8

secretary@oaregion8.org

407-446-7620 (text is best – let me know if you need a call!)

Trustee Report

Region 8 Trustee Report

Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, The Virgin Islands, Central America, South America

What an amazing time to be a part of Overeaters Anonymous. The world around us is changing sometimes minute to minute. We are blessed to have a program that offers us recovery through the 12 steps of OA

Let me share with you what's coming up soon.

Worlds Service Business Conference WSBC will be doing a full agenda virtually for the first time in OA's history .

New life for Lifeline – our team is working on an online, second generation Platform for our member to share their stories.

World Service 2021 OA Convention August 26-28 in Orlando, Florida
Following CDC guidelines. Registration will be available towards to end of April on OA.Org

Meanwhile Back home in our very own region did you know our Ways and Means committee is offering an awesome Soar 8 Journal with for 10th step and daily writings.. Great for giving and getting.

IGOR is hard at work connecting with Intergroups and Service Boards to update contacts and give support.

Region 8 Tech/Web Committee has always been way ahead when it comes to Virtual Assemblies. They really Wowed us last Fall and I know this Spring will be awesome. We are truly blessed here in Region 8.

I'm sending you all hugs til we meet face to face soon.

Please feel free to contact me if I can be of service to you, your meeting or your Intergroup or service board.

Blessing of light

Andi Sherman
Region 8 Trustee
954-295-1123

Final Report – Recovery Convention March 19-21 2021

This Recovery Convention was certainly different from previous ones.

We were planning to hold this Recovery Convention as the recovery portion of the Business Assembly in March 2020. Because of this we started planning and working with the former Vice Chair two times removed from the present VC. We understood that Baton Rouge was bidding in March 2019 to host the March 2020 Business Assembly, so we decided NOT to bid and wait to bid for the October 2020 Assembly. Middle TN IG did bid in 2019 and was accepted to host the Business Assembly in October 2020.

We at Middle TN started our planning immediately after we were accepted to host in October 2020. We had two co-chairs, a hotel liaison, and committee chairs named. We met with the large group a couple times and explained their duties. The co-chairs chairs met weekly before and after the bid to continue planning. We were planning (and were approved) to have one main speaker presenting the Steps throughout the weekend. Along with the main speaker, we had two or three other speakers (Saturday lunch-time, Banquet, and Sunday closing).

The year 2020 arrived and with it the COVID Virus Pandemic descended upon us. Baton Rouge had to cancel their hosting in March 2020 and the IG was informed by the hotel that they had to reschedule and use the facility by the end of 2020. Baton Rouge IG asked us to allow them to host in October so that they will not forfeit their deposit. This was done and Middle TN was now hosting in March 2021. Our hotel gave us two dates in March 2021 and after clearing with the then Reg. 8 VC, we chose March 26-28. The Assembly voted to accept our revision, however; it was mentioned that March 26-28, 2021 was a Jewish Holiday weekend and some individuals would NOT be able to attend.

At this time we contacted our main speaker to check on a change to March 19-21, 2021. He told us that because we had been working on this project since 2018 he would switch. However; he had a previous engagement for March 19-21 and that meant he would have to present on two consecutive weekends.

By this time the pandemic raged on and we were deciding if we could even have a face to face Recovery Convention. October arrived and Baton Rouge did NOT have their Assembly and we were also deciding what we should do. November came and we asked the main speaker if we can join with his other group and have him present to both groups through zoom on the March 19-21, 2021 weekend. Our speaker appreciated this change of date and the format to a virtual platform so he gave us the contact information for the other IG. We contacted the other IG but

in the end we did not work together because the other IG did not think it would work for their group (we were a region while they were a small IG). They decided not to continue with the project and we continued with the planning.

From here on the planning and execution became much easier to perform. We were able to terminate the hotel contract and had our deposit refunded. Our IG technology committee chair offered to be the convention technology chair and work with the main speaker on anything technological. This was sorely needed since both co-chairs were deficient in this area. Our flyer had to be re-done and our IG website chair converted the former flyer into a format suitable for a virtual convention. We deleted all the information about the hotel and meals etc. Finally, we asked the former IG treasurer to be our registration chair. These three individuals along with the two co-chairs became the backbone of the convention committee.

In the end we (**Middle TN IG** and **Reg.8** each netted \$1999.82). Region 8 decided **NOT** to accept their half, thus; MTI decided to accept their \$1999.82 and divide the other half between the Region and World Service for an amount of \$999.91 each. The \$999.91 each was sent to both **Region and World Service**.

Lessons learned:

1. We did not need to order such a large webinar on zoom. We ordered for a group of 500 individuals for the weekend (\$153.65), whereas an order for three hundred individuals would have been sufficient. Remember, at first we were planning to accommodate two groups and the South American fellowship, because South America is included in Reg. 8. We believed that because South America is in Region 8, we would have to translate the presentation for them. The Reg.8 board informed us that addressing other languages is the undertaking of the World Service Office. One person from Chile (spoke English) and other English speaking individuals from Europe attended the recovery convention. If a virtual convention is offered in the future, the expectation that many more internationals could and would attend, depending on the speaker. Future hosting IGs can still research the translation avenue because it did NOT seem as expensive as we first thought.
2. On Friday night we converted the **webinar** to a **meeting** for an extra cost of \$54.88. Participants shared that it would have been more interesting for them to see the faces of those individuals as they shared. Our final cost for participating with zoom was only **\$208.53**.
3. Have a knowledgeable individual serving as the technology chair. Along with technology chair, we had a strong Registration Chair. Both these individuals were vital to the success of the event. Both commented that they should have had more ongoing communication before the

event.

4. Remember to obtain permission to use the **OA** logo. We were delayed in releasing the flyer because we did not obtain permission and our IG 2 year blanket permission was expired.
5. We advertised to other IGs in the surrounding regions and had the flyer on the Reg. 8 Website. We received help in advertising from other members of our IG.
6. Because this was a virtual event, we asked the Reg.8 board to hold their Business Assembly on another weekend so that the Reg. 8 representatives could attend the Recovery Convention. With that agreement, we kept the Charge at \$25 because those attending the Business Assembly were also expected to pay for that weekend.
7. We recorded the events of the weekend and promised to inform the attendants when the recording was available. This endeavor seemed to be the most difficult and time consuming. Firstly, the technology chair had to review the entire recording and remove names and other sensitive material. Then it was in a drop box and our IG website chair had to work on this and finally upload it to the oanashville.org website for ALL to download. If this was a regular Recovery Convention we would have hired a professional who would be responsible for the recording and sales and the hosting IG would not be involved in this activity.
8. Although we received rave reviews, we did not have time to prepare and conduct an evaluation of the virtual Recovery Convention. In the future, it is suggested that this is done.

ALL IN ALL THIS WAS A SUCCESSFUL CONVENTION.

Dianne B. co-chair.

Virtual Technology Chair: Sue K.

Virtual Conference IT Report March 22, 2021 All 3 Legacies, Unity, Service & Recovery, were all in full swing for the 2021 Conference and we received rave reviews on the experience of those in attendance. Zoom reported 193 unique participants. Originally, I setup it up as a webinar for security reasons, which showed Panelists & Hosts only, at a cost of \$158 for 500 participants. But many were disappointed because they were not able to see each other. After many requests, we made a group decision to convert it to regular meeting format starting Saturday morning, and received a big hurrah and many thanks from all. It cost \$54 for a meeting of 500, but we felt it was well worth the additional expense. Going forward, \$54 is all it will cost at the current rates.

Whenever there was an opportunity before or after a meeting, and a host or co-host was present, we enabled attendees video, audio & chat for everyone to mingle. It was wonderful meeting folks

from various locations across the globe, especially where those areas did not have many other OA meetings available. Next time I would recommend registration via zoom to allow an easier and a more integrated experience for participants than using a separate process. Panelists receive a special link unique to them, and all attendees receive a standard link but must sign-in with their registration email to enter. Reminder emails and questions upon registration can be fully customized. Zoom can collect payment via PayPal or other ways via an API. It would also be a smoother operation with less work for the organizers and allow more useful report generation from Zoom with respect to who attended, how long they stayed, and other interesting data. I would also want to use language Translations which is super easy and possibly polls. Please see the following paragraphs for details on exactly how we pulled it off. Thank you for the opportunity to serve! Sue K. **[Details on Setup:** To keep same ID & password, I set time from 12:00 am on 3/19, a duration of 24 hrs, recurring daily every 1 day & ending on 3/21. I enabled 'waiting room' (for use before 1st session each day) customized with logos and disabled join before host. Screen-Share host only. Host & participant video on, mute upon entry, request permission to un-mute. Chat allowed, but 1:1 participants off (they can still chat with hosts). Reactions must be on, non-verbal feedback recommended. Virtual backgrounds could pose a threat, but we allowed and had no trouble.

Recording can be active speaker only, active speaker plus gallery view, or audio only which is what we did on request of the Region. Cloud recording avoids potential issue with storage space and bandwidth. **Under Registration:** I advise automatic approval off, disallowing registrants to join from multiple devices and turning 'show social share buttons on registration page' off to avoid non-registrants access. In the mornings, I started the zoom meeting 1/2 hr early and let it run to the end of the day before "End for All" due to the 30hr concurrent meeting limit but also so folks didn't have to sign back in again. I made all Panelists co-hosts as well as IT helpers as they came in so they can un-mute, chat, etc. I disabled waiting room for the rest of the day. Once meeting got started, ability for attendees to un-mute was disabled and their video and ability to chat (with hosts) and rename themselves turned on, if not already. Closed captions ("transcript") was enabled and attendees should have been advised that it was available; I would task a co-host to attend to that in chat because I often forgot. As host, I Spotlighted the Speakers to enlarge their visibility for all and used 'Add Spotlight' to allow the leader or Attendees asking questions to be enlarged next to Panelist.

One IT co-host called on folks and one lowered hands and another un-muted and re-muted after speaking. IT team assisted & responded to questions, asked attendees named i.e. "iPhone" to rename with their first name. **Critical tip:** if Host is not physically available at any time a meeting is in session, be sure to make someone else a host who is present. At the end of each meeting, for security whenever a host or co-host could not be present, I "suspended all participant activity" but would not do that again as it also locks the meeting, which can easily be overlooked later and cause trouble, which it did briefly. Instead, manually disable ability to chat, turn on

video, un-mute and rename and hide profile pictures. In between meetings, I screen-shared a schedule and other event info. Next time I would consider a video or slideshow as well for added interest. I forgot to pause therecording between sessions so I will edit that out of the recordings before sending them in.]

Sue K. Registration and Treasurer ReportBy Stephanie S
March 21, 2021

This was the first time for us to do a virtual event. We were not even able to meet as a committee to allcommunicate on how to do things because of the pandemic.

One of the co-chairs asked if I would do registration since I had experience with Region 8 Assembly/business conferences. I had worked with Eventbrite before with the Region and it seemedlike the easiest thing to do at the time. That was me looking at the small picture.

Eventbrite was easy to set up with early registration through one date \$25.00, late registration through a second date \$35.00 and donations. We also ended up adding a third registration tier \$10.00. This wasfor those who would be in the same household, using the same screen so they received a discounted rate. If they were going to use two different screens, then they paid full registration. We also offered for people to fill out and send a check to MTI or email the registration form and pay by venmo.

All three options were utilized.

I set up a Gmail account Middletnoa@gmail.com to be the email that everything would flow through. This way it did not get lost in my personal emails (which sometimes gets flooded with junk) and it alsoallowed me to have anonymity, (my Gmail account has both my first and last name in it). With the registration form being on our local website, if someone googled my name, then it would show underOA.

I learned a lot this weekend. What I wish after the fact was that the IT person and I would have collaborated and hooked up the registration to the event. Meaning, we used zoom and you can registerthrough zoom. I think that would have made it easier to check people in and for security reasons. I'll letour IT person elaborate on that. (This is what I mean by me looking at the small picture instead of the larger picture)

I would suggest having a definite cutoff date listed on the registration. We did not and even up to late Saturday afternoon when we were 85% complete, I had text and emails coming in from people who asked about registering. The other problem was that once we started on Friday and again as we startedon Saturday morning, we had several people I had to get registered and get zoom information to for them to come in. I had to do quite a bit of scrambling to accommodate the latecomers. This might havebeen easier if the registration had been connected with zoom too. I'm not for certain on that, since we didn't do it that way. However, the IT person and I talked about it

after registrations had started, and I realized that would have made much more sense. I just did not know.

Eventbrite does a great job regarding easy registration, reporting, and emailing out to registrants. We just obtained First and Last names, emails, phone numbers.

We had 149 paid registrations, 8 scholarships which totaled \$4425.16 in registration fees for 156 individuals. We had 22 people make donations to the scholarship fund for a total of \$417.00 less 200.00 for the 8 scholarship, netting \$217 added to our scholarship fund.

Our cost for the weekend was:
 Zoom webinar for 500.00 \$153.65 and
 Zoom meeting for 500 \$54.88 For a
 total of \$208.53
 See the IT notes on why regarding this.

Therefore **Region 8** and **MTI** will each get
 $4425.16 - 217.00 \text{ scholarship} - 208.53 \text{ exp} = 3999.63$ divided by 2 = \$1999.82 each. Region turned down their portion and our Intergroup decided to go ahead and split that between WSO and Region 8 in the amount of \$999.91 each.

My personal opinion is that it was very successful. We had great speakers, great attendance, and great participation. This was a new way to do things. We had a couple of hiccups but that happens even in f2f assemblies. We always learn something new or a better way to do things. We all worked very well together, we had scholarship people as well as paying registrants give service. I really appreciated getting to work with everyone.

Motions for Current Assembly:

Motion A: Move to amend the Region 8 Bylaws to add a new Region 8 role under Article V-The Region 8 Board, Section 6,

CURRENT WORDING	PROPOSED WORDING
	Duties <u>Add E: Past Region 8 Board members may serve as ex officio when appointed by the Region Chair and with approval of the Board. Ex officio Board members shall perform duties as agreed upon and assigned by the Region 8 Board. Duties may include attendance at Region 8 Board Meetings, virtual attendance at Region 8 Assemblies, etc..</u>

SUBMITTED BY:

Region 8 Board

INTENT:

To provide support to new Region 8 Board members

IMPLEMENTATION:

New P&P to be uploaded to the website

COST:

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

RATIONALE:

Taking on the role of a Region 8 Board Member can be daunting. More often than not, any given Board Member has not served in that position previously, and assistance from a prior Board Member is invaluable and helps to carry the message.

Region 8 has been graced with extremely strong Region Boards that step up when needed (e.g., the Pandemic). However, there are times when the Board is fairly new, a crisis strikes or there are opportunities that require lots of work. At these times, the Chair, as well as, the Board could benefit from additional support. The Region needs talented candidates to step up to this role without the concern of insufficient support.

Motion B: Update Policy & Procedure Manual

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

CURRENT WORDING	PROPOSED WORDING
	<p>11. <u>Those selected to represent Region 8 as WSBC delegate will be expected to be an active participant on a Region 8 committee and report on their participation in their report to the assembly.</u></p>

SUBMITTED BY:

Region 8 Board

INTENT:

- To provide strong members to R8 committees.
- To provide opportunities to bring World Service experience back to Region 8 committees in a meaningful way.
- To effectively use R8 funds to support strong WSBC delegates who can and will provide strong service to Region 8.

IMPLEMENTATION:

New P&P to be uploaded to the website. Region 8 delegates to WSBC will serve on a Region 8 committee from the time elected until the term indicated in P&P #12. Add a question asking the applicant to choose a Region 8 committee to participate in.

COST:

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

RATIONALE:

Currently, the Region financially supports delegates who have no other commitment to the Region other than representation at WSBC and a report. These delegates obviously have talents, gifts and interest in serving and understanding the business side of OA at a very high level. This motion seeks to bring this expertise, interest and talent back to the Region.

Motion C: Update Policy & Procedure Manual

Motion: Move to amend OAPP, changing the list of locations covered by Region 8 on the cover page

CURRENT WORDING	PROPOSED WORDING
Alabama	<u>Alabama</u>
Arkansas	<u>Arkansas</u>
Florida	<u>Florida</u>
Georgia	<u>Georgia</u>
Louisiana	<u>Louisiana</u>
Mississippi	<u>Mississippi</u>
North Carolina	<u>North Carolina</u>
South Carolina	<u>Puerto Rico</u>
Tennessee	<u>South Carolina</u>
Puerto Rico	<u>Tennessee</u>
South America	<u>The Virgin Islands</u>
Central America	<u>Central America and</u>
Caribbean Islands	<u>South America</u>

SUBMITTED BY:

Bylaws Committee

Susan Berland

415-987-3194

bylawschair@oaregion8.org

INTENT:

To have the logo be independent from the text and make the geographic area consistent with the OA, Inc. Bylaws and the Region 8 Bylaws

IMPLEMENTATION:

New P&P to be uploaded to the website and

COST:

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

RATIONALE: The current wording of the geographic area covered by Region 8 is not consistent with what is listed in the OA, Inc. bylaws and the Region 8 Bylaws. Having the text separate from the logo will make the changes easier in the future.

2022 Budget Report

1	Budget for November 2021– October 2022			2020-2021 values
2				
3				
4	SOURCES OF FUNDS			
5	Beginning Bank Balance	\$61,630.26	<i>as of 08/7/2021</i>	\$39,177.88
6	Prudent Reserve = \$40060.26			
7	Funds to spend down bank balance	\$23,000.00		
8				
9	RECEIPTS			
10	Contributions	\$37,000.00		
11	Region 8 Assemblies	\$5,000.00		
12	Region 8 7th Tradition	\$900.00		
13	Ways & Means Projects	\$2,000.00	(\$100profit)	
14	Seed Money Returned	\$1,000.00		
15				
16	TOTAL RECEIPTS:	\$45,900.00		
17				
18	TOTAL SOURCES OF FUNDS (Beginning Balance + Total Receipts+Funds to spend down bank balance)	\$130,530.26		\$85,077.88
19				
20	USES OF FUNDS:			
21				
22	Board:			
23	Chair	\$1,300.00	includes new laptop	\$300.00
24	Vice Chair	\$300.00		
25	Secretary	\$300.00		
26	Treasurer	\$1,000.00	includes \$350taxes/\$70corp. fees/\$100POBox/\$35Quicken	\$700.00
27				
28	Board & Parliamentarian Travel:			
29	Board Travel (excluding Chair travel)	\$7,200.00	VC+Sec+Treas	
30	Parliamentarian	\$2,400.00		
31	Chair Travel WSBC + Convention	\$2,400.00		
32	Chair Travel RCCM	\$1,200.00		
33	Chair Travel Region 8 Assemblies	\$2,400.00		

ASSEMBLY PACKET: SOAR 8 FALL ASEMBLY OCTOBER 2021

34	WSBC Region 8 Delegate	\$4,500.00	R8Reps to WSBC \$1500/del - P&P p.25	
35	WSBC Region 8 Support Fund (R8DSF)	\$4,000.00	IGReps to WSBC - P&P p.10	\$3,000.00
36	WSBC Region 8 Nominated Trustee(s)	\$1,200.00	every 3 years if needed-(Andi2019)	\$0.00
37				
38	Committee Chair Travel	\$8,400.00	ByLaws+TechWeb+IGOR+TSW+PIPO+W&M	
39				
40	Committees:			
41	Bylaws-Electronic Documents	\$150.00		
42	Tech-Web	\$3,500.00	\$1800Webmaster/Zoom/website/Hotspot	
43	IGOR Rep Funding	\$4,500.00	IGReps to R8Ass	
44	TSW	\$200.00		
45	PIPO	\$1,000.00		
46	* Public Information Fund	\$2,000.00	IG outreach/advertising - P&P p.40	
47	Ways & Means	\$1,300.00		
48				
49	MISCELLANEOUS			
50	Carry The Message Fund (thru IGOR)	\$2,000.00	Send leaders to workshops/retreats - P&P p.12	\$1,700.00
51	Region 8 Trustee - Assembly expenses	\$400.00		
52	WSO Contribution	\$5,000.00		
53	Seed Money Advanced	\$1,000.00		
54	PayPal Fees + Bank Fees	\$420.00	\$35/mo	
55	Bonding Fees - Board Members	\$0.00	\$1000 paid every 3 years - due March 2023	
56	Translation services	\$8,000.00		
57				
58	TOTAL EXPENDITURES: ongoing	\$66,070.00		\$54,970.00
59				
60	SPECIAL PROJECTS			
61	Website update	\$10,000.00		
62	Tech/Literature grants to IG	\$3,000.00		
63	WSO	\$5,000.00		
64	Special Advertising IG projects	\$5,000.00		
65				
66	Total Special Projects	\$23,000.00		
67				
68	TOTAL EXPENDITURES: with Special Projects	\$89,070.00		
69				
	Allocated to Prudent			

70	Reserve (OA suggestion 40-60%)	\$41,460.26		
71				
72	TOTAL USES OF FUNDS (PrudentReserve+Total Expenditures)	\$130,530.26		\$85,077.88

Applications for World Service Business Conference Delegates

Ingrid Arana Saganome

Region 8 Delegate to WSBC Application

VERY IMPORTANT: Please save this blank form to your own device, first, before entering any data. Then open the saved file from your device. Proceed to completing the form and then save the file again with entered data. Once you have a completed this form that is saved on your device, please attach it in an email and submit the form as stated in the instructions below.

INSTRUCTIONS: This form must be submitted to the Region 8's Secretary (secretary@oaregion8.org) at least 60 days prior to the upcoming SOAR8 Assembly at which the election will be held (*Service Body refers to Intergroup, National Service or National Language Board*).

WSBC Dates applied for: _____

Name Ingrid Arana Saganome Phone +57 3212004983

Address Calle 174A No 48 - 41 Bogotá - Colombia

City Bogotá - Colombia State _____ Zip 11001000 Email i.saganome1809@gmail.co

Years in OA 21 Current Service Body Bogotá Intergroup

Are you a past rep? Yes If so, which Service Body? Bogotá Intergroup

Region 8 Bylaws:
ARTICLE III – MEMBERS
Section 2 – Representative Qualifications
A. Representatives to Region 8 Assemblies must:
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; and
3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.

OA.org Bylaws sub-part B:
ARTICLE X – MEETINGS OF DELEGATES
Section 3 – Delegates
c) Qualifications/Selection
1.) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level.
(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

BRIEF ACCOUNT OF OA STORY

I came into OA in 1999, but my SURRENDER was 14 years later in 2013, at this moment my disease was playing for first time from my side, she said: "Ingrid, I came to kill you, you work on your recovery, or I will do , and you know, I am not joking". This moment brought me to the willing and Sacred state of mind , of the Surrender. Since that moment up today have run 8 years without binges, without purge, and thanks to my HP, building a sane relation with the exercise. Only for the grace of my HP.

Surrender and abstinence are Sacred grace given to me from God every 24 hours, and to keep this gift I have to work on a daily bases in my recovery, no matter what, I have to do my footwork.

My first biggest surrender was with food, with my body and my weight have been a long process, but I am much better today. I love my body, and take care in a sane way of him, as my real home in my Human experience. But this is not my natural state on my knees continuously I have to beg to my HP, remind me who really I am, I am not a body, I am a Spiritual entity, living a human experience in a female body, as God did. I wouldn't be honest if I don't recognise that the slavery to my body image, has been a strong part in my disease, . I spent all my life trying to control my food, to achieve the ideal body weight and the ideal shape if my body that would allow me to be happy, recognized and loved, I thought this was my problem.

(Use separate sheet for additional space, if needed)

This is why, before I hit my bottom, the Twelve Steps were offering to me for more than a quarter of my life, but simply I was not ready to live in this way, which require from me honesty, humility, and a real state of desperation, no just a crisis. I needed to suffer more for being ready to be willing, accept and take action without think, just doing, no asking why I should do this or that. Obeying the suggestions of my sponsor, no questioning.

I needed experience by myself what powerless means, wanting stop eating and totally non able to do it. My latest binges were totally miserable. Each bite was a shot to my mind, I felt many pain, sadness I just wanted to die. I arrived to a point where my mind was totally obsessed with food, I was unable to work, my first and last though along the day was food. I needed to feel that, for being willing to make an unconditional commitment with my abstinence and my recovery, no matter what as the most important thing in my life, above all: could be family, job, study, partner, whatever. And this has been the road to my the recovery, surrender, over surrender, over surrender, over surrender.

For me the Spiritual recovery is progressive not perfect, but my abstinence MUST be clean if I really want to have a continue abstinence and enjoy the promises of the program. For me, my abstinence is not only about stop eating, this is the beginning, to get Emotional and Spiritual recovery I HAVE to work the steps, this is not a choose, and being willing to surrender every idea about life, about what I need, about what I want, about my recovery, about my food, about everything, to my HP's will for me, otherwise my disease would take control of me again and for me means die. As the AA book say, middle measures don't work for a compulsive overeater as Ingrid, who from the human resources is a person with a hopeless state of the body and the mind, that only a Power Greater than herself can relieved, bringing light, serenity, mental sanity and a healthy body as I enjoy today.

Surrender my food, my weight, my body image has been painful, nevertheless, surrender some of my character defects as pride, arrogance, vanity, greedy, ... I would dare to say that sometimes have been more painful, due to my distorted system of thinking, values that govermed my life during most of the time. Behind of all wrong ways of thinking was hidden a huge fear to live, to people, to don't being enough, to all. This sick way of thinking brought me to act time after time exactly as I did with food, doing the same wrong things waiting different results, pretending change people, situations, life myself to my desires. So painful, arrogant and frustrating.

Today the most safety and warm place for me is my HP's arms, his unconditional love for me is manifested in many ways, making me every 24 hours free of my compulsion for trigger foods and also for quantities of food that are not heathy for me as: eating more or eating less of what I really need. Allowing me to feel real love and gratitude with my parents and granmom beyond what they can say, the way they act. Today, I am willing to be useful to others without an agenda or thinking if I do that, then I can get this Today, My Father God is everything for me, I am nothing without him, My HP is my inspiration to wake up every morning. Today I really wants that he continues shape me in his will beyond the fear that I can feel, I would lie if I don't say that there are days more than others when I am more willing to change, anyway, I don't know where I will go, but I have the certainty that my God's love, will carry me on the right path, because I live my 24 hours in God will, no more in the darkness of my disease, if I keep my abstinent, my recovery and my Spiritual growing as the most important things in my life, no matter what.

Thanks for letting me share.

Ingrid

A compulsive overeater in recovery one day at a time.



Summary of OA Service (including service beyond Group level):

- *Funded Chair, Caminando Group 2014 - 2015
- *Funded Chair, Caminando Group 2017 - 2018.
- *PIPO Committe Member - Bogotá and Medellín Intergroup since 2017 - Currently.
- *Treasure in Caminando Group since 2018 - Currently.
- *Member of Translations Committe of OA Colombia - 2020 - Currenty
- *IR of Caminando Group to Bogtá Integroup 2018 - 2021.
- *IR to R8 Assembly from June 2019 to September 2021.
- *Funded Chair Ways & Means Committee October 2020 - Currently.
- *Bogotá - Medellín Integroup Delegate to WSBC - 2021.
- *Unity and Diverity - Translations Subcommittee - April 2021 - Currently

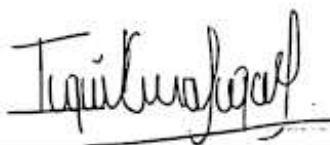
Currently I have different services, due to our Intergroup is not large. In Bogota Intergroup has 3 members in Medellin 4. We also work t with two fellows from OA Chile, they are also a small fellowship. We have found so useful work together, currently we have a newcomers online meeting together. Chile and Colombia. This meeting is ttened for newcomers and fellows from other countries also.

Why do you want to be a Region 8 WSBC Delegate?

I had the virtual experience last year as IR of my Intergroup it was so beautiful and so moving to my recovery, granted me a lot of conscious of what means OA as a whole and what has been all fellows who year after year give service there, in order to make sure all we have a well-run Community, under the light of the Higher Power, now is my turn to give and help as from my beginnings in OA others done for me.

I feel fascinate to have the opportunity of share with compulsive overeaters from all the world. The WSBC is a space to not only express also to start to take action to assist the necessities of our fellowship around the world, not only at the convention, also taking part in one of the diverse committee which allow as to work on a focus need. This is a service with a highly responsibility , because when we preform our right to vote is not only approve or reject a motion, or approved or not a piece of literature each decision means, save our own life, our members' and also the newcomers'. This is why as representors no matter the level service body we have to make sure study previously the packet for being a voter with a conscious informed.

Date 7th of October 2021

Signature 

Sarah Siegel:

Region 8 Delegate to WSBC Application

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WSBC Dates applied for: April 25-30, 2022

Name Sarah Siegel Phone 201-709-6453

Address 3090 Meadow Rise Dr

City Memphis State TN Zip 38119 Email sarahellinsiegel@gmail.com

Years in OA 31.5 Current Service Body IGOR Chair, Region 8, and I hail from Greater Memphis

Are you a past rep? No If so, which Service Body? _____

Region 8 Bylaws:

ARTICLE III – MEMBERS

Section 2 – Representative Qualifications

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OA.org Bylaws sub-part B.

ARTICLE X – MEETINGS OF DELEGATES

Section 3 – Delegates

c) Qualifications/Selection

- 1.) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level.
(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

BRIEF ACCOUNT OF OA STORY

In May, 1990, at age 25, I became a member of OA in Chicago, where I was living at the time. I was obsessed with food and couldn't even function at a job that I thought I was overqualified for. I was fired from my job due to low performance and was crying to my mother of blessed memory. It was my bottom. My mom was in OA in Stamford, Connecticut, my hometown, and said, "Why don't you try OA? What have you got to lose?"

I had absolutely nothing to lose. I felt like I had already lost everything: my dignity, my livelihood, my sanity, my ability to be truly intimate with anyone, as food was my only relationship.... I tried it and within two weeks, I dropped all foods with refined sugar, honey, and corn and maple syrup. I didn't stop binging on look-alike foods for another two years, but I count my abstinence from sugar as of May 15, 1990, and it has continued to the present without look-alike food or any sugar other than sugar from selected fruits, one day at a time.

After living in Chicago and before living in Memphis, my wife and I lived in Montclair, New Jersey for 24 years and I was active in OA there, too.

(Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

I sponsor, have a sponsor and write daily and discuss my writing with her. I also go to two-three meetings/week, exercise daily and not excessively, give service by qualifying whenever asked, and service at the Region 8 level as the IGOR Chair. I also follow the Steps and Traditions, read OA literature, and remain abstinent one day at a time.

I

Why do you want to be a Region 8 WSBC Delegate?

Actually, I hadn't considered it until I was nominated at the April Assembly by Julia S of LA, COLA. Here was our exchange:

Me to Julia S, LA, COLA (Direct Message) (3:53 PM)

Julia, thank you for nominating me. I'm honored and curious what inspired you to nominate me.

Julia S, LA, COLA to Me (Direct Message) (4:04 PM)

You have appeared here as thoughtful and well-spoken, two qualities I think would be very helpful at WSBC.

Date 9/19/21

Signature Sarah E. Siegel

Applications for Chair

Susan Berland

Region 8 Board Application

Form must be submitted to Region 8 Secretary
at least 60 days prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

- Chairman Vice-Chairman Secretary Treasurer

Name Susan Berland Phone 415.987.3194

Address 11529 Warfield Ave.

City Huntersville State NC Zip 28078 Email sberland@pacbell.net

Years in OA 54 Current Service Body Piedmont Intergroup

Are you a past Rep? Yes If so, which Service Body? Piedmont Intergrop & Funded Committee Chair

- Bylaws Article VII – Section 1, B) states:
To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.
1. The nominee must have arrested their compulsive eating and be living so far as they find possible within the concept of the Twelve Steps which constitute the three-fold recovery program of Overeaters Anonymous for one year.
 2. The nominee must have attended at least two prior Assemblies.
 3. Two Board members are elected each year for a two-year term. Chairman and Treasurer will be elected in odd years; Vice-chairman and Secretary in even years.
 4. Board members shall serve no more than two consecutive terms in the same position, whenever possible.

BRIEF ACCOUNT OF OA STORY

I've been a compulsiver overeater as far back as I can remeber. I came in 8/2/1966, when I was 17. I wasn't ready to stop eating but I already knew I'd found home. It took me 10 years to get and stay abstinent. Before I could do that, I had to let go of my perfectionism. Since being in OA I was married, had two children, got divorced. I've been remarried for over 40 years and without OA, that would never have happened.

OA helped me to heal my relationships with my children, my parents and my sister. It continues to inform me in my relationship with my husband, my grown children and grandchildren. OA taught me how to have friends and to be a friend. OA gave me a relationship with my Higher Power and that continues to grow.

OA has been instrumental in getting through the pandemic and lockdown. I'm going to more meetings today that I ever have and I love it.

Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

I've done every service position at group level over the years. I was program co-chair for the LA Intergroup Birthday Party for two years and Co-Chair of the Birthday party for two years. I've been Region Rep and WSBC delegate from L.A. and from Marin County Intergroup. I've served on many convention committees in Region 2. I was R2 trustee from 1990-1995 and Region 2 Chair from 1996-2000. I chaired a WS Convention and a Region 2 Convention.

Since moving to Region 8 three years ago, I've been Region Rep., Bylaws Committee Chair, co-chair of the Piedmont Intergroup, worked on various event committees and am currently the chair of the intergroup.

Business, Professional skills or other experience and skill you can bring to the Board:

Much of my service experience could be valuable to the board. I'm proficient in MS software. I used to teach Word, Excel, PowerPoint. I've been a personal coach since 1992.

Why do you want to be a Region Board Member?

After chairing an R2 Convention, I didn't do any service above the group level except for serving on a retreat committee for 20 years. When I moved to Region 8, I knew that service was what would make my transition easiest and that's been true. I've really enjoyed working with the Board as a Committee Chair and I just want to give back. My past experience with this level of service is that it gives me more than I could ever give. I'm ready for more growth!

Date 4/11/2021

Signature *Susan Berland*

Barb Carter

**Form must be submitted to Region 8 Secretary
at least 60 days prior to Assembly at which election will be held
(Service Body refers to Intergroup, National Service or National Language Board).**

Office applied for: Chair

Name: Barbara Carter Phone: 352-472-9924 (landline, no texts)
Address: 28303 SW 101st Avenue City: Newberry State: Florida Zip: 32669
Email: bcarter337@att.net
Years in OA: 13 Current Service Body: New Freedom Intergroup (Jacksonville, FL)
Are you a past Rep? YES If so, which Service Body? New Freedom Intergroup (Jacksonville, FL)

Bylaws Article VII – Section 1, B) states:
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BRIEF ACCOUNT OF OA STORY

I was a fairly thin/normal child and young adult, but grew up in a very overweight family where food was used as a medium of exchange (i.e., for a reward, punishment, a sign of love, etc.). I saw the effects of obesity on my family. My oldest sister had gastric bypass surgery 35 years ago, and ate her weight back on. My older brother died at age 36 as a result of complications related to obesity. My father developed adult diabetes; and my mother lost her leg to diabetes. My three other siblings are overweight. None of this prevented me from succumbing to this disease of the mind, body and spirit. I know exactly when I finally gave into the disease of compulsive overeating. It was in 1998, when events in my life finally accumulated to a point where I was no longer in "control." I changed jobs and moved across the country, while my son remained with his father. My daughter, who came with us, developed anorexia; my mother died. I just gave up. I had no purpose in my life and felt totally alone -- so I decided to "eat myself to death." Beginning in 1998, I gained 10 -15 lbs. each year for the next 10 years. I developed high blood pressure, sleep apnea, pre-diabetes, high cholesterol, and hated to go outside to the Florida heat and humidity so exercise was out of the question. Add to this mix perimenopause and all its symptoms, kidney stones, a uterine polyp, a nodule in my lung, and a fall off a ladder resulting in a broken elbow . . . I was a hot mess. I broke toilet seats and promises, needed seat belt extenders on airplanes, and hated my life and myself. When my doctor commented on my ever-increasing weight, I would make a joke and tell her it was my "personal best." (Highest recorded weight was 298 lbs.)

In 2008, I finally asked for help and agreed to be treated for depression with medication and a therapist. My therapist suggested that I attend an Overeaters Anonymous meeting; and, being the people-pleaser that I was, I agreed to one meeting. That Thursday evening, two caring people met with me to discuss the OA program, but told me the Thursday meeting was ending. They encouraged me to attend the Saturday group, and I figured that Thursday wasn't REALLY a meeting, so I HAD to attend on Saturday to make my therapist happy. I listened to my story being told, but didn't say a word. I also found a sponsor. They held a business meeting afterward, and I stayed. *They made me the treasurer* (I would NOT advise this for an unknown first-timer) -- so I HAD to come back, and I did. (I have a very active responsibility gene.)

Even with my very patient sponsor, I didn't really "get" the program for about a year and a half. I resisted the concept of a Higher Power, and thought this whole program was bogus – but I "kept coming back" and "acted as if" the program was working. I suppose I did the program sort of backwards. I started with Step 12 (service) which I could handle (I am a do-er, and I must actively tell myself to back off and let others volunteer). Step 11 came next -- I didn't have an HP so couldn't do steps 1, 2 and 3 until I found one and my belief. I took meditation classes and experienced spiritual recovery. I understand my HP as positive energy that runs through everyone and everything -- keeping us all connected. Steps 1, 2 and 3 followed quickly.

Physical recovery came second. Just as I needed medication for my emotional recovery, I needed help with the physical part – and chose lapband surgery. Although this is an outside issue and OA has no opinion on it, all I can say is, this worked for

me. Moreover, I know I could not lose this much weight without the OA program, as the band does nothing to address my spiritual and emotional recovery. I talk about OA with my bariatric support group and emphasize this. I have been abstinent since 19 April 2010; and have given away over 100 lbs., my CPAP machine for sleep apnea and my high blood pressure medication. Before COVID, I did high intensity interval training, weight-lifting, and obstacle races (mud runs). Now, I walk three miles a day. I can get myself off the beach and can keep up with my grandchildren.

I am working on my emotional recovery and will continue my entire life. I have completed the 12 Steps, and I go through them again each time I take on a new sponsee. I have a better relationship with my husband, kids and friends. They make their own choices, and I step back. I love my job, and all of you. Life is better than ever, and I owe it all to OA.

Summary of OA Service (including service beyond group level):

GROUP. I attend at least two meetings a week (Monday and Thursday); both of which I helped start or resurrect, respectively. During the coronavirus pandemic, I added a Zoom meeting in West Virginia on Saturdays and attended various other zoom meetings (including bariatric surgery) and workshops. At the group level, I have been treasurer, Intergroup representative, meeting leader, literature person, *Lifeline* rep, unofficial downloader, key carrier, and whatever else they needed. I have attended retreats and workshops given by NFI, other Intergroups, and Region 8.

INTERGROUP. The Gainesville groups belong to the New Freedom Intergroup, which meets in Orange Park (Jacksonville) once a month. I have been attending since 2010, when I started giving service as an Intergroup representative. I prepared the NFI newsletter, "Inner Voice," for 2 years (OCT 2010 - OCT 2012). I was the program chair for the Amelia Island Convention in 2012, and a speaker at events; and was the Chair for the retreat at Amelia Island in 2016. I headed the registration committee for the Region 8 Business Assembly and Recovery Convention in 2013 (Jacksonville) and will do so again for March 2017. I was elected as Delegate for NFI in fall 2014 through DEC 2016, and my role was to represent NFI at the Region 8 Recovery Conventions and Business Assemblies, as well as the World Service Business Conference. During 2017 and 2018, while Vice-Chair of Region 8, I continued to serve as my group representative to NFI; and I was elected as Chair of the NFI from 1 Jan 2019 through 31 DEC 2021. (Two terms plus one extra voted upon during the pandemic weirdness).

World Service Business Assembly, Albuquerque, NM (Delegate for New Freedom Intergroup)

2015 – Assigned as a member of Tech Web Committee

2016 – Assigned to Bylaws Committee and nominated by Region 8 Chair to serve on the Reference Subcommittee (which handles emergency business motions)

Region 8 (SOAR8) Recovery Convention and Business Assembly (2014 – Present)

When not otherwise assigned, I have been a member of the Technology/Website Committee.

New Freedom Intergroup Representative

NOV 14-16, 2014 Bogota, Columbia, "The Golden Dream"

MAR 13-15, 2015 Nashville, TN, "Carry the Message – BEE the Message"

JUL 10-12, 2015 New Orleans, LA, "Keeping it Simple in the Big Easy"

NOV 6-8, 2015 Tampa, FL, "Fall into Serenity"

MAR 4-6, 2016 Atlanta, GA, "Building an Arch to the Road of Recovery"

JUL 15-17, 2016 St. Petersburg, FL, "Diving into the Steps"

OCT 28-30, 2016 Memphis, TN, "Miracles in Memphis"

Vice Chair, SOAR 8 (2017-2018)

MAR 17-19, 2017, Jacksonville, FL, "The Blessings of Recovery"

OCT 13-15, 2017, Miami, FL, "Welcome Home: Recovering in Paradise."

APR 20-22, 2018, Mobile, AL, "Spring into Action"

OCT 12-14, 2018, Little Rock, AR, "Rocking the Promises in Little Rock"

Tech Web Chair/Co-Chair 2019-2020

APR 5-7, 2019, Fort Lauderdale, FL, "Sunlight of the Spirit"

OCT 11-13, 2019 Memphis, TN, "River City Recovery"

MAR 20-22, 2020 cancelled/postponed until fall due to coronavirus pandemic

OCT 23-25, 2020 VIRTUAL ("Traveling the Bayou to Recovery" -- Hosted by Baton Rouge IG)

Chair for New Freedom Intergroup (Representative)

APR 9-10, 2021 VIRTUAL ("The Road of Happy Destiny" -- Hosted by Middle Tennessee IG)

World Service Convention (Recovery). August 2021, Orlando, FL.

State Convention of OA (FSCOA). The FSCOA is a weekend of recovery from the disease of compulsive eating. It is held on the last weekend in the month of February, "UNITY" weekend, and has been conducted annually since 1990. The Florida State Convention Committee is open to any and all registered OA Intergroups in the State of Florida who desires to participate and share in the proceeds (9 IGs in 2022). The IGs rotate the committee responsibilities; Board members are elected.

- 2012 Member of registration/publicity committee
- 2013 Member of registration/publicity committee
- 2014 Treasurer (Board)/Committee Coordinator for Registration/publicity
- 2015 Chair, Florida State Convention Committee (Board)
- 2016 Chair, Florida State Convention Committee (Board)
- 2017 Treasurer (Board; revised guidelines)
- 2018 Treasurer (Board; revised guidelines)
- 2019 Treasurer (Board)
- 2020 Cancelled due to conflict with WSO (Recovery) Convention and pandemic
- 2021 Cancelled due to conflict with WSO (Recovery) Convention and pandemic
- 2022 Treasurer (Board)

Business, Professional skills or other experience and skill you can bring to the Board:

- I am in recovery. I try to incorporate the principles of the 12 Steps and 12 Traditions into my daily life. This means that I take the time to listen, consider everyone's input, weigh the outcomes, rely on my HP, and realize that I start everyday fresh in this program.
- Excellent organizational, administrative and computer skills. Quick to learn.
- B.A in biology and anthropology (Northwestern); M.A in archaeology (University of Washington)
- I am fully retired and have the time to devote to service. I retired from my job as a research scientist at a private company in 2017, but was working part-time as laboratory manager for the Sid Martin Biotechnology Institute, University of Florida. I oversaw and provided training on the Common-use scientific equipment used by multiple labs/companies in the Incubator. I was the "motivator" at my work, dealing with scientists who needed a cattle prod to get them out of the labs for social interactions (so I suppose I was that cattle prod). I presented ideas for social events and games. I organized our team, the SMBI Primordial OOZE. We entered mud runs for fun and exercise, and raised money for the American Heart Association.
- Retired Captain, (O6) US Navy - with over 27 years of administrative, management and leadership experience.

Chair, Decorations and Entertainment Committee
Why do you want to be a Region Board Member?

I love OA -- it saved my life. When I found spiritual recovery, my HP assured me that my purpose in life is to carry this message of hope. If I can reach another person in a positive manner, and never even find out that I did so, I will be complete. (I don't want to find out because I never want to stop reaching out.) I want to do my part to ensure that OA in Region 8 is strong and thriving when the next overeater comes to a meeting.

All service is valuable; everyone who raises their hand to accept service shares a common characteristic: we are willing. I want to continue to carry the message of OA and, as an extra benefit, strengthen my own recovery. Also, I would like to be a member of the Board because I was asked. God does not necessarily call the equipped; he equips those called. I believe that opportunities are placed before me and I should take advantage of them to give back; especially if I have been blessed with the abilities to fill the position. I am now in a position where I have the time and the energy to step up my service on the Region 8 Board. I would love to accept this challenge and serve as Chair to show my gratitude to the program of recovery.

Date: ____ 4 July 2021 ____

Signature: *Barbara J. Carter*

Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

Group Level: Secretary, Treasurer, 12 Step Within, started several groups

Intergroup: Convention Chair, twice, Hosting Assembly Chair, twice, PIPO Chair, Special Events Chair, Newsletter Writer and Editor, Vice-Chair, Treasurer, Chair, 3 times, Region 8 Rep several times, World Service Delegate three times. Wrote and twice revised our Bylaws and Standing Rules.

Region 8: Representative Several Times, By-Laws Committee member, PIPO committee member few years, timer/inquiry cards several times, PIPO chair and Parliamentarian, though admittedly not a very good one.

World Service Business Conference: Delegate, 3 times, Reference Committee, PIPO Committee currently serving on the PIPO Manual Subcommittee.

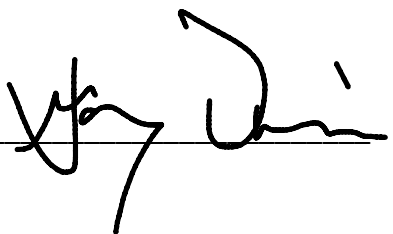
Business, Professional skills or other experience and skill you can bring to the Board:

I am a retired college professor, having taught Literature, Creative Writing, and Composition for 27 years. Through this experience I've learned to foster pleasant order and a spirit of cooperation while working toward a common goal, skills I've brought to my intergroup as chair. I believe my background has also prepared me for reading contracts, bylaws and policy and procedure manuals with clear comprehension and analysis. Additionally, I was a partner and small business owner for over ten years, running a medicinal detox, and learned not just the basics of running a business, but the special care, the compassion necessitated by working with addicts. All and all, my professional experience has helped me practice and develop love and tolerance while continuing to move forward and get things done.

Why do you want to be a Region Board Member?

First off, after some hesitation, running for chair was clear direction I received during much prayer and meditation, in addition to consulting with my sponsor and others. As I mentioned earlier, I have a long running love affair with OA, and feel that, now, serving as chair is where I can be of maximum service. Like most of us who have been around for a while, I am dismayed by OA's recent decline in membership, both in regards to newcomers and membership retention. I believe I am often a motivating personality and pray, as chair, to make rectifying this trend the focus of the Region 8 Board. Finally, and I know this is self-serving, but I think it would be good, visually if not practically, to have a man on the board. Region 8 has done better than most with diversifying it's Board, with both a Latin woman and a woman of color recently serving as Chair. Men are also greatly under-represented in OA, so having a male Chair, I think, would do much to demonstrate how welcomed all compulsive eaters are in Region 8.

Date: August 11th, 2021

Signature 

Applications for Treasurer

Michelle Dowell

Region 8 Board Application

Form must be submitted to Region 8 Secretary
 at least 60 days prior to Assembly at which election will be held
 (Service Body refers to Intergroup, National Service or National Language Board)

Office applied for:

Chairman Vice-Chairman Secretary Treasurer

Name Michelle Dowell Phone 501-580-6120

Address 22 Mossy Rock Cove

City Little Rock State AR Zip 72211 Email mdquark@gmail.com

Years in OA 13 Current Service Body Central Arkansas Intergroup Overeaters Anonymous (CAIOA)

Are you a past Rep? YES If so, which Service Body? Central Arkansas Intergroup Overeaters Anonymous

Bylaws Article VII – Section 1, B) states:
 To be eligible for election to membership on the Region 8 Board, a person must be a past or present member of the Region 8 Business Assembly and be present at the Assembly. The member must receive a majority vote of the Region 8 Representatives present.

1. The nominee must have arrested their compulsive eating and be living so far as they find possible within the concept of the Twelve Steps which constitute the three-fold recovery program of Overeaters Anonymous for one year.
2. The nominee must have attended at least two prior Assemblies.
3. Two Board members are elected each year for a two-year term. Chairman and Treasurer will be elected in odd years; Vice-chairman and Secretary in even years.
4. Board members shall serve no more than two consecutive terms in the same position, whenever possible.

BRIEF ACCOUNT OF OA STORY

My best efforts in controlling my weight got me nearly to 300 pounds and deep into the depths of emotional hell. A high and low that is evil and debilitating.

I began my journey of recovery in 2008. Looking back, it is remarkable (and wonderful) how even in my naïve and unstable efforts in working program I received some recovery. My Higher Power and my sponsors helped nudge me along even as I stumbled and meandered.

My current abstinence date is February 14, 2014. This is when I completely surrendered my life and my food over to HP. I began to weigh&measure and track my foods, something I was not emotionally or spiritually prepared to do until this moment in my recovery quest.

I have been relieved of 135 pounds and can purchase clothes in size medium. I am living life rather than existing. I am treasuring relationship with my world rather than avoiding it. I am responding rather than reacting. It is a wonderful, awesome, and sacred thing.

Use separate sheet for additional space, if needed)

Summary of OA Service (including service beyond Group level):

CAIOA Treasurer 2009-2011
CAIOA Region 8 Rep 2011-2015
CAIOA Chair 2015-2019
Region 8 Tech Web member 2011-2015
Region 8 Tech Web Chair 2015-2017
Region 8 Tech Web member 2017-2018
Region 8 Treasurer 2018-present
CAIOA Vice Chair 2021 (just elected)

I

Business, Professional skills or other experience and skill you can bring to the Board:

Educator - professional communicator
Technology savvy
Organized & a problem solver
Experienced in the Treasurer's position

Why do you want to be a Region Board Member?






I relish the service opportunity! It brings my recovery to an entirely new level. To be able to assist Region 8 in its efforts to do the work of OA is an amazing and transformative experience. I desire to be part of the message and to spread experience, strength, and hope to the still suffering compulsive overeater.

Date February 22, 2021

Signature

Ratify Trustee

Katrina Smith

		TRUSTEE APPLICATION
Submitted for consideration at the Business Conference in <u>April</u> <u>2022</u> <small>month year</small>		<input type="checkbox"/> Please check the box if you will be applying to the Trustee Nominee Reimbursement Fund.
I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:		
<input checked="" type="checkbox"/> Trustee for Region <u>8</u>		<input type="checkbox"/> General Service Trustee
Full Name <u>Katrina L Smith</u>		
Address <u>38043 Seven Oaks Avenue</u>		Phone <u>(225) 715-4988</u>
City <u>Prairieville</u>	State/Prov <u>LA</u>	Country <u>USA</u> Zip <u>70769</u>
E-mail Address <u>kssoar8@gmail.com</u>		
Years in OA <u>7</u>	Number of years of service beyond the group level <u>6</u>	
Date continuous abstinence began <u>3/14/14</u>		Date maintenance began <u>6/14/14</u>
I have read the qualifications for Region/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.		
		<u>10/7/21</u>
Signature of Candidate		Date
REQUIRED FOR REGION TRUSTEE NOMINEES:		
		<u>Treasurer</u>
Signature of Region Officer (Chair, Secretary, etc.)		Title
		Date
REQUIRED FOR GENERAL SERVICE TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 - Nomination of Trustees, Part c) (1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant's intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee. (2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position(s), with copies of the nominees' resumes, to all Conference delegates at least forty-five days prior to the Conference.		
		
Signature of Nominee's Region or IG/SB Officer or Chair of the BOT (Verifies that candidate's enclosed resume was affirmed by majority vote as explained in Section reproduced above.)		Title
		Date
<p align="center">IMPORTANT</p> Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers. You may send by certified mail, return receipt requested to: Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA. You may also fax the form to 505-891-4320, or email it to info@oa.org . Receipt of electronic applications will be acknowledged by the WSO. Do not write beyond the margins. Enter all information on this form. Attachments <i>will not be reproduced</i> for circulation to the delegates.		

Summary of my OA service responsibilities:

Group Treasurer: 2013 - 2014
Intergroup Treasurer: 2014 - 2017
Region Delegate: 2014 - 2017
World Service Delegate: 2014 - 2017
Region Intergroup Outreach Chair: 2016 - 2017
Region 8 Chair: 2017 - 2021
Region Chair's Committee Chair: 2020 - 2021
Region 8 Trustee: 2021

I

I can bring the following business, professional or other experience, and skill to the board:

By profession, I was a chemical engineer. Improvement was my specialty. Initially I ran improvement projects aimed at delivering a minimum of one million dollars per year. Later, I became a Master Trainer and traveled the world teaching others to do the same thing. My projects ranged from assuring that a \$450M plant would start up, run and deliver product as planned, to coaching hundreds of Project Leaders, to guiding high level leadership teams that were not achieving the objectives set by the Chief Executive Officer to success. Along the way I learned to work with people, deliver results and have fun doing it. I believe that these skills will make me an asset in the role of Trustee for Region 8.

As Region 8 Chair I learned to love the Traditions. I became Chair at a troubled time for the Region. Physical abstinence was strong but spiritual and emotional recovery was fraying due to conflict and misunderstandings. During such times I learned that leaning on my OA Angels, my HP and a Tradition that states that without unity OA dies and without our fellowship we die was the only way through. The experience of leading the Region at that time was challenging but taught me the beauty of practicing these principles in all my affairs.



I would like to be a Region or General Service Trustee for the following reasons:

Primarily, I want to do my part to assure that OA is strong and thriving when the next overeater stumbles into a meeting. I believe that I have the recovery, enthusiasm, skills and drive to help guide the WSO and Region 8 and do it well. Most importantly, other members of the organization (my OA angels) who are far wiser than I, think that I have the ability (even when I question it).

Brief account of my OA recovery story – physical, emotional, and spiritual:

When I arrived at my first OA meeting I was living in a world of complete darkness. I was a sugar addict who was living on sugar. When I am living on sugar there is no sun, no moon and no stars. And, I had no excuse. Diabetes runs rampant in my family. I know people who became blind or crippled. Others died, and we knew that sugar was the cause. Still I continued. I wanted sugar more than my eyes, my legs or my life.

At first, I came to meetings and all I did was cry, leave and get sugar. Luckily, there were angels there, truly God with skin. They held me, loved me and told me that I was home. Then, they put me to work. I told them that I was an engineer. They said, "We need a treasurer," and gave me the bank bag. By grace, I was hooked. I had to come back.

Later, I found a sponsor. She loves me and doesn't fire me. Though, in many ways, I am a horrible sponsee! I struggle foolishly before I call and take for granted that she will be there for me and guide me wisely, which she always does. She gives service at a high level and I found that my abstinence and my recovery works best when I follow her lead. She gave me a clear foundation for abstinence and simple guidelines to follow. This allowed me to achieve and maintain abstinence.

My greatest test was losing the 3 people who held my world together. My grandmother, my father and my mother died so close together that I felt that all love had left the universe. Suddenly, my world went dark again. And my disease turns everything into a craving for sugar. If I am happy I want sugar. If I am sad I want sugar. So, losing all the love in the universe required a mountain of sugar. At least, that is what my disease told me.

Fortunately, my sponsor listened patiently, I went to Grief Counseling and Grief Support Groups. Everything helped but I found a true answer in the Steps. Someone gave me a tiny tri-fold called, 12 Stepping a Problem. With guidance, literature and a million tears I began to understand things about myself, my family and my craving for sugar that I could never have uncovered otherwise. The structure of the program, the wisdom of the Steps and the guidance of OA angels led me to a joy that I could never have dreamed would follow such grief.

I owe my life, my health and my happiness to the program and the angels who carry the message.

QUALIFICATIONS FOR TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

- a) Qualifications for trustee shall be:
 - 1) Seven years in the Fellowship;
 - 2) Five years of service beyond the meeting level;
 - 3) Attendance as a delegate to at least two World Service Business Conferences; and
 - 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - i) five years of current continuous abstinence;
 - ii) current maintenance of a healthy body weight for at least two years; and
 - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
- b) Qualifications for trustee must be met at the time of the application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:
 - 1) Worked through all Twelve Steps;
 - 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
 - 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
 - 4) Affirmed these additional qualifications on their trustee application forms.
- c) Upon election, each trustee shall make a commitment of:
 - 1) Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
 - 2) Continual recovery, including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her recovery including abstinence and maintenance of a healthy body weight.
 - 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.
 - 4) Additional qualifications for regional trustee may be set by each region.

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 6 – Election of Trustees

- a) To be eligible for election, each nominee must appear before the delegates at the World Service Business Conference and address the assembled delegates from three to five minutes and answer questions from the floor. No new nominations will be accepted from the floor. No candidate may run for more than one position.

SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 3) The general service trustees shall have general authority with respect to the routine conduct of the business affairs of the corporation, including the following specific duties:
 - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
 - ii) To receive, manage, control, use, and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous.

The board must decline all outside contributions in accordance with Tradition Seven.

- iii) To have the books of the corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
- iv) To submit minutes of the general service trustee meetings to the Board of Trustees.

Committee Reports

Ways & Means



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

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: Ways and Means Assembly: Fall 2021

Packet for Assembly 15-16-17 oct. Date of Assembly Progress Report Date Period Covered

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

1. Our primary purpose as Committee is to arise resources to our Region 8.
2. Thanks to the persistence work of our Committee members, the Committe brought \$2610 to
3. the Region. This is a great job, taking into account that are virtual sales. Our journal has been
4. bought also by members of other Regions even Countries as Canadá.
5. The committee spent \$1,736.33 this fiscal year.

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

1. Since was launched the Journal of Recovery until today, we have sold 110 journals. (Fiscal Year).
2. Some of them individually, others as part of our grandious offer (Conmemorative Tshirt+Journ
3. for \$25.
4. Currently, we are also selling a pen, they were produce to sell in the WSC in Orlando, they are
5. being selling one to one in face to face meetings.

Projections for the next period:

1. We want to have printed more journals for our Assembly, currently there are only 7 in stock.
2. We are planning to print 50 -100 more, to be ready for the Assembly - Convention.
- 3.
- 4.
- 5.

Expenditures for the period: \$ 1,736.33

Committee Chair: Ingrid Umana S

Date: 22 of September/2021

Bylaws Committee



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: Bylaws Assembly: Fall 2021

Packet for Assembly 10/15-16/2021 Progress Report
Date of Assembly Date Period Covered

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

1. Discussed and review motions submitted by the board
2. Review motion returned to committee for review
- 3.
- 4.
- 5.

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

1. Reviewed all motions not withdrawn
2. Reviewed motion correcting geographic area of Region 8
3. Submitted motions for the Fall 2021 Assembly
4. Submitted board approved Bylaws and P&P to be uploaded to the website
- 5.

Projections for the next period:

1. Talk about what's next for committee
- 2.
- 3.
- 4.
- 5.

Expenditures for the period: \$ 0.00

Committee Chair: Susan Berland

Date: 9/13/2021

Intergroup Outreach



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

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: IGOR Assembly: Fall, 2021

Packet for Assembly 15-17 October Date of Assembly Progress Report Date Period Covered

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

1. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs.
2. _____
3. _____
4. _____
5. _____

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

1. IG SPONSOR PROGRAM Lead–none; Join–Sarah S; hosted 4 global IG idea-sharing mtgs.
2. REP FUNDING PROGRAM Lead–Carol H; Join–Roz S; 6 IG reps to Fall Assembly; 1 to WSBC.
3. IG CHAIR PROGRAM Lead–none; Join–Robin V, Pam T, Roz S; Tried priming email loop 2x.
4. Created IGOR Comms. calendar, promoting IG Chairs grp, global IG sharing, and more.
5. Requested updated IG Chair list from SOAR8 Webmaster.

Projections for the next period:

1. At October Assembly, ask for volunteers for small panels on designated topics.
2. Host volunteer panels on hot topics on 3rd Thurs., odd-numbered months.
3. Review and approve applications for future Assemblies and WSBCs.
4. _____
5. _____

Expenditures for the period: \$ 2400.00

Committee Chair: Sarah C. Siegel Date: 9/19/21

TechWeb

This has been a very busy six months for the Tech Web committee. We gained two new members at the spring assembly. We have been making progress toward the goals set at that time. I stepped up from committee member to co-chair when Sarah S. left that position to have her baby.

- We are in the process of updating to the Region8 website, a resource page where you will find information about using the virtual platform, how to set up a hybrid meeting, and how can we assist you with your technical needs.
- In the error of the Covid Pandemic the Techweb committee has bee busy preparing for this virtual assembly. There is a learning curve to taking on these responsibilities. I am learning new things everyday. The test to how much I have learned will be determined during the fall assembly.
- The Techweb committee has updated our audio/video equipment with more capacity to accommodate our members in the hybrid settings in other countries.
- We are in the process of awarding two intergroups with our older equipment so they can conduct hybrid meetings in their intergroups.
- We have several intergroups interested in setting up web sites to provide information in their areas.

Shirley Quigley
TechWeb Co-Chair

Twelve Step Within 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: Twelfth Step Within Assembly: Fall 2021

Packet for Assembly Oct. 15 - 17, 2021
Date of Assembly

Progress Report April - Sept. 2021
Date Period Covered

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

1. Maintain and grow resources of TSW subcommittees
2. Produce monthly 12th on the 12th messages for Region 8 in English, Spanish, and Portuguese
3. Create workshops related to the 12 Steps
4. spread the word about TSW resources to intergroups
- 5.

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

1. We have a new subcommittee chair for the Online Sponsor subcommittee
2. Produced 2 workshops on Steps 4 - 6 and 7 - 9
3. 12th on the 12th in 3 languages offered each month
4. Committee chair available to speak about TSW resources
- 5.

Projections for the next period:

1. Welcome new members to committee
2. Continue to add participants to subcommittee lists
3. Continue 12th on the 12th message
4. Discuss workshop topics for 2022
5. Discuss workshop topics for 2022

Expenditures for the period: \$ 0.00

Committee Chair: Neill McCormick

Date: 09-11-2021

Appendix A: Region 8 Service Directory

Position	Name	Address	Phone	Email
Chair	Katrina Smith	38043 Seven Oaks Ave. LA 70769	225-715-4988	chair@oaregion8.org
ViceChair	Melissa Hammel	PO Box 39 Ardmore TN 38449	615-202-5242	vicechair@oaregion8.org
Treasurer	Michelle D	PO Box 242522 Little Rock, AR 72223	501-580-6120	treasurer@oaregion8.org
Secretary	Dara Sue King	149 Toney Ave Erwin, TN 37650	407-44607620	secretary@oaregion8.org
Trustee	Andi S	22665 Meridiana Dr. Boca Raton FL	954-295-1123	trustee@oaregion8.org
Parliamentarian	Ellen Fite	8285 Poplar Ave Germantown, TN	901-647-3587	parliamentarian@oaregion8.org
12th Step Within (TSW)	Neill McCormick	4651-302 Timbermill Ct. NC 27612	919-789-9402	tswchair@oaregion8.org
Bylaws/Electronic Documents	Susan Berland	11629 Warfield Ave Huntsville, NC 28078	415-987-3194	bylawschair@oaregion8.org
Technology/Website 1	Terri Montealegre	3014 SW 6 th St Miami, FL 33135	786-253-4559	techwebchair@oaregion8.org
Technology/Website 2	Shirley Quigley	PO Box 16582 Clearwater FL 33766	727-916-2099	Techwebchair2@oaregion8.org
Intergroup Outreach (IGOR)	Sarah Siegel	3090 MeadowRise Dr Memphis, TN 38119	201-709-6453	igorchair@oaregion8.org
Ways & Means	Ingrid Arana Saganome	Calle 174A No48041 Villa DelPrado, Bogota Columbia	*57-321-200-4983	waysandmeanschair@oaregion8.org
Public Info/Prof Outreach (PI/PO)	Marisa Moody	1020 W Alfred St Tampa, FL 33603	813-439-0440	pipochair@oaregion8.org
TSW Mentor List	Neill McCormick	4651-302 Timbermill Ct. NC 27612	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	201-709-6453	webmaster@oaregion8.org

Appendix B: Decorum in Debate

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

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

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

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

2. Refraining from attacking a member's motives.

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

3. Addressing all remarks through the chair.

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

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

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

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

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

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

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

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

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

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

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

9. Refraining from disturbing the assembly.

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

Jan Strand, PRP

March 1, 2014

Appendix C: 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>

Appendix D: Virtual Assembly Information

We are excited you are coming to assembly. Please note that since this is a virtual assembly only, you are not required to fill out the application. This document is meant to give you a preview of what to expect from a virtual assembly. You will receive more information at the beginning of assembly.

The assembly will be conducted on Zoom. You can use the following Log-In Information for each of the sessions:

Board meeting

Friday, Oct 15, 2021

11:00 – 4:00pm EST

Meeting ID: 830 8870 7108

Passcode: Friday

<https://us02web.zoom.us/j/83088707108?pwd=ekNOMEZmZXFscFlzVFJRWVJwWjB1Zz09>

Friday Assembly reconvenes

Friday, Oct 15, 2021

T6:00pm – Recess

Meeting ID: 830 8870 7108

Passcode: Friday

<https://us02web.zoom.us/j/83088707108?pwd=ekNOMEZmZXFscFlzVFJRWVJwWjB1Zz09>

Saturday All Day Assembly

Oct 16, 2021

8:00 am EST - Adjournment

Meeting ID: 827 5413 9434

Passcode: Saturday

<https://us02web.zoom.us/j/82754139434?pwd=U0hEcmNPdG12QjRQWmhLUXVURnNmdz09>

Sunday Post Assembly

Oct 17, 2021

9:00 am EST

Meeting ID: 840 5511 4050

Passcode: Sunday

<https://us02web.zoom.us/j/84055114050?pwd=bzVSTTIVQ2N3a3FtdDNZaEpVTGNSUT09>

IGOR intergroup sharing

Oct 17, 2021

2:00 pm EST

Meeting ID: 890 1461 3855

Passcode: whatsapp

<https://us02web.zoom.us/j/89014613855?pwd=dIFxWG51S0xDaEdldjBNOXF4OXRUT09>

Notes About Zoom

1. Zoom is a web application that can be either downloaded onto your computer or used in your browser.
2. You can access Zoom at <https://zoom.us/>
3. You do NOT need to create an account.
4. You will receive a Meeting Identification and a password as we get closer to assembly.
5. You can access Zoom on a computer, on an iPad, even on your phone.
6. It is recommended that you update your Zoom software on your computer prior to assembly so that you have the latest version. When we give instructions at assembly, we will be referring to the latest version of the software.
7. It is also recommended that you make sure that your microphone and speakers will work in the zoom application BEFORE the assembly so that you can participate in the entire assembly.
8. You will be able to listen and speak at the assembly without using the Zoom application, HOWEVER you will NOT be able to vote.
9. You need a webcam if you want your face to be visible to others. You can speak at assembly by either calling into a phone number or using your computer microphone.
10. To be recognized to speak at assembly you will be asked to use the 'raise your hand' utility. You will receive instructions on this utility at the beginning of assembly