

# Region 8 Policy and Procedure Manual



Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North  
Carolina, Puerto Rico, South Carolina, Tennessee, the Greater  
Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands,  
Central America, and South America

Approved by Board: February 2026

(Reflecting changes from the Second Business Assembly of 2025)

# Table of Contents

To order a copy of this Manual, contact Bylaws/Electronic Documents Chair.  
(See Appendix C)

<b>I.</b>	<b>Introduction.....</b>	<b>1</b>
<b>II.</b>	<b>Preamble.....</b>	<b>1</b>
<b>III.</b>	<b>Welcome to Region 8.....</b>	<b>1</b>
<b>IV.</b>	<b>Region 8 Business Assemblies.....</b>	<b>2</b>
<b>V.</b>	<b>The Twelve Steps of Overeaters Anonymous.....</b>	<b>3</b>
<b>VI.</b>	<b>The Twelve Traditions of Overeaters Anonymous.....</b>	<b>4</b>
<b>VII.</b>	<b>The Twelve Concepts of Overeaters Anonymous Service .....</b>	<b>5</b>
<b>VIII.</b>	<b>Service Structure.....</b>	<b>6</b>
<b>IX.</b>	<b>Financial Policies.....</b>	<b>7</b>
	A. General.....	7
	B. Disbursement of a Region 8 Support Fund (R8DSF).....	9
	C. “Carry the Message” Fund .....	11
	D. Funding for Additional Committees.....	12
<b>X.</b>	<b>Assembly Procedures .....</b>	<b>13</b>
	A. Basic Principles .....	13
	B. New Representative Orientation .....	13
<b>XI.</b>	<b>Standing Rules .....</b>	<b>14</b>
	A. Face to Face (Hybrid) Assemblies .....	14
	1. Participation in Assembly .....	14
	2. Voting Procedures .....	15
	3. Recognition for Physically Present Representatives .....	15
	4. Motions and Debate.....	15
	5. Miscellaneous Rules .....	16
	B. Standing Rules for Virtual Assemblies .....	17
	1. Participation in Assembly .....	17
	2. Voting Procedures .....	17
	3. Recognition of Virtually Present Representatives .....	17
	4. Motions and Debate .....	18
	5. Miscellaneous Rules .....	19
<b>XII.</b>	<b>Board Members .....</b>	<b>20</b>
	A. Chair .....	20
	B. Vice-Chair .....	20

C. Secretary .....	21
1. Before Assembly .....	21
2. During Assembly .....	21
3. Following Assembly .....	21
4. Miscellaneous .....	21
D. Treasurer .....	22
E. Election of Board Members .....	22
F. Duties of Board Members .....	22
<b>XIII. Trustee Liaison.....</b>	<b>23</b>
<b>XIV. Representative from Intergroup (Rep) .....</b>	<b>23</b>
<b>XV. Region Delegate to WSBC .....</b>	<b>24</b>
<b>XVI. Hosting Procedures .....</b>	<b>25</b>
A. Bid Guidelines .....	25
B. Miscellaneous Guidelines .....	26
<b>XVII. Parliamentarian .....</b>	<b>26</b>
<b>XVIII. Committee Guidelines .....</b>	<b>27</b>
A. Meetings .....	27
B. Committee Chair’s Duties .....	27
C. Miscellaneous .....	27
D. Committee Meeting Format .....	27
<b>XIX. Ways and Means Committee .....</b>	<b>28</b>
A. Purpose .....	28
B. Duties .....	28
C. Sub-Committees .....	28
1. Accountability Sub-Committee .....	28
2. Fund-Raising Sub-Committee .....	28
<b>XX. Intergroup Outreach Committee (IGOR) .....</b>	<b>29</b>
A. Purpose .....	29
B. Duties .....	29
C. Intergroup Sponsors Program .....	29
1. Purpose .....	29
2. Duties of Program Head .....	29
3. Duties/Qualifications of Intergroup Sponsor .....	30
D. Rep Funding Program .....	30
1. Purpose .....	30
2. Duties of Program Head .....	30
3. Funded Representative Expenses .....	31
E. Intergroup Chairs Program .....	31
1. Purpose .....	31

2. Duties of Program Head .....	31
<b>XXI. Bylaws/Electronic Documents Committee .....</b>	<b>31</b>
A. Purpose .....	31
B. Duties .....	31
C. Documents Sub-Committee .....	31
1. Purpose .....	31
2. Duties .....	31
D. Newsletter Sub- Committee .....	32
1. Purpose .....	32
2. Duties .....	33
3. Guidelines for Newsletter .....	33
E. Transparency Regarding Updates .....	33
<b>XXII. Public Information/Professional Outreach Committee .....</b>	<b>33</b>
A. Purpose .....	33
B. Duties .....	34
C. Public Information Fund Sub-Committee .....	34
1. Purpose.....	34
2. Duties .....	35
3. Guidelines .....	35
<b>XXIII. Twelfth-Step-Within Committee .....</b>	<b>35</b>
A. Purpose .....	35
B. Duties .....	35
C. Unity with Diversity Sub-Committee .....	36
1. Purpose .....	36
2. Duties .....	36
D. Young People’s Sub-Committee .....	36
1. Purpose .....	36
2. Duties .....	36
E. Translations Sub-Committee (Motion ratified July, 2015) .....	36
1. Purpose .....	36
2. Duties .....	36
<b>XXIV. International Committee.....</b>	<b>36</b>
A. Purpose .....	36
B. Duties .....	36
<b>XXV. Technology Committee .....</b>	<b>37</b>
A. Mission Statement .....	37
B. Purpose .....	37
C. Duties .....	37
<b>XXV. Webmaster .....</b>	<b>37</b>
A. Purpose .....	38
B. Duties .....	38

**XXVI. Appendices .....39**

**Appendix A. Articles of Incorporation ..... 40**

**Appendix B. Carry the Message .....41**

**Appendix C. Region 8 Service Directory .....42**

**Appendix D. Overeaters Anonymous Regions of the World .....43**

**Appendix E. Guidelines and Timeline for How to Write a Motion .....44**

**Appendix F. Forms ..... 51**

**Appendix G. Region 8 Intergroups and National Service Boards .....53**

**Appendix H. History of REGION 8 .....58**

**Appendix I. Abbreviation of Terms and Acronyms Used in this Manual .....81**

**Appendix J. Index .....82**

## I. Introduction

This Policy and Procedure Manual guides the business practices of **REGION 8 (Southeastern Overeaters Anonymous Region 8)** to be used only within this Fellowship.

The policies and procedures in this manual may be revised at any regular or special assembly by a majority vote of all members present and voting at the time of the vote.

Abbreviated terms and acronyms used in this manual will be found in Appendix H near the end of this document.

## II. Preamble

*Overeaters Anonymous* is a Fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

*-- WSBC, May, 2015*

## III. Welcome to Region 8

Region 8 includes the Caribbean Islands, Central America, and South America; and the U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, North Carolina, Mississippi, Puerto Rico, South Carolina, Southern Missouri, Tennessee, and the U.S. Virgin Islands. The 1976 WSBC adopted the concept of Regionalization.

The purpose of regionalization was to:

- establish Region office addresses
- encourage unity within the Region
- Facilitate communication with groups all over the world
- offer assistance to groups and intergroups as they form and function
- select nominees to serve as World Service Trustee and Trustee Liaison

The illustration on Page 4 shows where Regions fit into the OA Service Structure. Questions about Region 8 may be directed to our Trustee Liaison or any officer listed in the Service Directory.

## **IV. Region 8 Business Assemblies**

**Region 8 holds two regular business assemblies per year: spring and fall.** The business of the Assembly includes: committee work, election of officers, selection of Trustee nominees, amendment of bylaws, and creation and maintenance of all Region publications. At each Assembly, bids are presented for the following year and a Hosting Intergroup is selected for the next year's Assembly.

Each Intergroup is entitled to one Rep for every ten affiliated groups or fraction thereof. Expenses related to attendance at Assemblies are the responsibility of the Intergroup represented. Each Intergroup, being autonomous, selects its Representatives in any manner it chooses, as long as it stays within the framework of the Twelve Steps and Twelve Traditions.

All members of OA are welcome at Assemblies. Only registered Reps can vote, but all members may participate in discussions, at the discretion of the Chair.

*(The rest of this page purposefully left blank.)*

## V. The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of Their will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

*Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc.  
The Steps cannot be amended by the Region.*

## **VI. The Twelve Traditions of Overeaters Anonymous**

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

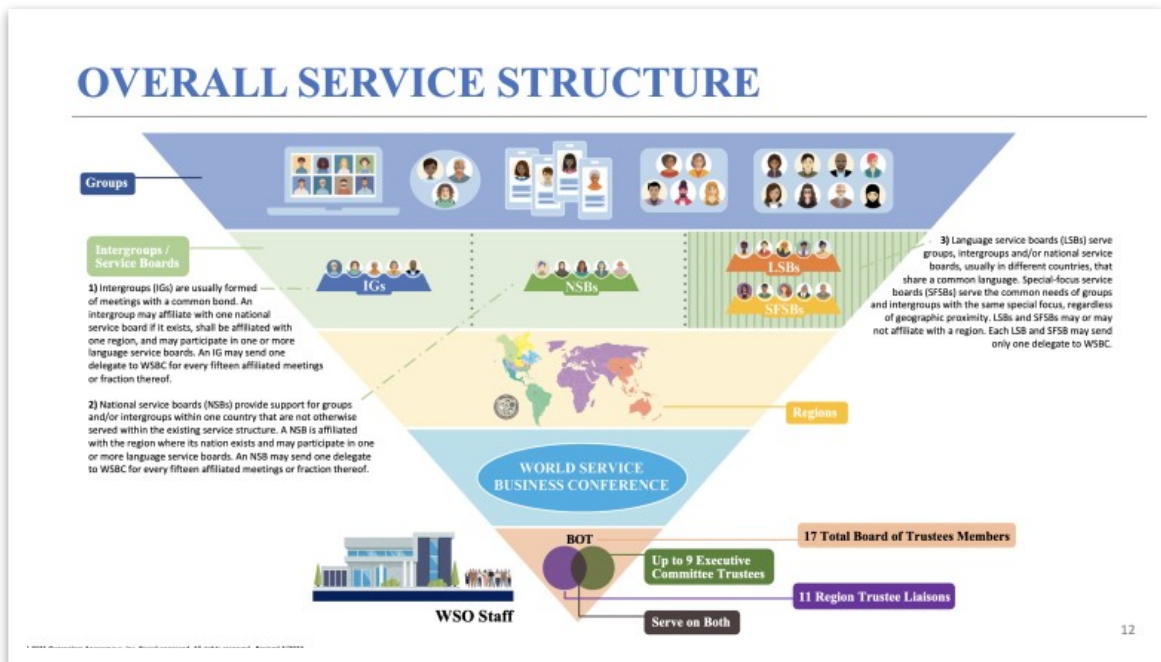
*Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Traditions cannot be amended by the Region.*

## **VII. The Twelve Concepts of Overeaters Anonymous Service**

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executive, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a) No OA committee or service body shall ever become the seat of perilous wealth or power;
  - b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c) No OA member shall ever be placed in a position of unqualified authority;
  - d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - e) No service action shall ever be personally punitive or an incitement to public controversy; and
  - f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

*Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous Inc.  
The Twelve Concepts of OA Service cannot be amended by the Region.*

## VIII. Service Structure of Overeaters Anonymous



Individuals form groups.

Groups provide support for individual OA members. Together we get better, and we don't have to do it alone.

1. Groups form Service Bodies. Affiliated Groups get support from the following service bodies:  
Intergroups (IGs) are usually formed of meetings with a common bond. An intergroup may affiliate with one national service board if it exists, shall be affiliated with one region, and may participate in one or more language service boards. An IG may send one delegate to WSBC for every fifteen affiliated meetings or fraction thereof.
2. National service boards (NSBs) provide support for groups and/or intergroups within one country that are not otherwise served within the existing service structure. A NSB is affiliated with the region where its nation exists and may participate in one or more language service boards. An NSB may send one delegate to WSBC for every fifteen affiliated meetings or fraction thereof.
3. Language service boards (LSBs) serve groups, intergroups and/or national service boards, usually in different countries, that share a common language. Special-focus service boards (SFSBs) serve the common needs of groups and intergroups with the same specific focus, regardless of geographic proximity. LSBs and SFSBs may or may not affiliate with a region. Each LSB and SFSB may send only one delegate to WSBC.

Regions provide support for service boards, intergroups, and unaffiliated groups.

The World Service Business Conference is comprised of delegates from intergroups, service boards, regions, and the trustees. WSBC delegates make decisions for the common welfare of OA as a whole.

The Board of Trustees consists of seventeen trustees. The board carries out the decisions of the WSBC.

## **IX. Financial Policies**

### ***A. General***

1. The fiscal year is November 1 through October 31.
2. Annually, at the Fall Assembly, the Ways and Means Committee shall present a proposed, balanced budget for the current fiscal year. Proposed budget is subject to the approval of the Assembly.
3. Requests for budget increases shall be presented to the Treasurer and the Ways and Means Committee by the at least 60 days prior to the Fall Assembly prior to the fiscal year for which the increase is requested.
4. A balance of no less than 40% and no more than 60% of annual budget shall be maintained in the treasury.
5. The following positions are funded within the guidelines hereinafter stated: Chair, Vice-Chair, Secretary, Treasurer, Parliamentarian and the chairs of the following committees: International Committee, Ways and Means, IGOR, Bylaws/Electronic Documents, Public Information/Professional Outreach, Twelfth-Step-Within, and two Co-Chairs of the Technology Committee.
6. Expenses incurred in the performance of Assembly-sanctioned work are reimbursable.
7. All funded persons shall stay within budgeted allocations, except as stated in #9 below.
8. Request for budget overrides, including reason(s) for same, must be submitted in writing to the Chair of the Ways and Means Committee or the Region Treasurer prior to the Saturday morning session of Assembly at which approval is sought. Request for overrides will be presented to the Assembly by the Ways and Means Committee, and is subject to the approval of the Assembly.
9. Reimbursement to funded persons for expenses incurred for attending Assemblies shall be limited to transportation, lodging, meals, and registration, within the following guidelines:
  - a. Transportation. When possible, the least expensive form of transportation shall be used.
    - 1) Private vehicle - Expenses including tolls and parking fees are reimbursed pro-rata at the IRS current rate or actual expenses, less amount received from car-poolers.

- 2) Public vehicle – This category includes buses, trains and airplanes. Fare is reimbursable for lowest rate available for tickets. Transportation fees to and from terminal are also reimbursable.
  - 3) Rental cars – Members may be reimbursed for rental cars on a case-by-case basis. Members must consult with the Treasurer for approval prior to renting a vehicle. Members understand that they may be responsible for the cost if the request is not pre-approved.
  - b. Lodging. Reimbursement for lodging expense incurred at Assembly shall be one-half the double-occupancy rate plus tips, or actual expenses; whichever is less. Lodging is reimbursed for three nights per Assembly for Board members and a maximum of three nights for funded committee chairs if they are asked to attend the Board Meeting on Friday morning.
  - c. Meals. Reimbursement for meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$140 per Assembly for Funded Committee Chairs and \$240 per Assembly for Board Members and Parliamentarian, plus the cost of Saturday lunch and banquet. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.
  - d. Registration. The Assembly Registration Fee is reimbursable. Additional fee for late registration is not reimbursable.
10. The Region Chair shall be reimbursed for expenses incurred for attendance at the WSBC, World Service Convention, and Region Chairs' Meetings by the guidelines stated in #9, with the following exceptions:
- a. Lodging—Number of nights will vary according to schedule of meetings.
  - b. Meals—Meals will vary according to schedule of meetings.
11. A Voucher (Appendix E) must be properly completed, authorized, and submitted to the Treasurer prior to reimbursement or advance of any funds:
- a. Requests for reimbursement shall follow these guidelines:
    - 1) Each person shall complete and verify their own Voucher, claiming only those expenses personally incurred. Third-party reimbursements are not allowed.
    - 2) Appropriate documentation (including receipts and explanation for all items) must accompany each Voucher, and must be submitted to the Region Treasurer or Committee Chair within six weeks of acquired expense.
    - 3) A Voucher presented for reimbursement of committee work must have the approval of the Chair of the Committee for which work is attributed.
    - 4) Treasurer shall reimburse each Voucher, or request additional information, within ten days of receipt of request.
    - 5) Reimbursements shall be in the form of a check.
  - b. Requests for advances shall follow these guidelines:
    - 1) Requests must be submitted on a Voucher, with appropriate documentation, such as invoices, estimates, or quotes. The Treasurer shall determine suitability of documentation.
    - 2) Advances shall be reconciled using a Voucher, with proper documentation, within thirty days after funds are expended. If funds are not expended by the

next Assembly, reconciliation must be made at that time. No further reimbursement or advance will be issued to that person until reconciliation has been completed.

- 3) Items which may be considered for an advance include expenses not covered by a previously issued advance.
12. Request for exceptions to these financial policies must be submitted in writing to the Region Treasurer, the Ways and Means Chair, and the Board Chair, within six weeks of acquired expense, and must be accompanied by a written explanation for the request. There is no exception to this rule.
13. An advance of no more than \$500 shall be issued to each Board member (and others subject to the approval of the Treasurer and Ways and Means Chair) according to the following guidelines, with no exceptions:
  - a. Advances shall be given at the beginning of the term of office.
  - b. Advances are to be used for expenses other than Assembly registration, travel, lodging, and meals.
  - c. To receive reimbursement for expenditure of advances, a properly completed Voucher must be submitted to Treasurer.
  - d. Every item on the Voucher other than expenses relating to attendance at an Assembly will be attributed to, and reimbursable to, the advance.
  - e. At the expiration of each individual's term in office, the full amount of the advance shall be returned to Treasurer (either by cash/check, or a combination of cash/check and Voucher).
14. Funded persons who vacate an office shall receive their final reimbursement only after they have fulfilled all responsibilities and submitted all pertinent committee documents to the appropriate person within thirty days of vacating office. Such person must also submit properly completed and documented Vouchers to the Treasurer within thirty days of vacating office.
15. Defunding of Committees, if necessary, will be in this order:
  - a. International Committee
  - b. Public Information/Professional Outreach
  - c. Twelfth-Step-Within
  - d. IGOR
  - e. Technology
  - f. Bylaws/Electronic Documents
  - g. Ways and Means
16. A copy of any motion requiring expenditure of \$500 or more in any 12-month period shall be submitted to Ways and Means Committee prior to consideration at the Assembly. This allows sufficient time for analysis of the impact of the motion on the Region budget and finances. The Ways and Means Committee will report its findings to the Assembly at the time the motion is considered.
17. Region 8 accepts designated monies, provided a special fund has been established by the Assembly.

18. The Treasurer and the Chair are authorized to withdraw funds from all Region financial accounts. The Chair shall be informed of account locations and numbers and shall possess at least one blank check or withdrawal slip per account.

**B. *Disbursement of a Region 8 Delegate Support Fund (R8DSF)***

1. The World Service Business Conference (WSBC) is held annually, either in Albuquerque, NM or virtually. In the spirit of unity, we encourage every intergroup to send a delegate to the annual World Service Business Conference. It is critically important for the strength of OA worldwide that the voice of OA's entire community is heard at Conference. Decisions affecting OA for years to come are made each year at Conference, and input is needed from all intergroups and service boards so that these decisions truly represent OA as a whole.
2. The Region 8 Delegate Support Fund was formed to help pay some of the costs incurred by delegates who attend the World Service Business Conference. Delegates selected to receive this financial support will be from, and will be a representative of, their intergroups or service boards in Region 8.
3. The Region 8 Delegate Support Fund (R8DSF) will be created annually with a minimum amount of \$2,000, finances permitting.
4. Awards will be given only to Region 8 Intergroups/Service Bodies that require financial assistance in order to send a delegate to the WSBC.
5. Requests for delegate fund assistance will be prioritized as follows:
  - a. Region 8 Intergroups/Service Bodies that have never sent a delegate to WSBC.
  - b. Region 8 Intergroups/Service Bodies that have not been represented other than at one previous WSBC, provided this allows the same delegate to attend the WSBC a second time.
  - c. Region 8 Intergroups/Service Bodies that have not sent a delegate to the WSBC for the longest period of time. Preference will be given to Intergroups/Service Bodies that have not previously been awarded delegate support funds.
6. R8DSF monies **will not** be awarded to fund a second delegate from an attending intergroup.
7. The Intergroup/Service Body will complete the "Delegate Support Fund Application" located on the Region 8 website. (<https://oaregion8.org/business-documents/> -- Printable Documents and Forms.)
  - a. The Intergroup/Service Body shall send the application to the Region 8 Treasurer to arrive by 1 September each year.
  - b. In the spirit of Seventh Tradition self-support, it is requested that each applicant's Intergroup/Service Body provide some portion of the delegate expenses from their available treasury.
  - c. Both the Intergroup/Service Board's Financial Report (included in the main application form); and the "Amount contributed by Service Body" will be used in allocation considerations.

- d. In the event of extenuating circumstances, the Intergroup/Service Body may provide a letter with its application requesting suspension of normal priority guidelines. The letter should clearly outline the need for special consideration.
8. The Treasurer must receive all applications for R8DSF funds by September 1<sup>st</sup>. Shortly thereafter, the Region 8 Chair will appoint a R8DSF funding committee, consisting of the current Region 8 IGOR Chair, the Region 8 Treasurer, and three Registered Representatives (Reps) not affiliated with any requesting Intergroup or Service Body.
  - a. The committee will review all funding applications and recommend to the Region 8 Board funding based on the priorities shown in (3) above.
  - b. Delegates receiving R8DSF assistance will be allocated as much funding as is available to a maximum of the estimated room/board costs (shared room basis) plus the cost of transportation to the WSBC site. Cost of transportation will be based on mileage reimbursed at the current IRS rate for miles driven in service of charitable organizations or actual expenses, (gas, tolls). However, if the miles driven (one way) exceed 300; transportation costs will be reimbursed at current air or common carrier costs. No funding will be provided for tours, spousal expenses, or extracurricular activities during WSBC.
  - c. If insufficient funds are available to fund all R8DSF funding requests, the current R8DSF fund will be allocated according to the priorities shown in (3.) above, as determined by the R8DSF funding committee appointed by the Region 8 Chair.
  - d. As fund requests usually exceed fund availability, a waiting list is created.
9. The Region 8 Board will make the final decision on funding allocations. Notification of R8DSF awards will be made by September 30. An email will be sent to the delegate e-mail address listed on the application, with letters also mailed to the Intergroup/Service Body address given. It is imperative that each Intergroup/Service Board notify Region 8 of its intention to accept the award by the date given on the award letter. If Region 8 does not receive a timely response, the funds will be awarded to other Intergroups or Service Boards on the waiting list.
10. If the R8DSF award and the intergroup/service board contribution is not sufficient to cover all costs, Region 8 will forward the application to the WSBC Delegate Support Fund for additional funding consideration. (The WSBC Delegate Support Fund was formed to administer the funds which, as per WSBC Policy 1993c (Revised 1994, 2001, and 2002), helps to pay some of the costs incurred by delegates who attend WSBC. Delegates selected to receive this financial support will be from OA Intergroups and Service Boards in all regions.)
11. When the funding is accepted, the applicant's Intergroup/Service Body is responsible for submitting the delegate's WSBC registration form to the WSBC.
12. All delegates receiving money from the WSBC Delegate Support Fund, must, within 30 days of attending the WSBC, completely fill out the actual costs and return a copy of page 3 of the "Delegate Support Fund Application" with receipts and any excess funds.

**C. “Carry the Message” Fund**

1. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.
2. The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.
3. Applicants will complete a “Carry the Message Fund” form and forward it to the funding committee (see <https://oaregion8.org/business-documents/> for “Carry the Message Fund” Request Form).
4. Allocation of funds shall be made by the funding committee with the following guidelines:
  - a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer.
  - b. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses.
  - c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially disadvantaged areas.
  - d. In the event funds remain un-allocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.

**D. Funding for Additional Committees**

1. The Ways and Means Committee shall make known in its regular report to the Assembly if it would be financially feasible to increase the number of funded Committees, and if so, the maximum number which would be appropriate. This recommendation would not imply that the Assembly should fund additional committees, only that it could do so responsibly.
2. A committee requesting funding must submit a Region 8 Annual Budget Request (Appendix E) to the Ways and Means Committee Chair. A copy of this completed form must be submitted to Region Secretary at least sixty (60) days prior to the beginning of said Assembly, so that the request may be included in the reports packet distributed to the Assembly.
3. At a time following the completion of oral committee reports and prior to Board recommendations, requests for funding additional committees shall be considered by the Assembly.
  - a. The Ways and Means Committee shall inform Assembly of the number of additional committees which can be funded, and which committees have requested funding.
  - b. A representative from each committee requesting funding will be allowed three minutes to present its request to the Assembly.
  - c. After committee presentations, ten minutes of questions or comments will be allowed from the floor.

- d. A ballot will be taken for a number of committees equal to/less than the number of committees to be added, or the number of committees making application, whichever is less.
- e. To receive funding, a committee must receive a majority vote.
  - 1) If the number of committees requesting funding does not exceed the maximum number of committees to be added, one ballot will be taken.
  - 2) If the number of committees requesting funding exceeds the number of committees to be added, and the maximum number is not filled on the first ballot, committees receiving funding on the first ballot will be removed from the ballot and a second ballot will be taken.
  - 3) If no committee receives a majority on the second ballot, the committee having less than one-fifth the total vote will be deleted from the subsequent ballot, except that a number of committees equal to the number of remaining positions must remain. If no committee has less than one-fifth the votes, the committee with the lowest number of votes shall be deleted from the ballot. Balloting will continue until the number of positions remaining is equal to the number of requesting committees, at which time only one more vote will be taken.
- 4. Funding for committees receiving approval shall begin after adjournment of the Assembly at which funding is approved.

## **X. Assembly Procedures**

### **A. Basic Principles**

- 1. The Group Conscience prevails over all motions.
- 2. Assembly shall be held two (2) times a year, approximately six months apart. Preferred months are March/April and October/November, but assembly may be held in different month(s), subject to feasibility and if approved by majority vote of the Board..
- 3. Parliamentary procedure according to Robert's Rules of Order will be followed.
- 4. Those Reps present at an Assembly constitute a quorum, provided eight intergroups in states outside of the state or territory, etc., in addition to the hosting state, are represented.
- 5. Anyone who wishes to address the Assembly must first be recognized by the Chair.
- 6. After being recognized, person shall state their name, Intergroup, and business.
- 7. After presenting the motion to the assembly, questions and discussion will be entertained for a maximum of seven minutes. Following this, debate on motions and amendments shall be limited to three minutes for each pro and con. (See the Standing Rules in this Manual for further guidelines on Motions and Debate).
- 8. Request for inclusions in agenda must be submitted to Secretary at least sixty (60) days prior to Assembly.
- 9. All motions to amend either the Bylaws or the Policy and Procedure Manual must be submitted to the Chair of the Bylaws Committee at least seventy-five (75) days prior

- to the assembly at which the motion is to be presented. Motions will be reviewed for format and consistency with other directives only.
10. Each Intergroup registers its elected Reps by forwarding Certificate of Eligibility to Region Secretary annually in January and periodically as changes occur. (See Appendix E).
  11. Registered Reps (or Alternates), Chairs of standing committees, and Board Members are entitled to a vote; all others may have a voice but not a vote. Chair votes only to break a tie.
  12. The only taping (recording) allowed at Assembly will be by the Technology Committee for the Secretary for the sole purpose of assistance with accuracy of minutes. Audio recording shall be retained only until minutes are approved, then erased or destroyed.
  13. The use of video/audio recording devices are not allowed in the Assembly at any time other than as defined elsewhere for the Region 8 Secretary. Devices such as PCs and smart phones with recording devices are permitted but may not be used to record.
  14. New Rep Orientation will be held at a time agreed upon by the Board. Parliamentary Procedure information will be provided to new Reps, and to other Reps upon request.
  15. A goal setting/Region inventory session will be held at each Fall Assembly.
  16. Oral reading of minutes is not required.
  17. For further procedures see Standing Rules, beginning on page 14.

***B. New Representative (“Green Dot”) Orientation***

1. Serenity prayer
2. Welcome
  - a. Introductions
  - b. Stress our purpose--to carry the message.
3. Logistics of Assembly
  - a. Registration procedure
  - b. Blue book sign-in, badge with green dot, banquet ticket, etc.
  - c. Get-acquainted luncheon
  - d. Distribute Minutes from last Assembly and Agenda for current Assembly
  - e. Hospitality Room
  - f. Taping for purpose of minutes
  - g. Roll Call – important to be on time; can’t vote unless present for roll call
  - h. Information Packets (review before Business sessions)
  - i. P&P (how to get one; study it!)
4. Parliamentary Procedure
  - a. Distribute and explain procedure for motions and standing rules
  - b. Pro/Con procedure, microphones, time limits, number of speakers to motions
  - c. Terms: point of information, question of privilege, etc.
5. Committees. Describe work of each committee and ask Reps to attend committee of their choice.
6. Miscellaneous

- a. Buddy system
  - b. Discuss importance of Group Registration Forms staying updated (show examples)
  - c. Follow your regular routine at Assembly: i.e., prayer, meditation, sleep, exercise
  - d. Re-entry to the real world after Assembly
  - e. Region's gratitude for Reps' willingness to serve
7. Closing as suggested by WSBC

## **XI. Standing Rules**

### ***A. Standing Rules for Face to Face (Hybrid) Assemblies***

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. The Secretary will include these standing rules in the assembly packet for Face to Face (Hybrid) assemblies.

1. Participation in Assembly
  - a. Voting members (except those attending virtually) must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chair, or Board Member.
  - b. 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.
  - c. Any physically present, including virtually present, 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. Virtual representatives will be subject to limited voting using electronic polling software. Limited voting means that appropriately credentialed representatives who are attending virtually (over the web/internet/chat room) will be able to cast a vote for motions or amended motions, and elect new Board members provided they are willing to waive their anonymity when written (secret) ballots are used. Limited voting also means that virtual representatives may not be able to participate in pro/con debates on motions or make amendments unless sufficient Technology Committee members are available to speak for them.
  - d. There may 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 as a separate motion. Once the consent agenda is established, it shall require a 2/3 vote for adoption.
2. Voting Procedures
  - a. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chair.
  - b. 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. The Chair may also call for division by stating, "The Chair is in doubt."

- c. Ballot vote (paper) will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chair. Virtual representatives will submit their vote to the Secretary using an online platform (chat room, email, or voting software). The Secretary will complete a written ballot to the collection for each virtual representative who votes. After announcement of results, motion is in order to destroy ballots.
3. Recognition for Physically Present Representatives
    - a. 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.
    - b. 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.).
  4. Motions and Debate. (See Appendix E for guidelines on how to write a motion and the timeline to be followed.)
    - a. Process for New Business Motions
      - 1) 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.
      - 2) 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.
      - 3) New motions arising outside the Business Assembly shall be submitted to the Secretary at least seventy-five (75) 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. (Motion approved July, 2015)
      - 4) 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 Bylaws and/or Policy & Procedure Manual for consistency or congruity.
      - 5) 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:
        - a) create incongruity within either the Policy & Procedure Manual or the Bylaws,
        - b) create incongruity between the Policy & Procedure Manual and the Bylaws,
        - c) be in contradiction to or with either the Policy & Procedure Manual or the Bylaws.
        - d) result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).

- 6) The Bylaws/Electronic Documents Chair will submit the reviewed motions arising outside of the Business Assembly to the Secretary electronically, no later than forty-five (45) days prior to the Region 8 Business Assembly for inclusion in the mailing packet for the following Assembly.
  - 7) 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.
- b. Debate. 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.
- 1) Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
  - 2) The motion will be read to the assembly, and discussion/questions will be entertained for a maximum of seven minutes. Discussion on the motion is taken from the center microphone. Voting members who wish to speak shall follow the recognition procedure outlined above.
  - 3) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
  - 4) The **first speaker is always pro** and is usually the maker of the motion (unless they wish to have another voting member speak).
  - 5) 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.
  - 6) A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments and requires a 2/3 vote.
  - 7) To save time on a simple amendment to a motion, the Chair may ask the maker of the motion if they 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.
5. Miscellaneous Rules
- A. No smoking is allowed in any Assembly room.
  - B. No animals are allowed in any Assembly room, except guide dogs and service animals.
  - C. All cell-phones, beepers and 2-way pagers are to be set on vibrate or turned off.
  - D. Voting members are not to leave or enter the Assembly room while votes are being taken.
  - E. No eating of food is allowed during the business session.

### ***B. Standing Rules for Virtual Assemblies***

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. The Secretary will include a copy of these Standing Rules in the assembly packet for all virtual assemblies.

1. Participation in Assembly
  - A. All virtual attendees will be asked to turn on their video camera (subject to miscellaneous rules below) and mute audio until called upon to speak.
  - B. 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.
  - C. Any appropriately credentialed member of the Assembly may participate in Assembly procedures, *e.g.*, vote, make a motion, speak to a motion, etc. Non-voting persons may have a voice at the discretion of the Chair. Non-voting persons resent at the Assembly will be asked to identify themselves by adding the prefix “NV” before their name on their video screen.
  - D. All voting will be done by electronic polling software. Voting will be performed on the honor system; only credentialed members should vote.
  - E. There may be a consent agenda consisting of routine non-controversial matters. The Chair will determine matters to be placed on the consent agenda. Any voting member may request that an item from the consent agenda be considered as a separate motion. Once the consent agenda is established it shall require a 2/3 vote for adoption.
2. Voting Procedures
  - A. Voting on all motions and elections will be done using electronic polling software. Members will be alerted immediately prior to the vote; the poll will remain for 2 minutes to allow for translation, if required, then closed. Anyone who misses the polling window will not be afforded the opportunity to vote on that particular issue.
  - B. As votes are tallied on the electronic software, there should be no need to request a more accurate count.
  - C. Numeric summary results of the poll are seen by the Region 8 Chair, Secretary and Technology Committee Chairs. They are not able to see how any individual voted so votes remain anonymous.
  - D. Persons using landlines with no video display will NOT be able to vote. There are some limitations to the software.
3. Recognition of Virtually Present Representatives
  - A. No individual member may unmute themselves or interrupt the sessions without being recognized by the Chair.
  - B. To be recognized by the chair members may use the chat room to ask a question of the Technology Moderator or the Center Mic. The Center Mic will address the Chair on the member’s behalf. Once the member is called upon, they are asked to unmute, state their name and intergroup, state their concern and then re-mute themselves.
    - 1) If your question is of a technical nature, ask the Technology Moderator. The Moderator is a member of the Technology Committee who can assist you.
    - 2) The Center Mic will address questions about:
      - a) Question of Personal Privilege (say the Serenity Prayer)
      - b) Parliamentary Inquiry: questions about parliamentary procedures or agenda items under consideration or you are confused about some of the parliamentary rules

- c) A member who believes the rules of the assembly are being violated, thereby calling on the Chair to make a ruling and enforce the rules
- d) Request for Information: Requests to the Chair or through the Chair to another officer or member to provide information relevant to the business at hand. A Request for Information must be in the form of a question.
- c. **CHATTING.** Please limit your private chatting until we get to breaks. For business issues chat only with the Center Mic or Tech Moderator during sessions; everyone on the Board is busy. Use the chat room as you would the “PAGES” in a face-to-face assembly (address assembly business privately to an individual.
- 4. Motions and Debate. (See Appendix E for guidelines on how to write a motion and the timeline to be followed.)
  - a. Process for New Business Motions
    - 1) 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.
    - 2) 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.
    - 3) New motions arising outside the Business Assembly shall be submitted to the Secretary at least seventy-five (75) 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. (Motion approved July, 2015)
    - 4) 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 Bylaws and/or Policy & Procedure Manual for consistency or congruity.
    - 5) 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:
      - a) create incongruity within either the Policy & Procedure Manual or the Bylaws,
      - b) create incongruity between the Policy & Procedure Manual and the Bylaws,
      - c) be in contradiction to or with either the Policy & Procedure Manual or the Bylaws.
      - d) result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
  - b. The Bylaws/Electronic Documents Chair will submit the reviewed motions arising outside of the Business Assembly to the Secretary electronically, no later than forty-five (45) days prior to the Region 8 Business Assembly for inclusion in the mailing packet for the following Assembly.

- c. 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.
  - d. 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.
  - e. Pro speakers will be asked to identify themselves by raising their electronic hand. The Chair will make note of those wishing to speak pro. Then the Chair will ask those wishing to speak Con to raise their electronic hand, making note of those who wish to speak con. The Chair will then call on those who will be speaking based upon the following guideline:
    - 1) The first speaker is always pro and usually the maker of the motion unless they wish to have another member speak first.
    - 2) A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
    - 3) 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.
  - f. 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.
  - g. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments and requires a 2/3 vote.
  - h. To save time on a simple amendment to a motion, the Chair may ask the maker of the motion if they 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.
5. Miscellaneous Rules
- a. No smoking is allowed in the Assembly room. If you are smoking at your home computer, please turn off your video screen.
  - b. Animals, children and other distractions should be kept to a minimum in your video image. Please turn off your video feed if these appear to distract others, or the Technology Committee might do this remotely.
  - c. All audio is to remain OFF (muted) until the member is called on to speak. Therefore landlines, cell-phones, beepers, 2-way pagers and other noises should NOT be an issue.
  - d. Voting members are not to leave the Assembly room while votes are being taken. Should you not be at your computer or if you rejoin after the poll is closed you will have missed your opportunity to vote on that particular issue/motion.
  - e. No eating food is allowed during a business session. If you must eat during the Assembly turn off your video for the duration of the meal or snack and then rejoin the Assembly.

## **XII. Board Members**

### **A. Chair**

1. Is responsible for unity and group conscience of Region 8.
2. Establishes and maintains agendas for all Board Meetings and Business Sessions.
3. Presides at all Board Meetings and Business Sessions.
4. Is ex officio member of all committees.
5. Appoints Parliamentarian for the Assembly.
6. Is responsible for the Forum, to be presented at the Friday night opening of the Assembly.
7. Attends World Service Business Conference.
  - a. Convenes Region 8 Delegate Meeting as scheduled on the WSBC agenda.
  - b. Serves as support/resource person for all Region 8 Delegates in attendance.
  - c. Provides Delegates with roommate information if possible.
  - d. Attends Region Chairs' meetings.
8. Responds to all correspondence, phone calls, and questions in timely manner.
9. Maintains periodic contact with Board, Trustee, and Committee Chairs.
10. Maintains periodic contact with other Region Chairs, and provides them with Assembly
  11. minutes, mailing lists, and a copy of our P&P, as requested.
12. Upon completion of service term, provides the succeeding Chair with any information from their service period via either written or electronic media.
13. Is an authorized signer on all accounts.
14. Will be bonded.
15. Will be liaison to funded committee(s).

### **B. Vice-Chair**

1. Assumes all duties of Chair in their absence.
2. Keeps history of Region 8 up to date by providing Bylaws/Electronic Documents Chair with a brief summary within 6 weeks from the conclusion of each Assembly.
3. Coordinates Business Assembly:
  - a. Assists Intergroups in preparing bids for Assembly.
  - b. Gives Hosting Intergroup a Hosting Manual and assist with every phase of Assembly planning.
  - c. Coordinates with Bylaws/Electronic Documents Chair to keep Hosting Manual up to date.
  - d. Acts as liaison between Hosting Intergroup and Board.
  - e. Sends Assembly Date/Place/etc. to *Lifeline* for publication.
  - f. Maintains reports of past Assemblies to guide future Hosting Intergroups.
  - g. Appoints leader for New Rep Orientation; provides leader with *Green Dot Handbooks*.**
4. Will be bonded.
5. Will be liaison to funded committee(s).
6. Responsible for approving all flyers/registration forms for Business Assembly before document is submitted to the Webmaster for posting on the Region 8 Website.

7. Responsible for all changes to the Region 8 Hosting Manual (with Board approval and not in conflict with the REGION 8 Policy and Procedure).

### **C. Secretary**

#### **1. Before Assembly**

- a. At least *thirty (30) days* prior to each Assembly, assemble and send packet of information to: Trustee, Board, Reps, Intergroups, other service bodies, Funded Committee Chairs and (for one year) outgoing Board members. Place a file copy in the Archives Repository. Send via US Mail or electronic media and include the following:

- Cover Page
- Service Directory
- Table of Contents
- Agenda
- Standing Rules (Check for updating in current P&P)
- Unapproved minutes from prior Assembly
- Attendance from prior Assembly
- Board/Committee Reports
- Current Financial Reports
- Any necessary forms
- Notice of motions to amend Bylaws, if any

- b. Brings a few copies to Assembly.

- c. The Region-8 Secretary will distribute any addendum to the Assembly Packet seven (7) days prior to each Assembly to members identified in item 1. The addendum to the Assembly Packet is submitted to the Region-8 Webmaster to post on Region-8 website.

#### **2. During Assembly**

- a. Take minutes of all Assembly meetings and Board meetings. A hard copy of the approved minutes shall be placed in the Archives Repository. An audio recording of the business assembly may be made by the Technology Committee, but the recording shall be retained only until minutes are approved, and then erased or destroyed.
- b. Assembly minutes shall include name/address/telephone/email of each Trustee, Board Member, Rep and Funded Committee Chair.

#### **3. Following Assembly**

- a. Send resumes of Trustee nominees to WSO within one week of selection.
- b. Following each election, place resumes of elected persons in Archives Repository.
- c. After the Fall Assembly, send copies of year-end committee reports to un-represented service bodies.

- d. Secretary will update “Appendix F. Region 8 Intergroups National Service Boards” of the Policy and Procedure Manual and submit the changes to the Chair of the Bylaws Committee within six weeks following the end of each assembly.
4. **Miscellaneous -- Secretary shall:**
- a. Serve as Archivist for all Region 8 documents.
  - b. Maintain a list of name/address/phone/email of all Reps. The list is for use in OA only.
  - c. Give names and addresses of new Intergroups to Bylaws/Electronic Documents Chair and IGOR Chair.
  - d. Be bonded.
  - e. Be liaison to funded committee(s).

***D. Treasurer***

1. Manages all Region 8 funds according to Financial Policies herein stated and maintain records in a manner acceptable to the Ways and Means Committee.
  - a. Maintains Interest-bearing Savings Account for bulk of Region Funds.
  - b. Maintains Checking Account for operational funds.
  - c. Maintains minimum balance at which there is interest, and no service charge.
2. Selects a CPA to perform an annual audit.
3. Ensure that all Federal and State documents are filed in a timely manner.
4. Ensure that annual IRS report is satisfactorily completed in a timely manner.
5. Prepare proposed annual budget which shall be presented at the Fall Assembly.
6. Pays bills and reimburse expenses in a timely manner.
7. Following the Fall Assembly, submits budgeted amount to WSO by December 31.
8. Region 8 financial status as follows:
  - a. Sends monthly financial statement to Board members, showing balance on hand, and budgeted amounts compared to year-to-date expenditures.
  - b. Sends monthly financial statement and contributions report to Webmaster so that it can be posted on the website.
  - c. Provides each Assembly with report of financial activity since last Assembly.
  - d. Takes check book, last four bank statements, and most recent savings account statement to each Assembly for audit.
9. Will be bonded.
10. Will be liaison to funded committee(s).

***E. Election of Board Members***

*(Qualifications for Board members are listed in Bylaws, Article VII)*

1. Elections will be held annually at the Fall Assembly.
2. Each Board member is elected for a two-year term.
3. Chair and Treasurer are elected in odd years; Vice-Chair and Secretary in even years.
4. Nominations from the floor will be accepted at the Spring Assembly. Nominees shall be responsible for submitting their resumes according to Bylaws, Article VII.
5. When Board elections coincide with the nomination of a Region Trustee, the Trustee selection shall be completed first.

6. At least three (3) of four (4) board members, one of which shall be the Treasurer, must meet the criteria to be bonded.

***F. Duties of Board Members***

1. Attend at least 3 of 4 Assemblies per term of office.
2. Become familiar with and assume responsibility for adherence to: P&P, Bylaws, and Articles of Incorporation.
3. Examine newly elected committee chairs for ratification.
4. Reports:
  - a. Submit written report to Region Secretary at least 8 weeks prior to the Spring Assembly.
  - b. Submit written annual report to Region Secretary at least 8 weeks prior to the Fall Assembly.
  - c. Present oral report at Assembly:
    - 1) report shall be a maximum of 5 minutes
    - 2) followed by Q&A for a maximum of 5 minutes
    - 3) total time for report and Q&A - 10 minutes
    - 4) Board member may select someone to give report in their absence, at no expense to Region.

**XIII. Trustee Liaison**

- A. To be eligible for nomination as a Trustee Liaison, member must meet qualifications stated in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article VII, Section 4 – Qualifications.
- B. Each Trustee Liaison serves a three-year term on the World Service Board of Trustees. All Trustees/Trustee Liaisons meet four times a year to conduct OA business.
- C. Funding for Trustee Liaison and nominees shall be as follows:

<b>Position</b>	<b>Level of Funding</b>
Trustee Liaison	At least \$100 toward expenses at each Assembly when funds are available.
Nominee	Fully funded to attend WSBC when funds are available.

- D. Reports:
  1. Written—Must submit to Region Secretary at least three weeks prior to each Assembly.
  2. Oral
    - a. At Spring Assembly—10 minutes (plus 5 minutes for questions).

- b. At Fall Assembly—15 minutes (plus 5 minutes for questions).
- E. Vacancies: In the event that there are no applications for Trustee Liaison at the Fall Assembly where Trustee applications are needed, or if a vacancy occurs when there is no Regional Assembly prior to the date required for submissions of the applications, the following option may be taken:
  1. The Region 8 Board will solicit applications from the Region 8 Intergroups.
  2. Applications must be completed, and all requirements set by the World Service Office must be met prior to Board consideration of the applicants.
  3. A majority vote of the Region 8 Board will constitute affirmation of the applicants (up to three).
  4. Notification of the affirmation process results shall be sent to the Region 8 Intergroups.

#### **XIV. Representative from Intergroup (Rep)**

*(Qualifications for Rep are listed in the Bylaws, Article III)*

1. Submits *Certificate of Eligibility* (Appendix E) to Region Secretary annually in January and throughout the year as changes occur. Rep is eligible to vote in Assembly only if duly registered with Region Secretary.
2. Attends and takes an active part in each Business session.
  - a. Rep is to voice and vote the group conscience of their/their Intergroup when possible, but is not bound by Intergroup's opinion when a situation calls for a contrary vote.
  - b. Rep may lead a Recovery workshop, but to do so may mean missing a vote at Assembly.
3. Informs Region of happenings in Rep's Intergroup.
4. Informs Intergroup of happenings in Region 8 and OA as a whole.
5. Informs WSO of any Group changes in Rep's Intergroup (Appendix F).
6. Studies and practices the Twelve Traditions. If violations occur in Rep's Intergroup, they are to discuss the incident with Trustee and/or Board.
7. Studies and practices the Twelve Concepts of OA Service.
8. Assists others in becoming familiar with the Traditions and Concepts.

#### **XV. Region Delegate to WSBC**

1. If Region 8 is represented by less than forty percent (40%) of its Intergroups and service bodies at the prior year's WSBC, it may send up to 5 additional delegates to WSBC. (OA Inc, Bylaws, Subpart B, Article VIII, Section 3. a) 6).
2. Preference shall be given to nominees selected from Intergroups and service bodies which would not otherwise be represented.
3. The nominee selected shall be selected in accordance with OA, Inc., Bylaws, Subpart B, Article VIII, Section 3. c) 1) Qualifications/Selection. Qualifications for selection of World Service delegates/alternates shall be set by each region 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. The nominee must file a written application for WSBC delegate by sending a completed application on the approved form to the Region Secretary sixty (60) days prior to the business assembly at which the election is to be held.

4. Nominations from the floor will be accepted at the Spring Assembly. Nominees shall be responsible for submitting their applications according to Bylaws, Article VII. These candidates, and Intergroups that submit candidates, shall file an application with the Secretary at least sixty (60) days prior to the Fall Assembly.
5. The funding of the Region Delegate to WSBC will depend on the availability of funds. If funds are available, the Region Delegate to WSBC will be funded according to the guidelines for Region Rep Funding in Appendix E of this Manual.
6. Prior to the selection of the Delegates, the Ways and Means Committee and the Treasurer will inform the Assembly of the funds available for these purposes.
7. Individuals that are already funded to attend WSBC as ratified Region 8 Trustee Nominees may be appointed by the board to fill any vacant positions. If the number of Trustee nominees exceeds the number of vacant Region Delegate positions, the Trustee Nominees shall be chosen according to the highest number of Trustee Nominee ratification votes received.
8. The election shall be held at the fall assembly and at least 90 days prior to the WSBC.
9. Election shall be by written ballot. Each nominee name shall be recorded on the ballot alphabetically. Voting members shall be instructed to vote for no more than the number of delegate positions determined to be available. Nominees receiving the highest number of votes shall be elected as Region 8 Delegates to serve at the WSBC following the election.
10. The number of Delegates to be selected will depend on the funds available, but in any case, shall not be more than five.
11. The term of service of the Region 8 WSBC Delegate shall expire upon the close of the Region 8 business assembly after the WSBC attended and reported.

## **XVI. Hosting Procedures**

### ***A. Bid Guidelines***

1. An Intergroup interested in hosting an Assembly should contact Vice Chair (see Appendix C for contact information) who will provide the *Hosting Manual*. It is suggested that an Intergroup bid an Assembly no more often than every two years. Primary consideration will be given to Intergroups that have never hosted an Assembly.
2. Written Bids are submitted to Vice-Chair prior to Assembly at which bid is to be presented. If no bids are presented at any given Assembly, the Board will accept bids by mail for forty-five (45) days following the Assembly. The Board will decide which Intergroup will be awarded the Assembly. Upon being chosen to host an Assembly, Hosting Intergroup must follow all guidelines in *Hosting Manual*.
3. If no bids are received within the time limit, bids will be accepted at the next Assembly. In the event no bids are received at two consecutive Assemblies, the Vice-Chair will submit to the Board the names of Intergroups which have not hosted an Assembly in the

prior two years. The Board will select one of those Intergroups by lottery. The chosen Intergroup will be announced prior to the closing of the Assembly on Saturday. The Board may hold an Assembly and Convention (or an Assembly) in a location near the selected Intergroup. The Board and Committee Chairs will give assistance to the selected Intergroup to hold a Convention, but the Intergroup will not be compelled to do so.

4. Assembly is bid one year in advance.
  - a. Choose date for Assembly, avoiding dates near holidays to allow more affordable travel. Contact Vice-Chair for date of Board of Trustees meeting, to avoid a conflict in dates.
  - b. Choose hotel which can accommodate Assembly in the same building as guest rooms. Accommodations must include a room to seat 75 people, classroom-style.
  - c. Choose theme and prepare a 10–15-minute presentation, focusing on recovery rather than locale.
  - d. Prepare 75 copies of proposed flyer with following information about Assembly:
    - Hosting Intergroup, City, State
    - Date
    - Theme
    - Name of Hotel, with room rates for single, double, triple, and quadruple occupancy (\$2 to \$10 per room may be added as fund-raiser if hotel approves and price is reasonable)
    - Airport information, including accessibility to hotel and rates for taxi/limo/shuttle service
    - Price of Banquet (\$1 to \$8 per meal may be added as fund-raiser if hotel approves and price is reasonable). This applies to both the Saturday luncheon and dinner banquets.
    - Prices of registration and late registration. (See item #2 below under Miscellaneous Guidelines)

### ***B. Miscellaneous Guidelines***

This section highlights a few of the hosting guidelines; please see Hosting Manual for complete information.

1. Region Treasurer will forward \$1,000.00 seed money to Hosting IG, six months in advance of Assembly. An increase in seed money of up to an additional \$1,500.00 may be allotted (total of \$2,500.00 in seed money) if needed and approved by the Board.
2. Registration fees shall be determined by the Hosting Intergroup up to a maximum of \$60.00 with the approval of the Vice-Chair. The fee will be determined by the local facilities available and the anticipated expenses to be incurred. An additional \$15.00 for late fee may be added. Funding for Tech Support may be available to the hosting IG to partially offset the costs AV for the Business Assembly up to the amount of \$1500.
3. The Region Vice-Chair is the liaison between Hosting IG and the Board. The Vice-Chair is responsible for seeing that Hosting IG is aware of the complete guidelines and duties in the Hosting Manual.

4. Banquet speaker shall be an OA member with a minimum of two (2) years of back-to-back current abstinence, practicing the Twelve Steps and Twelve Traditions, and be familiar with the Twelve Concepts of OA Service.
5. The only literature to be sold at an Assembly is OA- and AA-Conference approved.
6. No items advertising any outside enterprise shall be included as giveaways in the packets or as door prizes.
7. The split of the proceeds, excluding Hospitality Room (except proceeds from sales of Ways and Means Merchandise), will be 50% for hosting IG and 50% for Region 8.
8. Sale of merchandise: In accordance with our Traditions, each Group, IG, Region, World Service and other OA service bodies may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions which warn against endorsement of any outside enterprise.
9. The following guidelines are suggested for the sale of merchandise:
  - a. All sales shall be made by and for OA service bodies.
  - b. Each sale item shall be approved by a group conscience; and
  - c. Sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers.
  - d. Effort should be made to separate the sale of merchandise from the areas used for functioning of the Assembly to help ensure that such sales will not be interpreted as Region-sponsored events

## **XVII. Parliamentarian**

Assist Chair and Board in parliamentary procedures.

## **XVIII. Committee Guidelines**

*(Qualifications for Committee Chairs are listed in Bylaws, Article VIII, Section 1)*

### **A. Meetings**

Committee meetings are held during each Assembly.

### **B. Committee Chair's Duties**

1. Choose place for meeting and chair the meeting, using format under Committee Meeting Format in this Manual.
2. Immediately following committee meeting, give meeting roster and minutes to Vice-Chair.
3. Give brief report of committee meeting to the Assembly.

4. Print a committee letterhead with committee name and return address on approved Region Letterhead, and maintain a sufficient supply of these forms.
5. Maintain comprehensive committee files detailing committee activities and functions. Upon completion of term of office or resignation, information shall be given to Region Chair.
6. Submit articles about committee's work to REGION 8 Newsletter.
7. Submit reimbursement requests to Treasurer on *Voucher* (Appendix E, pages 57-58) with proper documentation.
8. Submit a proposed annual budget to Region Treasurer at least 60 days prior to the Fall Assembly.
9. Oversee work of sub-committees and appoint chairs or program heads as needed.
10. Reports:
  - a. Submit written report to Region Secretary at least eight (8) weeks prior to each Assembly.
  - b. Present oral report at Assembly: report shall be a maximum of 5 minutes, followed by Q&A for a maximum of 10 minutes, total time for report and Q&A - 15 minutes.
  - c. Submit interim report to Board Chair by the 15<sup>th</sup> of each non-Assembly month.

**C. *Miscellaneous***

1. Proposed revisions to Committee structure or duties are subject to approval of the Board.
2. Each Committee shall have a Board liaison.

**D. *Committee Meeting Format***

1. Serenity Prayer
2. Introductions:
  - a) Name and Intergroup
  - b) Use Committee Sign-up Roster
3. Appoint someone to take minutes.
4. Discuss work done since last Assembly.
5. Plan work for next six months and secure volunteers for tasks.
6. Review task assignments, deadlines, etc.
7. Close with a prayer approved by WSBC.

**XIX. Ways and Means Committee**

**A. *Purpose***

1. To communicate with WSO and Region 8 in all financial matters.
2. To make appropriate recommendations regarding the finances of Region 8.

**B. *Duties***

1. Review Treasurer's accounting procedures and make recommendations for needed changes.
2. Examine financial records at each Assembly and present a report of such review.

3. Review financial issues presented to the Ways and Means Committee and make appropriate recommendations to Assembly.
4. Inform Intergroups about availability of financial literature.
5. Stress importance of the Seventh Tradition, and the need to contribute financially to all levels of OA Service Bodies.
6. Submit articles to Region 8 Newsletter relative to good financial policies and record-keeping.
7. Solicit ideas for ways to improve the financial status of Region 8 and WSO.
8. As a collateral duty, the Ways & Means chair will perform the functions of the Region 8 treasurer, without voting privileges, providing support as necessary.

### **C. Sub-Committees**

#### **1. Accountability Sub-Committee**

##### **a. Purpose**

- 1) To coordinate financial record-keeping and policies of Region 8.
- 2) To assist individual groups with financial information.

##### **b. Duties**

- 1) Form an active committee.
- 2) Provide agenda for sub-committee meeting.
- 3) Make groups aware of literature available on the subject of finances for OA.
- 4) Encourage awareness of the need to support OA Service Bodies at all levels.
- 5) Review financial issues brought to Ways & Means Committee, and make appropriate recommendations to be presented to the Assembly.
- 6) Prepare proposed annual budget.
- 7) Supervise audit of financial records at each Assembly.

#### **2. Fund-Raising Sub-Committee**

**a. Purpose:** To successfully raise funds for Region 8, while adhering to OA's Twelve Traditions.

##### **b. Duties**

1. Form an active committee.
2. Provide agenda for sub-committee meeting.
3. Research and review ideas and subsequently develop and order items for sale.
4. Promote sub-committee's projects throughout Region 8.
  - a) Advertise fund-raising items in REGION 8 Newsletter, and include order forms.
  - b) Submit articles to REGION 8 Newsletter, stating the purpose of the Ways and Means Committee. Describe the services it provides to Intergroups: guidelines for raising funds, suggestions for organizing an Intergroup Ways and Means Committee, hosting special events such as Serenity Days, Speaker Days, Marathons, etc.

- c) Inform all Region 8 Intergroups of the services of the Ways and Means Committee, with contact information and order forms for fund-raising items.
- 5. Correspond with other Region Ways and Means Committees to share fund-raising ideas.
- 6. Serve as a network of fund-raising information for Region 8 Intergroups.
- 7. Display fund-raising items at each Assembly.
- 8. The subcommittee chair will provide an accounting of the expenses and income generated by fund raising activities to the Ways & Means Committee Chair.

## **XX. Intergroup Outreach Committee (IGOR)**

### ***A. Purpose***

- 1. To create cohesion, promote contact and foster unity within Region 8.
- 2. To serve as a link between Region 8 and unaffiliated Groups.

### ***B. Duties***

- 1. Act as liaison between Region 8 and unaffiliated Groups.
- 2. Help Groups who wish to affiliate with an Intergroup or form their own Intergroup.
- 3. Help large Intergroups divide into smaller Intergroups, if they desire.
- 4. Encourage Intergroups to send a Representative to Assembly, and a Delegate to WSBC.
- 5. Encourage use of Twelve Traditions to promote and protect the growth of members, Groups, and Intergroups.
- 6. Encourage communication, sharing of ideas, and support between Intergroups.
- 7. Distribute WSO printouts to unaffiliated Groups.
- 8. Communicate Region and WSO information (as received) to Intergroup chairs and IGOR Committee.
- 9. Oversee IG Sponsor, Rep funding and Intergroup Chairs Programs as described below.
- 10. Act as a liaison to maintain relationships with Latin America Groups.

### ***C. Intergroup Sponsors Program***

- 1. **Purpose:** To help organize new Intergroups and strengthen existing Intergroups.
- 2. **Duties of Program Head**
  - a. Enlist Intergroup Sponsors to give service to Intergroups.
  - b. Maintain an up-to-date Intergroup Sponsors directory and send to requesting Intergroup.
  - c. Assign Intergroup Sponsors to Region 8 Intergroups upon request.
  - d. Keep Intergroup Sponsor guidelines updated.
  - e. Furnish Intergroup sponsors and requesting intergroup with Intergroup Sponsor guidelines.
  - f. Inform sponsored Intergroups that they may request (and fund) a visit from their sponsor.

### 3. Duties/Qualifications of Intergroup Sponsor

#### a. *Qualifications*

- 1) 2 years Intergroup experience
- 2) 1 year Region experience
- 3) Willingness to stay in touch with sponsored IGs
- 4) 1 year abstinence

#### b. *Duties*

- 1) Contact your sponsored Intergroup's chair and introduce yourself.
  - 2) Ask to be on sponsored Intergroup's mailing list to receive their IG newsletter and any flyers for functions they may sponsor.
  - 3) If possible, attend an IG meeting.
  - 4) Be there for them, ask if they have any questions, and listen to them.
  - 5) Make suggestions, if sponsored Intergroup asks.
  - 6) Attend, if possible, one of sponsored Intergroup's sponsored OA functions.
  - 7) Suggest that sponsored intergroup send a Representative to Region assemblies, if they don't already.
  - 8) Help them obtain funding, if necessary.
- c. **Travel:** When necessary, travel to sponsored Intergroups may be funded by Rep Funding.

### D. *Rep Funding Program*

1. **Purpose:** To provide funding to Intergroups which need assistance in sending Representatives to the Assembly.
2. **Duties of Program Head**
  - a. Promote availability of this fund through REGION 8 Newsletter and IGOR Committee.
  - b. Determine what funds are available and how they shall be allocated. Priority will be **given to Intergroups that have never attended an Assembly.**
  - c. Application for Rep Funding and funding guidelines are in the Appendix of this manual.
  - d. Approval of Rep funding shall be determined by the agreement of the IGOR Chair and a Region 8 Board Member.
  - e. Make arrangements to meet funded Representative at Assembly.
3. **Funded Representative Expenses**
  - a. Funded Representatives must follow guidelines for reimbursable expenses in Section 2.
  - b. Rep Funding is limited to the following:
    - 1) Transportation
    - 2) Lodging
    - 3) Registration
    - 4) Saturday Luncheon and Dinner Banquet

### ***E. Intergroup Chairs Program***

- 1. Purpose.** To strengthen local Intergroups by serving as a support group for past and present Intergroup chairs.
- 2. Duties of Program Head**
  - a. To announce the time and facilitate an Intergroup Chairs' Meeting for Intergroup Chairs during each Business Assembly.
  - b. To encourage Intergroup Chairs to sign up for the Intergroup Chairs' e-mail loop.
  - c. To encourage dialogue between Intergroups via e-mail loop and conference calls between Assemblies.
  - d. To use the e-mail loop to communicate Region 8 and World Service news and ideas to Intergroups.

## **XXI. Bylaws/Electronic Documents Committee**

### ***A. Purpose.*** To carry the message of recovery and facilitate Region 8 business by:

1. maintaining internal consistency and congruity with OA, Inc. Bylaws, Subpart B in all Region 8 official documents;
2. producing the REGION 8 Newsletter;
3. participating in the transition to a paperless organization, and
4. transitioning to gender-neutral, inclusive language in all documents.

### ***B. Duties***

1. Produce, update, revise and distribute all Region 8 official documents as directed by the Assembly.
2. Review all motions submitted to the committee to ensure that Region 8 motions, Bylaws, policies, and procedures comply with OA, Inc. Bylaws, and that none of our internal documents conflict with each other.
3. Perform secretarial functions, without voting privileges at assemblies, when these duties are delegated by the Region 8 secretary.
4. Follow the Twelve Traditions and the Twelve Concepts in all committee work.

### ***C. Documents Sub-Committee***

#### ***1. Purpose***

- a. The purpose of the Documents Subcommittee is to ensure that all Region 8 publications are up-to-date and reflecting the most recent changes; are consistent within and between documents; are in compliance with OA, Inc. Bylaws; and are accurate in regard to formatting, grammar, and spelling.
- b. Foster a greater awareness for the uses and purpose of our Bylaws and Policies and Procedures.

#### ***2. Duties***

- a. Continuously review and propose changes to Region 8's current Bylaws and

- Policy and Procedure Manual (the P&P). Edit all Region 8 official documents including corrections to spelling, punctuation, and wording so electronic documents have clarity and internal consistency.
- b. Within four (4) weeks after each assembly, enter all revisions that were voted on at the Assembly (obtain exact text from the Secretary, to confirm) to the P & P Manual and Bylaws. Send the draft revisions to the Board for review.
  - c. As needed, draft motions arising out of the Bylaws/Electronic Documents Committee during assemblies. Motions are to be drafted within fifteen (15) days after the close of the assembly at which they emerge and sent to the full committee for review and comment within a reasonable period of time.-
  - d. Review all motions that have been submitted by the Board, other committees and intergroups. Motions are to be reviewed for compliance with the Twelve Traditions, Bylaws and/or the Policy and Procedure Manual; formatted correctly, and edited for grammar and spelling as required. ***Content is not reviewed or discussed.***
  - e. Bylaws Committee must receive all motions for review at least 75 days prior to the next business assembly.
  - f. The motions for the next assembly are to be submitted in final form to the secretary at least four weeks prior to the next assembly for inclusion in the packet. (Refer to the SOAR 8 Schedule on the website published by the secretary for the exact dates.)
  - g. Advise other service bodies on forming, adopting and/or refining their bylaws and policy and procedure manuals; and review as requested.
  - h. As needed, assist Committee Chairs with creation and revision of committee manuals, handbooks, and other publications/official documents.
  - i. Call to the attention of the Board and of the membership any violation of the Twelve Traditions, Bylaws, and/or the Policy and Procedure Manual.

#### **D. Newsletter Sub-committee**

##### ***1. Purpose***

The primary purpose of the newsletter is to spread the message of Overeaters Anonymous to the compulsive overeater who still suffers, communicate with the region membership happenings within Region 8, and encourage the membership to participate in Region 8 events and committees. The intended audience is the general membership of Region 8.

##### ***2. Duties***

- a. Solicit input for the contents of the newsletter from intergroups and all members of SOAR 8, providing a deadline for submissions. The deadline for submissions shall be three (3) weeks prior to the date for the newsletter distribution to all members of SOAR 8 (two months ahead of the next assembly).
- b. Notify Region 8 members that submissions to the newsletter are to be emailed to [newsletter@oaregion8.org](mailto:newsletter@oaregion8.org).

- c. Produce and use a standard format for the newsletter.
- d. Observe WSO Newsletter guidelines.
- e. Prepare a first draft of the newsletter, have it reviewed by the committee, and send it to the Region 8 Board for review at least one (1) week prior to full distribution deadline. Refer to the SOAR 8 Schedule published by the secretary on the website for the exact dates.
- f. Prepare final draft of newsletter.
- g. Distribute the newsletter electronically to the membership at least four (4) weeks prior to each assembly. Again, refer to the SOAR 8 Schedule published on the website by the secretary for the exact dates.
- h. Make recommendations to the assembly about the future of the newsletter.
- i. Remember: The newsletter is not to be a vehicle for the editor's personal opinion.

### **3. Guidelines for Newsletter**

The following items may be included in each newsletter:

- a. Only flyers promoting activities within Region 8 shall be considered for publication. There shall be no charge to include flyers for Region 8 Business Assembly and Convention. Flyers are subject to approval of Region 8 Vice Chair.
- b. Reports and articles from the Region 8 Board and Committees
- c. Calendar and flyers of events of Region 8 and WSO functions.
- d. Reprints from any OA-approved literature.
- e. Addresses and phone numbers of Region Officers and Committee Chairs may be published only with the individual's permission.
- f. Articles, stories and other creative works that communicate the OA message of recovery.

### **E. Transparency Regarding Updates**

The Bylaws/Electronic Documents Committee will be allowed to make changes freely, without drafting a motion, to keep the following sections of the P&P Manual up-to-date:

1. Table of Contents
2. Article VIII. OA Service Structure
3. Appendix B. Carry the Message
4. Appendix C. Region 8 Service Directory
5. Appendix D. Overeaters Anonymous Regions of the World
6. Appendix E. Guidelines and Timeline for How to Write a Motion
7. Appendix F. Forms
8. Appendix G. Region 8 Intergroups and National Service Boards
9. Appendix H. History of REGION 8
10. Appendix I. Abbreviation of Terms and Acronyms Used in this Manual
11. Appendix J. Index
12. All links to the website, especially for forms.

## **XXII. Public Information/Professional Outreach Committee**

### ***A. Purpose***

1. To coordinate the efforts of OA groups and Intergroups to carry the message of recovery to the public and the professional community which can include hospitals, institutions, professionals, and the military (active-duty personnel and dependents).
2. To encourage and assist groups and Intergroups to make the public aware of Overeaters Anonymous through print, digital and broadcast media, participation in community health fairs, and any other public means.

### ***B. Duties***

1. Inform groups and Intergroups in Region 8 about work being done through Public Information/Professional Outreach Committee.
  2. Provide a support group within Region 8 to network with all hospitals, institutions, professionals and military.
  3. Establish contact with other Regions and World Service Office regarding Public Information/Professional Outreach activities, and share information received with Region 8 Groups and Intergroups.
  4. Encourage Intergroups to establish OA meeting in institutions.
  5. Encourage Intergroups to attend area health fairs and self-help fairs.
  6. Help Intergroups locate and make contact with their local military installations.
  7. Recommend to the Board a plan for participation in professional conference/exhibits.
  8. Provide instructions on making the Public Information Display Board.
  9. Make the Public Information Display Board available to Intergroups or individuals representing Region 8 at Board-approved conferences/exhibits.
  10. Provide a Display Board for each Assembly and give to hosting Intergroup after the Assembly.
  11. Plan workshops and/or other activities at Assembly to help motivate groups, Intergroups, and members to become more involved in effective ways of communicating with the media and the public at large.
  12. Send a copy of the committee monthly report to WSO Public Information/Professional Outreach Committee.
  13. Encourage dialogue and exchange of ideas among Intergroups, Public Information/Professional Outreach Committees and OA groups with Region 8.
  14. Approve applications for new face-to-face meetings and provide up to \$100 funding.
-

## **C. Public Information Fund Sub-committee**

### **1. Purpose**

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

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

### **2. Duties**

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

### **3. Guidelines**

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

## **XXIII. Twelfth-Step-Within Committee**

**A. Purpose .** To generate membership retention and recovery within the Fellowship by carrying the OA message to members, Groups, and Intergroups that are still suffering.

### **B. Duties**

1. Gather and share information and literature on relapse and recovery.
2. Encourage the use of our *Twelfth-Step-Within Handbook*.
3. Help members break through the isolation which is a part of our disease.
4. Encourage support and outreach strategies.
5. Submit articles on *Twelfth-Step-Within* to the REGION 8 Newsletter.
6. Maintain and promote a list of people who would be willing to sponsor by email in Region 8.
7. Maintain and promote a Region 8 Speakers List.
8. Maintain a list of Relapse Mentors
9. Promote unity with diversity.
10. Other activities which promote members to stay abstinent and recover.

### **C. Unity with Diversity Sub-Committee**

1. **Purpose.** To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity.
2. **Duties**
  - a. Gather and disseminate information from other Regions and WSO regarding Unity with Diversity work.
  - b. Assist groups in attracting all who come to OA (regardless of culture, ethnicity, nationality, gender, sexual orientation, age, language spoken, abuse of food, disability, or method of recovery) and reach out to them with the message of recovery.
  - c. Assist Groups and Intergroups with Twelve Step work with these diverse populations.

### **D. Young People's Sub-Committee**

1. **Purpose.** To work with Groups, Intergroups and members to share the message of recovery with young people in OA.
2. **Duties**
  - a. Share information from other Regions and WSO regarding Young People's work.
  - b. Encourage Groups to welcome young people who come to OA, reach out to them with the message of recovery, and help them find a sponsor.
  - c. Assist Groups and Intergroups with Twelve Step Young People's work.

***E. Translations Sub-Committee (Motion ratified July, 2015)***

- 1. Purpose.** To effectively carry the message of recovery in Region 8 by recognizing, accepting, and embracing our language diversity and to facilitate the translation and dissemination of documents to further our primary purpose.
- 2. Duties**
  - a. Gather and disseminate information in Spanish and Portuguese from other committees in Region 8, other Regions and WSO in order to share the message of recovery.
  - b. Assist groups in attracting all who come to OA and reach out to them with the message of recovery in Spanish and/or Portuguese.
  - c. Assist Groups and Intergroups with Twelve Step work with the people who speak other languages.

## **XXVI. International Committee**

- A. ***Purpose:*** Provide a place for non-English speakers to give service, organize recovery and business events, workshops, speakers and sponsorship lists in their native language.

***B. Duties***

1. Announce time of meetings and chair the meetings
2. Encourage and invite non-English speakers to participate
3. Create an agenda for each meeting
4. Facilitate each meeting

## **XXV. Technology Committee**

***A. Mission Statement***

The mission of the Technology Committee is to assist OA members throughout the region to increase their knowledge of how to access recovery information and assist members in carrying the OA message through the different types of virtual mediums of communication.

***B. Purpose***

1. To promote the use of the Region 8 and OA World Service web sites for OA members and for all people seeking information about OA.
2. To provide information technology and support for Region 8.

***C. Duties***

1. Ensure the Technology Committee subsection of the Region 8 website is vibrant and up to date.
2. **BUSINESS ASSEMBLIES:** The Technology Committee will:
  - a. Before each assembly, ensure that all equipment and software required for the committee is updated and in working order.
  - b. Communicate with all virtual attendees before the assemblies, making sure they know how to register, log in and vote (if credentialed) on-line. This may entail writing instructions for use that should be posted to the website. Coordinate with the Secretary to ensure credentials have been received for attendees voting virtually.
  - c. Maintain the virtual platform. At the business assembly, one Co-Chair will be responsible for updating and projecting all the required documents (readings, motions, amendments, presentations, etc.) onto the screen in the front of the room. The other Co-Chair will be operating the communications software for the virtual attendees, answering their questions and troubleshooting problems. These duties may be delegated to other members of the technology committee.
3. Assist all members, especially new representatives, with registering for the email lists available to them. Periodically, work with the Webmaster to cleanup these lists and make sure they have not been compromised.
4. Stay up to date on new developments in communications software and equipment. Plan for periodic equipment updates.
5. Brainstorm new ideas on how to use technology to carry the message of recovery, and then implement these into practice.
6. Provide technical assistance to Intergroups within Region 8 when requested.

## **XXVI. Webmaster**

In accordance with tradition 8, the Webmaster position is filled by a person who is paid for their service. This position reports to the Board.

### ***A. Purpose***

1. To facilitate the continued development of the Region 8 web site.
2. Ensure the Region 8 website is vibrant and up-to-date.

### ***B. Duties***

1. Work with the Chair and Vice-Chair on the structure and layout of the website; decide on a platform (and change it if necessary), maintain the security of the website.
2. Post current and past editions of the Region 8 newsletter as submitted from Region 8 Bylaws/Electronic Documents chair.
3. Post approved files such as registration brochures pertaining to upcoming events at the Intergroup and Region levels; and publish links to WSO events, as appropriate. The Vice-Chair is responsible for approving all new content on the website before it is published.
4. Upload modified Region 8 publications (i.e.; Bylaws, P&P Manual), as provided.

5. Coordinate with the Treasurer to ensure payments are made for the web domain registration and host.
6. Coordinate with the Technology Committee to maintain the email subscription lists, adding and removing addresses as requested.

## **XXVI. Appendices**

Appendix A. Articles of Incorporation

Appendix B. Carry the Message

Appendix C. Region 8 Service Directory

Appendix D. Overeaters Anonymous Regions of the World

Appendix E. Guidelines and Timeline for How to Write a Motion

Appendix F. Forms

Appendix G. Region 8 Intergroups and National Service Boards

Appendix H. History of REGION 8

Appendix I. Abbreviation of Terms and Acronyms Used in this Manual

Appendix J. Index

## *Appendix A. Articles of Incorporation*

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FLORIDA DEPARTMENT OF STATE  
Division of Corporations

June 19, 2009

SOAR 8 TREASURER  
PO BOX 1277  
LARGO, FL 33779

The Articles of Incorporation for SOUTHEASTERN OVEREATERS ANONYMOUS REGION 8, INC. were filed on June 17, 2009 and assigned document number N09000006048. Please refer to this number whenever corresponding with this office regarding the above corporation. The certification you requested is enclosed.

**PLEASE NOTE:** Compliance with the following procedures is essential to maintaining your corporate status. Failure to do so may result in dissolution of your corporation.

A corporation annual report must be filed with this office between January 1 and May 1 of each year beginning with the calendar year following the year of the filing/effective date noted above and each year thereafter. Failure to file the annual report on time may result in administrative dissolution of your corporation.

A federal employer identification (FEI) number must be shown on the annual report form prior to its filing with this office. Contact the Internal Revenue Service to insure that you receive the FEI number in time to file the annual report. To obtain a FEI number, contact the IRS at 1 800-829-4933 and request form SS-4 or by going to their website at [www.irs.ustreas.gov](http://www.irs.ustreas.gov).

Should your corporate mailing address change, you must notify this office in writing, to insure important mailings such as the annual report notices reach you.

Should you have any questions regarding corporations, please contact this office at (850) 245-6933.

Dale White, Regulatory Specialist II  
New Filing Section

Letter Number: 809A00020982

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P.O. BOX 6327 -Tallahassee, Florida 32314

## ***Appendix B. Carry the Message***

Our primary purpose is to carry the message of OA recovery to those who still suffer. The AA Big Book, page 58, states, “***Rarely have we seen a person fail who has thoroughly followed our path.***” How do those who suffer know the path to follow? By hearing recovered and recovering OA members tell what they were like, what happened, and what they are like now.

### **Region 8 encourages:**

1. Study and practice of the Twelve Traditions, Twelve Steps, and Twelve Concepts of OA Service.
2. Subscriptions and article contributions to REGION 8 Newsletter, and IG newsletters.
3. Publication of a newsletter by each Intergroup.
4. Group and personal use of recovery resources.
5. Increased Seventh Tradition contributions.
6. Each Intergroup to have 12th-Step-Within and Public Information/Professional Outreach Committees.
7. Establishment of new Groups, OAnon and Young People Groups.
8. Groups not now in an Intergroup to join one or establish a new Intergroup.
9. More Conventions, Marathons, and Retreats.
10. Intergroups to publish a Speaker/Sponsor List.
11. Adoption of bylaws by each Intergroup.
12. Each Intergroup to start new groups both inside and outside Intergroup area.
13. Each Group to have Intergroup Rep (and alternate) who will attend every Intergroup meeting.
14. Each Intergroup to have Rep(s)/Delegate(s) who will attend every Assembly and WSBC.
15. Recognition of sponsors at every Group meeting.
16. Greater study and use of all official OA- and AA-approved literature.
17. Use of Region Rep Funding.
18. Groups and Intergroups to become familiar with the Region 8 P&P.
19. Each Intergroup to establish a working relationship with its Intergroup sponsor.

Appendix C has names and addresses of those who can help you carry the message. For further help in areas such as programs, literature, Intergroup meetings, and committee work, contact:

**Overeaters Anonymous – World Service Office  
6075 Zenith Court NE  
P. O. Box 44727  
Rio Rancho, NM 87174-4727  
Phone: (505) 891-2664**

## *Appendix C. Region 8 Service Directory*

See Region 8 website (<https://oaregion8.org/region-8/trusted-servants>) for the names and home locations of current trusted servants, as well as a description of each position.

### **Board Officers**

<b>POSITION</b>	<b>EMAIL ADDRESS</b>
<b>Chair</b>	<a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a>
<b>Vice Chair</b>	<a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a>
<b>Secretary</b>	<a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a>
<b>Treasurer</b>	<a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a>
<b>WS Regional Trustee Liaison</b>	<a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a>
<b>Parliamentarian</b>	<a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a>

### **Committee Chairs**

<b>Committee</b>	<b>EMAIL ADDRESS</b>
<b>Bylaws and Electronic Documents Chair</b>	<a href="mailto:bylawschair@oaregion8.org">bylawschair@oaregion8.org</a>
<b>Intergroup Outreach Chair (IGOR)</b>	<a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a>
<b>Professional Information/Public Outreach Chair (PIPO)</b>	<a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a>
<b>Technology Chairs</b>	<a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a> <a href="mailto:techwebchair2@oaregion8.org">techwebchair2@oaregion8.org</a>
<b>Twelfth Step Within Chair (TSW)</b>	<a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a>
<b>Ways and Means Chair</b>	<a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a>
<b>Newsletter Editor</b>	<a href="mailto:newsletter@oaregion8.org">newsletter@oaregion8.org</a>



## ***Appendix D. Overeaters Anonymous Regions of the World***

### **Region 1**

Pacific Northwest: Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Manitoba, Northwest Territories, Nunavut, Saskatchewan, and Yukon

### **Region 2**

Pacific Southwest: California, Hawaii, Reno/Tahoe area of Nevada, and Mexico.

### **Region 3**

Southwest: Arizona, Colorado, Central and West Iowa, Kansas, Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah

### **Region 4**

Region Four was dissolved/disbanded in July 2024 and was ratified at World Service Business Conference in 2025

### **Region 5**

Central: East Iowa, Illinois, Indiana, Kentucky, Michigan, Minnesota, Missouri (except the Greater Ozarks Intergroup), North Dakota, Ohio and Wisconsin.

### **Region 6**

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Bermuda.

### **Region 7**

Eastern: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, and West Virginia

### **Region 8**

Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, The Greater Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands, Central America and South America.

### **Region 9**

Countries and territories in Africa, Europe, the Middle East, and Western Asia, including all of Russia

### **Region 10**

Countries and territories in Australia, East Asia, New Zealand, Southeast Asia, and the Western Pacific Basin

### **OA Virtual Region**

Nongeographic: Virtual meetings and virtual intergroups.

## ***Appendix E. Guidelines and Timeline for How to Write a Motion***

Things to Consider:

1. Requests for changes to the Bylaws or the Policy and Procedure (P&P) Manual may be proposed by any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaws. Motions MAY NOT be submitted by individuals, although one person should be identified in the “Submitted By” portion of the document.  
2)
2. First determine if your proposal (standard motion) is meant to change the Bylaws or the P&P Manual. Remember, no policy or change to the P&P Manual may contradict an existing Bylaw, nor may a policy be used to circumvent an existing bylaw. (If this is done, the motion is improper and automatically considered out of order. See *Robert’s Rules of Order Newly Revised, 11<sup>th</sup> Edition*, S39 Dilatory and Improper Motions).
3. Review your motion. If you have a motion that is directive (directs someone to do something), make sure that it is actually within the authority of the Business Assembly by checking with Region 8 Chair, General Services Trustee Liaison, the Parliamentarian, or the Bylaws Committee Chair before you submit the motion.
4. Is your proposal a new idea or a change to the existing bylaws or policies?
  - NEW: State very clearly what you want. Be concise. The implementation of the idea or change should not be in the text of the motion.
  - EXISTING: Research and determine the current reference for the specific Bylaw or P&P Manual article you want to change. Refer to the specific Article, Section and Paragraph number. Search the entire document (Bylaws and policies that may be impacted by the change. For example: A change to Bylaws Article VIII – Committees may also impact the P&P Manual Article XIX – Committee Guidelines. Such a change which would then require two separate motions, one for the Bylaws and one for the P&P Manual.
  - Note: Changes may not be made to Bylaws Article II, Sections 2 (The Steps), 3 (The Traditions), and 4 (The Concepts); nor to the P&P Manual Sections V (The Steps), VI (The Traditions), VII (The Concepts), and VIII (the Service Structure). These sections may be changed only by the World Service Organization.
5. Standard motions shall be submitted to the Bylaws Committee Chair (bylawschair@oaregion8.org) no later than seventy-five (75) days prior to the commencement of the Region 8 Business Assembly at which action is to be taken on the proposed motion or amendment. This gives the Bylaws Committee ample time (15 days) to review the motion before it is forwarded to the secretary for review by the Region 8 Board.
6. Please note that the Bylaws Committee does not comment on the content or intent of the motion. The committee merely reviews the motion to ensure that the motion does not:

- create incongruity within either the Policy & Procedure Manual or the Bylaws,
- create incongruity between the Policy & Procedure Manual and the Bylaws,
- create contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
- result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).

Should such inconsistencies be found, the Bylaws Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the current (if possible) or next Business Assembly. If no incongruities are found, the maker will be notified that the motion is being moved forward.

7. The Bylaws/Electronic Documents Chair will submit the reviewed, properly formatted motions to the Secretary electronically, no later than sixty (60) days prior to the next Region 8 Business Assembly.
8. The Region 8 Secretary shall send notification of the standard motions to each Region 8 Registered Service Body, Region 8 Representative, Standing Committee Chairman, Board Member and the Region 8 Trustee Liaison at least forty-five (45) days prior to the commencement of the Region 8 Business Assembly or Special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment.
9. An amendment asks for a change to a motion before it is brought before the assembly. After reviewing the packet of standard motions, any registered Intergroup or National/Language Service Board, the Region 8 Board, any Region 8 Board member, or any Region 8 Funded Committee as defined in Region 8 Bylaw may decide that a change to a particular motion as presented in the assembly packet is in order. In these instances, they may prepare an amendment to the motion and present it to the Bylaws/Electronic Documents Committee Chair before the lunch recess on Saturday of the business assembly.
10. Emergency motions may be prepared and presented to the business assembly on the day of the assembly. Emergency motions are defined as those that cannot wait until the next business assembly in six months; and generally, but not always, concern budget considerations. 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 Committee Chair before the lunch recess on Saturday of the business assembly.
11. Approval. Except as otherwise specified and provided a quorum is present, amendments to these Bylaws may be adopted by a two-thirds (2/3) majority of those persons present and voting at any regular or special Region 8 Business Assembly. P&P Manual changes require only a simple majority (>50%) to be adopted.

12. Unless otherwise specified, adopted motions will become effective at the close of the Business Assembly, and will be reflected in the next update of the Bylaws and/or the P&P Manual.

---

**FORMAT FOR SUBMISSION OF PROPOSED SOAR 8 BUSINESS MOTIONS**

1. Motions (standard and emergency) and all amendments must be formatted to contain the intent, the proposed motion as written, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Bylaws or he Policy & Procedure Manual for consistency or congruity.
2. The correct form is shown on the following example and may also be obtained from the Bylaws Committee or the Region 8 website (<https://www.oaregion8.org/documents>). You may change the wording of a bylaw or policy by inserting or removing text, rescinding/deleting the section/ paragraph, or substituting/ replacing/removing it entirely. Copy the text from the bylaw or policy you want changed and then state what to change by striking, inserting, substituting, or deleting.  
3)
3. Remember, non-English speakers will be able to translate the motion more easily if the language is simple and direct. Do not use colloquialisms or jargon. Someone reading this five years from now needs to be able to determine what was intended.

**FORMAT FOR MOTIONS AND AMENDMENTS**

(You may download this form from [WWW.OAREGION8.ORG](http://WWW.OAREGION8.ORG) WEBSITE.)

**TYPE OF MOTION**

- Standard**
- Amendment**
- Emergency**

	Adopted
	Amended
	Lost

SOAR-8

\_\_\_\_\_ Motion X: Update Policy and Procedure Manual , Section ## \_\_\_\_\_

Motion: Move to amend Bylaws Article YY, Section ## (or, Policy and Procedures Manual, Section X, subsection Y) as follows by striking, inserting, or striking and inserting)

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
<p><u>Article YY, Section ## -- Topic</u></p> <p>1) <u>Write out current wording.</u></p>	<p><u>Article YY, Section ## -- Topic</u></p> <p>1. <u>Copy the current wording showing the desired changes:</u></p> <p>a) <u>Draw a line through words to be omitted like this.</u></p> <p>b) <u>Underscore words to be inserted like this and highlight them in red.</u></p> <p>c) <u>Words that remain the same, even if moved or reorganized, from the current wording do not receive any special marking.</u></p>

SUBMITTED BY:

- [Service body name] [Group/Intergroup/Service Board #] in which the service body is located.
- [Contact Name:]
- [Email Address:]

INTENT:

State clearly the purpose of the motion.

IMPLEMENTATION:

HOW and WHEN would this motion/change be carried out? Keep it simple and brief. Adopted motions will be implemented at the close of the Business Assembly unless otherwise specified.

COST:

\$ Amount (if known).

RATIONALE: [List any other policies and/or bylaws impacted by this proposal]

Reason for submitting motion including relevant background information. (Please limit the rationale to one page.)

-----  
If this is an EMERGENCY MOTION, please explain why.

**Example of a submitted and approved motion:**

**TYPE OF MOTION**

- Standard**
- Amendment**
- Emergency**

<input checked="" type="checkbox"/>	Adopted
<input type="checkbox"/>	Amended
<input type="checkbox"/>	Lost

**SOAR-8**

**Motion ZZZ: Motion to amend Policy and Procedure Manual Article IX. C**

**Motion:** Move to amend the Region 8 Policy and Procedure Manual Article IX. Financial Policies, Section C. “Carry the Message” Fund by striking the words with a line through them and adding the text underlined and in red.

<b>ORIGINAL WORDING</b>	<b>PROPOSED WORDING</b>
-------------------------	-------------------------

<p><b>C. “Carry the Message” Fund</b></p> <ol style="list-style-type: none"> <li>1. The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.</li> <li>2. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.</li> <li>3. Applicants will complete a “Carrying the Message” Fund - Request for Funding form and forward it to the funding committee (see addendum for “Carrying the Message” Fund Request Form).</li> </ol>	<p><b>C. “Carry the Message” Fund</b></p> <ol style="list-style-type: none"> <li>1. <b><u>The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.</u></b></li> <li>2. <b><u>The Region 8 Carry the Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.</u></b></li> <li>3. Applicants will complete a “Carrying the Message Fund” Request for Funding form and forward it to the funding committee (see <a href="https://oaregion8.org/business-documents/">https://oaregion8.org/business-documents/</a> for “Carrying the Message Fund” Request Form).</li> </ol>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**SUBMITTED BY:**

Bylaws and Electronic Documents Committee

Name: Barbara Cxxxxx

Email: [bylawschair@oaregion8.org](mailto:bylawschair@oaregion8.org)

**INTENT:** To organize the text in a more coherent manner, swapping paragraphs 1 and 2. Also, to give the correct name of the form for applying for this money, and to indicate where to find it on the website.

**IMPLEMENTATION:** Update the P&P Manual; upon adoption at close of Business Assembly.

**COST:** \$0

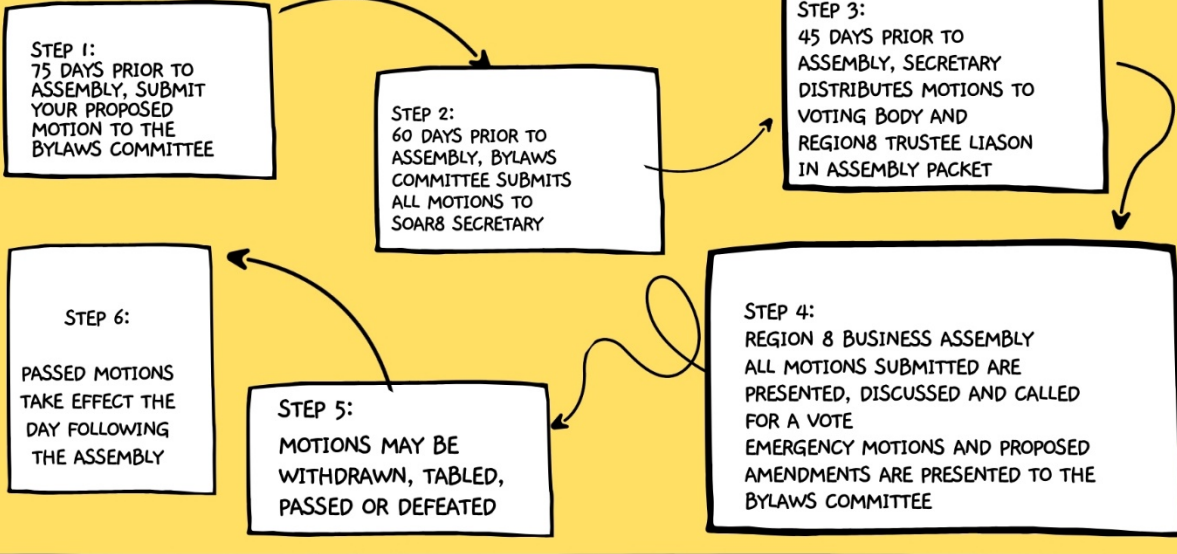
**RATIONALE:** Better description of and easier access to requesting money from this fund.

-----  
 If this is an **EMERGENCY MOTION**, please explain why.

This is NOT an emergency motion.



## REGION 8 MOTION TIMELINE



## ***Appendix F. Forms***

Most are available on : <https://oaregion8.org/business-documents/>

1. **Voucher & Advance Request Form for Board & Funded Chair**  
<https://oaregion8.org/files/SOAR8-Voucher-and-Advance-Request-Form-Rev-04-19.pdf>
2. **Certificate of Eligibility** (Must complete and submit on-line)  
<https://oaregion8.org/certificate-of-eligibility/>
3. **Trustee Application**  
(Link currently not available)
4. **Region 8 Board Application**  
<https://oaregion8.org/files/R8BoardApplication.pdf>
5. **Representative Funding Application and Guidelines**  
<https://oaregion8.org/files/Rep-Funding-Application.pdf>
6. **Group Registration Form**  
<https://oa.org/add-a-meeting/>
7. **Intergroup Registration/Change Form**  
<https://oa.org/intergroup-registration-change-form/>
8. **Region 8 Annual Budget Request**  
<https://oaregion8.org/files/PDFs/Region8-Annual-Budget-Request.pdf>
9. **Request for Budget Override**  
<https://oaregion8.org/files/PDFs/Request-for-Budget-Override.pdf>
10. **Region 8 Committee Selection Form**  
<https://oaregion8.org/files/PDFs/Region8-Committee-Selection-Form.pdf>
11. **Region 8 Delegate to WSBC Application**  
<https://oaregion8.org/files/PDFs/Fillable-SOAR8-Delegate-to-WSBC-Application.pdf>
12. **Delegate Support Fund Application and Allocation**  
<https://oaregion8.org/files/PDFs/delegate-support-fund-application-wsbc-23-interactive.pdf>

**13. Carry the Message Fund**

<https://oaregion8.org/files/PDFs/FILLABLE-Carry-the-Message-Fund.pdf>

**14 Steps, Traditions and Concepts Workshop Request** (Must complete and submit on-line)

<https://oaregion8.org/stc-workshop-request>

**15. Professional Exhibits Fund Application**

<https://oaregion8.org/files/PDFs/PE-Fund-Application.pdf>

**16. Region 8 Committee Progress Report**

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

## *Appendix G*

### **REGION 8 INTERGROUPS and NATIONAL SERVICE BOARDS**

State/Country	Number	Name of IG	Area Included	Phone	Website
Alabama	09119	Central Alabama IG	Midstate Alabama, Greater Birmingham	205-542-1312	<a href="https://oacentralalabama.blogspot.com/">https://oacentralalabama.blogspot.com/</a>
Alabama	09283	North Alabama OA IG	Southeast Tennessee and North Alabama	N/A	N/A
Alabama	09198	Southwest Alabama IG	Mobile, Atmore and Daphne	N/A	N/A
Argentina	09671	Buenos Aires ARGBA IG	C.A.B.A. Y Buenos Aires (Provincia)	N/A	N/A
Arkansas	09138	Arkansas IG	State of Arkansas	626-676-7191	<a href="http://oa-arkansas.org">http://oa-arkansas.org</a>
Arkansas/ Oklahoma	09577	River Valley IG	East Central Oklahoma And West Central Arkansas	479-474-1714	<a href="http://www.oa-fort-smith.info/">http://www.oa-fort-smith.info/</a>
Aruba IG	09619	Aruba IG	Aruba	001-843-492-5345 001-297-594-2636	N/A
Brazil	09664	CCA Online Virtual IG	Virtual	N/A	<a href="http://www.ccaonline.com.br/">http://www.ccaonline.com.br/</a>
Brazil	09653	IG Sao Paulo	Sao Paulo City, Brazil	55-21-2534-5174	N/A
Brazil	09679	IG Virtual Serenidade Online	Virtual	N/A	N/A
Brazil	09507	Integrupo De MG (Minas Gerais)	Minas Gerais	55-31-3191-2885	N/A

Brazil	09560	Intergrupo Abc de CCA	Maua, Sao Bernardo Do Campo, Santo Andre, Sao Caetano Do Sul, Rebeirao Pines	N/A	<a href="http://www.ccaigabc.com/">http://www.ccaigabc.com/</a>
Brazil	09505	Intergrupo Ceara	Fortaleza-Ceara	55-85-3220-72 39	N/A
Brazil	09506	Interior De Sao Paulo IG	Cities In Inner Sao Paulo	19-8320-3810	N/A
Brazil	09962	Junccab NSB	N/A	55-21-2532-51 74	<a href="http://www.comedorescompulsivos.org.br">http:// www.comedorescompulsivos.org.br</a>
Brazil	09666	Virtual IG Cafe Abstinente	Virtual	N/A	<a href="http://www.cafeabstinente.com.br">www.cafeabstinente.com.br</a>
Colombia	09688	CCA Colombia IG	Colombia	573127538441	<a href="https://comedorescompulsivoscolombia.com.co/">https:// comedorescompulsivoscolombia.com.c o/</a>
Costa Rica	09604	Costa Rica IG	All of Costa Rica	506-85243106 506-83177443	<a href="http://www.ccostarica.org/index.html">http://www.ccostarica.org/index.html</a>
Cuba	09576	Love Cuba IG	All of Cuba	53-5-833-0350	N/A
Dominican Republic	09635	IG de Comedores Compulsivo s Anonimos de Republica	Republica Dominicana	N/A	N/A
Florida	09016	Central Florida IG	Orlando Metro Area, Orange, Seminole And North Osceola Counties	888-294-4216, 386-402-6631	<a href="http://www.oacfi.org/">http://www.oacfi.org/</a>
Florida	09095	Gold Coast IG	South Florida, Fort Lauderdale, Boca Raton, and Hollywood	818-398-4160	<a href="http://www.oabroward.org/">http://www.oabroward.org/</a>
Florida	09179	Highlands Ridge IG (Florida Ridge)	Ridge, Polk, Hardie, Highland And Desoto Counties	863-213-4962	<a href="http://highlandsridgeintergroup.oagroups.org/">http:// highlandsridgeintergroup.oagroups.org/</a>

Florida	09240	Manasota IG	Sarasota and Manatee Counties	941-556-1293	<a href="http://www.oamanasota.org/">http://www.oamanasota.org/</a>
Florida	09386	Miami-Dade and the Keys IG	Miami, Dade and part of Monroe, Keys Counties	305-791-7035	<a href="http://oamiami.org/">http://oamiami.org/</a>
Florida	09089	New Freedom IG	Northeast Florida And Southeast Georgia (200 mi. radius of Jacksonville)	904-376-7303	<a href="http://www.oanfig.org/">http://www.oanfig.org/</a>
Florida	09233	Palm Beach County IG	Palm Beach County	561-820-9242	<a href="http://www.oapalmbeachfl.org/">http://www.oapalmbeachfl.org/</a>
Florida	09412	Pinellas Traditions IG	Pinellas County Including Saint Petersburg, Clearwater And Largo	813-254-4190	<a href="http://www.oapinellas.org/">http://www.oapinellas.org/</a>
Florida	09493	Sea-Renity Pensacola IG	Pensacola Extreme Northwest Florida Including Escambia And Santa Rosa Counties	N/A	N/A
Florida	09231	Southwest Florida IG	Lee And Collier Counties Area	310-968-3741	<a href="http://southwestfloa.org/">http://southwestfloa.org/</a>
Florida	09104	Space Coast IG	Brevard And Indian River Counties	321-914-5425	<a href="http://www.oaspacecoast.org/home.html">http://www.oaspacecoast.org/home.html</a>
Florida	09065	Suncoast IG	Tampa Bay And Pinellas And Hillsborough Counties	813-378-7275	<a href="http://www.oasuncoast.org/">http://www.oasuncoast.org/</a>
Georgia	09220	CSRA OA IG	Central Savannah River Area	803-221-1530	N/A
Georgia	09114	Greater Atlanta IG	Atlanta Metro Area	404-634-3314	<a href="http://atlantaoa.org/">http://atlantaoa.org/</a>

Guatemala	09551	Guatemala-Vale La Pena IG	All of Guatemala-Vale La Pena	502-333-7584 502-363-5781	N/A
Louisiana	09064	Baton Rouge IG	Baton Rouge, Donaldsonville, Hammond, New Roads, Plaquemine, And Natchez, Mississippi	225-753-2739	<a href="http://oabatonrouge.org/">http://oabatonrouge.org/</a>
Louisiana	09023	Central Office of Louisiana (COLA)	New Orleans and surrounding area	504-366-3230	<a href="http://www.oaneworleans.org">www.oaneworleans.org</a>
Louisiana	09213	North Louisiana IG	North Louisiana Including Shreveport, West Monroe, Ruston, Mansfield, And Monroe	318-677-4002	N/A
Louisiana	09281	Southwest Louisiana IG	Allen, Beauregard, Cameron, Parishes And Calcasieu Areas	337-317-1682	N/A
Mississippi	09304	Central Mississippi IG	Central Mississippi	601-405-6463	N/A
Missouri		Greater Ozarks			<a href="http://greaterozarksoa.org">greaterozarksoa.org</a>
North Carolina	09185	Piedmont IG	50 Mile Radius Of Charlotte	803-493-6870	<a href="http://piedmontintergroup.org/">http://piedmontintergroup.org/</a>
North Carolina	09445	Triad IG	Triad Area Including Winston-Salem, Greensboro And Highpoint	336-907-8578	<a href="https://www.triadaoa.org/">https://www.triadaoa.org/</a>
North Carolina	09314	Triangle IG	Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties	919-406-9300	<a href="http://triangleoa.org/">http://triangleoa.org/</a>

North/South Carolina	09431	Grand Strand IG	South Carolina Grand Strand, Southern North Carolina coast, Pawleys Island, Litchfield, Murrells Inlet, Surfside, Carolina Forest, Conway, North Myrtle Beach, Longs, Little River, SC, Calabash, NC, more	843-315-4060	<a href="https://grandstrandoa.org">https://grandstrandoa.org</a>
Puerto Rico	09293	Puerto Rico IG	All of Puerto Rico	787-783-6745	N/A
South Carolina	09080	Central Midlands IG	Central Area Of South Carolina	803-445-7048	<a href="https://centralmidlandsoa.weebly.com/">https://centralmidlandsoa.weebly.com/</a>
South Carolina	09627	Upstate South Carolina IG	Upstate South Carolina	N/A	N/A
Tennessee Mississippi	09165	Greater Memphis Area IG	Western TN, Northern Mississippi	901-860-4990	<a href="http://www.oamemphis.com/">http://www.oamemphis.com/</a>
Tennessee	09228	Middle Tennessee IG	Middle Tennessee, Nashville And Surrounding Counties	615-669-7078	<a href="http://oanashville.org/">http://oanashville.org/</a>
Tennessee	09126	Smoky Mountain IG	Knoxville And East Tennessee, Smoky Mountains, Maryville, La Follette, Morristown, Greenville, And Sevierville	865-599-1402	<a href="https://oasmokymtn.org/">https://oasmokymtn.org/</a>
Tennessee Georgia	09260	Unity IG	Chattanooga Tennessee And Northern Georgia	423-503-6851	<a href="http://www.oaunity.org/">http://www.oaunity.org/</a>

Venezuela	09634	IG Esperanza Venezuela	Gran Caracas, Centro Oriente De Venezuela	005-821-2716- 1223 005-841-4302- 7205	N/A
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## ***Appendix H. History of REGION 8***

### **JANUARY 1977**

#### **ATLANTA, GA**

The first Conference for the southeastern states was held at the Peachtree Plaza in Atlanta, GA, on January 15, 1977. The states in Region 8 are: AL, AR, FL, GA, LA, MS, NC, SC, TN, Virgin Islands and Puerto Rico. There are seven IGs and 166 groups in Region 8. "Southeastern Overeaters Anonymous Region 8" (REGION 8) was selected as the name of our region. Bylaws were adopted at this meeting. REGION 8 voted to hold meetings twice a year.

### **MAY 1977**

#### **LOS ANGELES, CA**

During the 1977 WSO Conference, Region 8 met and elected the following officers to serve until January, 1979: Chair, Rosemary Durr, FL; Co-Chair, Abe Roy, LA; Secretary, Yvonne, SC; Treasurer, Myra Klein, FL; PI, Janet Jowers, FL (PI held a Board position).

### **JULY 1977**

#### **ATLANTA, GA**

To support the Region, we will have a convention in January each year. It was decided to bid Miami, FL, for WSO Convention in 1980. Myra Klein was appointed to work with WSO as Convention Chair.

### **FEBRUARY 1978**

#### **ORLANDO, FL**

3 states – FL, LA, SC - The first REGION 8 Convention was held at the Carlton Resort in Orlando, FL. Fred S., GST, attended as a guest from New York. Our Trustee was Rhoda Skavarovich, FL. We voted to meet four times a year. During the early part of 1978, Rhoda Skavarovich resigned. The next meeting will be in Los Angeles in May, before the Conference, as most Reps are also Delegates.

### **MAY 1978**

#### **LOS ANGELES, CA**

The Board has many vacancies. The Chair position was open with the election of Rosemary Durr, FL, as our Region Trustee. Abe Roy, Co-Chair, was elected Chair. Cathy Anderson, FL, was elected Co-Chair. The Secretary position was filled with the election of Karen Anziano, FL. PI Chair, Janet Jowers, FL, was elected as a GST. There is no record of who took over as PI Chair.

### **AUGUST 1978**

#### **LITTLE ROCK, AR**

15 Reps, 4 states - FL, LA, SC, AR – Files were not kept during the first two years, so we cannot record our growth until August, 1978. The Board's responsibilities were drafted. REGION 8 Newsletter was born at this Assembly to be mailed free to all groups and IGs.

### **NOVEMBER 1978**

#### **COLUMBIA, SC**

12 Reps, 3 states - FL, LA, SC - This was a very productive meeting, with guidelines being adopted. Among them were: Elections are to be held at each January meeting, with a Region 8-sponsored Convention after the meeting. The Convention proceeds will be split: Region will receive 75%, and the Hosting IG will receive 15%. Region Assemblies are to be held in January, April, July, and October. We also adopted procedures for creating an agenda, and bid guidelines for conventions, marathons, and meetings. The Region accepted the responsibility of Board members' airfare, established at the lowest rate.

### **JANUARY 1979**

#### **NEW ORLEANS, LA**

23 Reps, 8 states - AL, AR, FL, LA, MS, NC, SC, TN - Election of Officers: Chair, Abe Roy, LA; Co-Chair, Cathy Anderson, FL; Secretary, Karen Anziano, FL; and Treasurer, Myra Klein, FL. We nominated three people for Trustee-at-Large: Demetry Holcomb, FL; Abe Roy, LA; and Myra Klein, FL.

### **APRIL 1979**

#### **MEMPHIS, TN**

15 Reps, 5 states - AR, FL, LA, MS, TN - There was a marathon after the meeting.

### **MAY 1979**

#### **LOS ANGELES, CA**

At WSO Conference, Myra Klein was elected Trustee-at-Large. Phyllis Wright, FL, was appointed temporary treasurer.

**JULY 1979**

**RALEIGH, NC**

14 Reps, 4 states – FL, LA, NC, TN - Phyllis Wright, FL, was elected Treasurer, to serve unexpired term. Region Rep Fund was established for Reps who need financial assistance to attend Assemblies. A marathon was held after the meeting.

**OCTOBER 1979**

**ORLANDO, FL**

14 Reps, 3 states – FL, LA, NC - This was also the first Florida State Convention. The main discussion was Region 8 being responsible for the 1980 World Service Convention in Miami Beach, FL.

**JANUARY 1980**

**JACKSONVILLE BEACH, FL**

28 Reps – Board elected: Chair, Margaret Storti, FL; Co-Chair, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Trustee nominees: Rosemary Durr, FL; Beverly Alsdorf, FL; Phyllis Wright, FL.

**APRIL 1980**

**BIRMINGHAM, AL**

26 Reps, 7 states - The REGION Newsletter has been granted a bulk mailing permit, and the Region is working toward tax-exempt status. Phyllis Wright was elected in May as our Region 8 Trustee.

**JULY 1980**

**NEW ORLEANS, LA**

23 Reps, 8 states - Assembly was held preceding Louisiana State Convention. The Region Rep Fund was able to help Reps from two IGs attend. The first major change in the Bylaws was approved. It is evident by the length of the meeting that much business is now conducted at Region level.

**OCTOBER 1980**

**PENSACOLA BEACH, FL**

29 Reps, 7 states - Held in conjunction with FL State Convention. We are now printing 500 newsletters a month, and offer subscriptions for personal copies. The Chair has been working to obtain tax-exempt status.

**JANUARY 1981**

**GREENSBORO, NC**

27 Reps, 7 states - Board elections: Chair, Cathy Anderson, FL; Co-Chair, Jeanette Cobb, AR; Secretary, Martha DiAngelo, FL; Treasurer, Tricia Harrison, NC. Margaret Storti, our outgoing Chair, was able to obtain our tax-exempt status—it took a full year.

**APRIL 1981**

**ATLANTA, GA**

26 Reps, 7 states - Our Treasurer presented our first proposed budget. Atticus Cobb, AR, developed a literature binder for sale.

**JULY 1981**

**BIRMINGHAM, AL**

27 Reps, 7 states - The Newsletter circulation totals 600. Region 8 now has 34 IGs. Region 8 has more subscribers to Lifeline than any other region. Region 8 has always paid expenses for its Chair to attend the World Service Conference each year; however, Chairmen were not entitled to a vote. This led Region 8 to propose an amendment to OA, Inc., Bylaws which would change this. At the 1982 Conference, this amendment was adopted giving each region one vote through its Chair. We also submitted a nominee for a non-OA member Trustee, Commander Stevenson, Jacksonville, FL.

**OCTOBER 1981**

**ST. PETERSBURG, FL**

30 Reps, 7 states - Region Assembly held in conjunction with Florida State Convention. Region Rep Fund provided assistance to two IGs. Due to the change in residence of the Chair, our Co-Chair presided. As elections were to be held at the next meeting, it was decided not to elect a chair at this time. New guidelines were drafted for Region 8 Conventions. This meeting was the longest ever, with the most Reps ever. We discussed a need to incorporate.

**JANUARY 1982**

**MYRTLE BEACH, SC**

34 Reps, 8 states - More Reps attended than ever before. The Treasurer reported a donation from every state in the Region. REGION 8 was incorporated in the state of Alabama. Region 8 purchased the PI Film from WSO for use within our region. New Board elected: Chair, Jeanette Cobb, AR; Co-Chair, JoAnn Rexford, LA; Secretary, Martha DiAngelo, FL; Treasurer, Isabell Marschner, FL. It was voted that the Treasurer will be bonded.

**APRIL 1982****LITTLE ROCK, AR**

28 Reps, 8 states - Two IGs received assistance to attend. The Newsletter has grown to 1,000 per month. Region 8 has 35 IGs with 399 groups and 93 unaffiliated groups. Due to financial strain on IG budgets, we voted to convene three Assemblies in 1983 (January, May, and October). We have received inquiries from the Virgin Islands and Puerto Rico. Hopefully they will attend soon. The Region is growing.

**JULY 1982****NASHVILLE, TN**

30 Reps, 8 states - Assembly held on the campus of Vanderbilt University. Accomplishments recorded were the establishment of two new committees: Military, and Ways and Means. Two IGs received Rep Funding. The newsletter is printing 1,200 copies per month. Region 8 now has 36 IGs and 550 groups. Bylaws were amended for the third time.

**OCTOBER 1982****ATLANTA, GA**

8 states - We have 36 IGs and 580 groups. The literature binders presented by our 12th-Step-Within Chair have been well received and WSO wants to add them to their order form. One IG received Rep Funding. We approved a REGION 8 letterhead. Our Secretary, Martha DiAngelo, presented the first Policy and Procedure Manual for use in Region 8. It is our wish to have this manual printed for all REGION 8 Reps and affiliated groups.

**JANUARY 1983****COCOA BEACH, FL**

50 Reps, 9 states - Policy and Procedure Manual was given to each Rep and mailed to all IGs. Board elected: Chair, Jeanette Cobb, AR; Vice-Chair, JoAnn Rexford, LA; Treasurer, Isabell Marschner, FL; Secretary, Patti Bain, FL.

**MAY 1983****AUGUSTA, GA**

40 Reps, 8 states - The foliage and climate were a beautiful accent to our Assembly. Region 8 now has 39 IGs. The Audit Committee approved 1982 year-end financial report, and recommended all financial records be brought to each Assembly. Additional funding was made available for a Rep from Puerto Rico to attend the next Assembly in Mississippi.

**OCTOBER 1983****LONG BEACH, MS**

42 Reps, 9 states, 1 territory - Assembly met on the University of Mississippi campus. Puerto Rico Rep led the Serenity Prayer in Spanish. A one-hour committee meeting was held before committee reports were given. Non-OA Appreciation Awards will be given to the REGION Newsletter. We will purchase the PI film "One Day at a Time, One Pound at a Time" to replace our damaged one. During the past seven years we have grown from three states represented to our present all nine states and one territory.

**JANUARY 1984****CHARLESTON, SC**

45 Reps - We voted on many changes which helped us to be more organized and to accomplish more 12th-Step work. Elections will now be held each November. Each Assembly/Convention will share the profits 50/50 with the region; this will help end confusion over "our annual convention." The Newsletter changed editors for the first time in many years. We made major changes to our corporate papers. The Ways and Means Committee became the Finance Committee. The Region will assemble three times a year - March, July, and November. New Board elected: Chair, Isabelle Marschner, FL; Vice-Chair, Linda Eules, NC; Secretary, Brenda Cox, NC; Treasurer, Nahum Simon, FL.

**APRIL 1984****MONTGOMERY, AL**

30 Reps - The South is at its most beautiful in springtime. One of the highlights of this Assembly was a workshop on bulimia. Since WSO has begun producing an OA-approved binder, they requested that we cease production of ours. This saddened us. The Region 8 Guide for Assemblies (revised) was presented.

**OCTOBER 1984****MEMPHIS, TN**

42 Reps - We watched the ducks waddle across the lobby of Peabody Hotel. The ducks got TV coverage and so did we. A local news channel gave us several minutes of time and did some "back of the head" interviews with our Reps. New officers were elected: Chair, Patti Stephens Bain, FL; Co-Chair, Shirley Averett, GA; Secretary, Marci Arthur, FL; Treasurer, Nahum Simon, FL. We began a "test system" for handling WSO referral letters and an ad hoc Committee ("The Referral Letters Committee") was created for this purpose. We accepted WSO Conference Guidelines concerning the sale of merchandise at OA events as our regional guidelines. A new committee was created: Lifeline--to encourage subscriptions and articles to Lifeline.

**MARCH 1985****MOBILE, AL**

41 Reps - We have more IGs and groups than ever before, but we are having a severe financial crunch. Much of the business addressed the need for more income and/or tightening our budget. There were many new guidelines drawn up for the newsletter to help us save dollars. We had our first goal-setting workshop which was very productive.

**JULY 1985**

**AUGUSTA, GA**

35 Reps, 7 states - We enjoyed the festive atmosphere of a birthday party celebrating OA's 25th year. We were given the newly revised Policy and Procedure Manual. It was decided to make the Goals Workshop an annual event. We saw the new OA film "Overeaters Anonymous—It Works," and voted to purchase it in cassette form for PI use. A motion was passed to create an Assembly Coordinating Committee, to be the responsibility of the Co-Chair. The Lifeline and Literature Committees were combined. Funding to Assemblies for the Newsletter Editor was approved. A Rep Orientation for future Assemblies was established. Plans were announced for the first Region 8 Convention without business to be held Labor Day weekend of 1986, bids to be submitted by mail to the Board.

**NOVEMBER 1985**

**CHATTANOOGA, TN**

40 Reps, 8 states - Autumn foliage and nearby Lookout Mountain added to the charm of our "Chattanooga Choo-Choo" weekend. It was announced that the Region 8 Convention would be Labor Day Weekend, 1986, in Atlanta, GA, with the theme, "Labor of Love." The ad hoc Referral Letters Committee was made a standing committee. An ad hoc Ways and Means Committee was appointed to develop fund-raising ideas. Jeanette Cobb, AR, was our only nominee for Region 8 Trustee (she was elected at the WSO Conference in May, 1986). New Board elected: Chair, Shirley Averett, GA; Co-Chair, Pat Fox, FL; Secretary, Phyllis Buford, GA; Treasurer, Carolyne Clymer, TN.

**MARCH 1986**

**CHARLOTTE, NC**

34 Reps, 7 states - We were "Up, Up, in OA" as we sampled the southern hospitality of Piedmont IG. Many new ideas came out of our second annual Goal-Setting session, including rotation of the Assemblies around the Region. It was decided to extend the year-long moratorium on Rep Funding through November, 1986. There was a very informative presentation on carrying the message to the professional. It was reported that Region 8 had participated in a booth at the Southeastern Conference on Alcohol and Drugs (SECAD) in Atlanta, December, 1985. We made a contribution to assist with expenses. There was discussion on the subject of future contributions to SECAD. A motion was passed expressing an interest in this, subject to the input of the Board of Trustees on how to implement it.

**JULY 1986**

**WEST PALM BEACH, FL**

40 Reps, 8 states - We welcomed our new Trustee, Jeanette Cobb, and we said a fond good-bye to Phyllis Wright, who had served six years as our Trustee. The 12th-Step Committee was given a new name (Intergroup Outreach), with Referral Letters as a subcommittee. A new 12th-Step-Within Committee was established, with Sponsor-By-Mail as a subcommittee. We changed the election procedures: Board members will serve two-year terms with election of Vice-Chair and Secretary in even years, Chair and Treasurer in odd years. There was a very moving 12th-Step-Within presentation. We decided to put all our presentations on cassette and sell them as part of our Ways and Means.

**SEPTEMBER 1986**

**ATLANTA, GA**

About 200 members spent a cold rainy Labor Day weekend in Atlanta at our first Region 8 Convention with no business. But our hearts were warm as we shared recovery. Some lasting memories: centerpieces with blossom-covered branches and "flutterbys," and a moving "tree" ceremony at the closing.

**NOVEMBER 1986**

**ORLANDO, FL**

44 Reps, 8 states - The "Magic World" of Orlando drew us back to Florida again. The Rep Funding Committee was made a subcommittee of Intergroup Outreach, and its guidelines given a major overhaul. We decided to begin funding our parliamentarian to Assemblies. We made Ways and Means a standing committee. Elections were held under the new procedure: Vice-Chair, Pat Fox; Secretary, Phyllis Buford. P&D was "Intergrouping: Why and How To."

**MARCH 1987****LAFAYETTE, LA**

42 Reps, 8 states - We learned a little French in this “capital of Cajun Country”—“Ca Va Passe” (This too shall pass). Some of us joined in Cajun dancing. Our third annual Goal-Setting session produced short-term goals to be worked on by ad hoc committees, such as shortening the Business Assembly and developing a format and possible manual for use in the Orientation sessions. P&D was “Abstinence: More Important Than a Tool?” We left LA with one more French phrase: “Laissez Le Bon Temps Rouler” (Let the Good Times Roll).

**JULY 1987****GREENVILLE, SC**

51 Reps, 8 states - Good News! An IG has been formed in the Virgin Islands. A format was adopted to use at the Orientation Meeting for new Reps. We also adopted a new format for Assemblies, involving major changes, such as a later starting time, using the P&D as the opening for the entire weekend, and allowing more time for committee work. We decided to discontinue no-business conventions. The P&D was “Principles Before Personalities.”

**NOVEMBER 1987****TAMPA, FL**

56 Reps, 9 states - We decided to develop a Newcomer Encounter Meeting Packet for use by the Region’s IGs. Elections were held: Treasurer, Gail Wilson, TN; Chair, Shirley Averett, GA, re-elected by acclamation. The P&D was, “There Ain’t No Such Thing As a Free Lunch.”

**MARCH 1988****HUNTSVILLE, AL**

58 Reps, 9 states - We blasted off to “Camp Recovery” with our new Assembly format. The annual Goal-Setting session emphasized a desire to network among IGs. A meeting for IG Chairs was scheduled, which will be a part of each Assembly in the future. We took our first Region Inventory and fared well. We decided to make the ad hoc Intergroup Sponsors Committee a permanent part of IGOR. The P&D on Friday night was “OA Is Not A Diet Club.”

**JULY 1988****RALEIGH, NC**

48 Reps, 9 states - Our theme was “Change: A Capital Idea.” Three new IGs, from FL and GA, were welcomed to the Region. The P&D was “Attraction-vs-Promotion” in keeping with Tradition 11. As decided at the 1987 Greenville Assembly, the second Rep luncheon was held to encourage networking among the Reps. Intergroup Chairmen met again and it was announced that Committee Chairmen would also have a meeting to share ideas. A new amendment to the Bylaws was passed to address the revised definition of abstinence adopted by WSO, and the issue of three-fold recovery for Board Nominees. A similar motion to recommend changing the WSO Bylaws reflecting three-fold recovery for the Trustee qualifications was carried. Committee Chairmen are now responsible for compiling a notebook describing the work of their committee which could be passed on to succeeding Chairmen in order to facilitate the transition process each year.

**NOVEMBER 1988****NEW ORLEANS, LA**

65 Reps, 9 states, 1 territory - Mardi Gras Country! New IGs were welcomed. The P&D was “Who Said That?... Anonymity.” Elections were held: Vice-Chair - Charle League, NC; Secretary - Jan Smith, AR. At the May, 1989, WSO Conference, Shirley Averett, our nominee for Trustee, was elected by acclamation. It was decided that the Region would attend two Professional Conferences in the coming year at the discretion of the Board and PCIC. Another item to be added to the P&P Manual would be that the annual budget adopted by the Assembly would be a balanced budget.

**MARCH 1989****LITTLE ROCK, AR**

50 Reps, 9 states, Puerto Rico - We met at the beautiful Excelsior Hotel. The weekend ended with a beautiful snow which made return travel difficult. New IGs were welcomed. The Board recommended that Reps be encouraged to speak at workshops during the business session when more than one Rep was present from their IG. The annual Goal-Setting session was informative, addressing the areas of Assembly business, outreach, and IG support. Planning began for the 1990 WSO Convention to be sponsored by Region 8 and held in New Orleans. The ad hoc WSO Convention Committee will continue to meet at each Assembly to facilitate and support plans and activities. The Committee recommended that anticipated over-expenditures of an approved committee budget should be reported in writing to the Treasurer and Finance Committee and approved at each Assembly provided the funds are available. The Region also voted to encourage IGs to sponsor an annual OA Oktoberfest which would emphasize gratitude—splitting proceeds between the IG and Region. The P&D was “Are We Recovered...or Recovering?”

**JULY 1989**

**AUGUSTA, GA**

Our Region continues to show a steady growth in attendance—67% of the IGs sent Reps to this Assembly. The P&D was “Came to Believe.” The Reps approved the recommendation of the Finance Committee to not accept ear-marked funds, and that any motions requiring expenditures of \$500 or more per year be presented to the Finance Committee prior to presentation to the Assembly. The principle of rotation of service roles was demonstrated as Shirley Averett stepped down as Chair to become Region Trustee; Charle League was elected Chair to fill Shirley’s unexpired term. Phyllis Wright, a former Trustee, was elected Vice-Chair.

**NOVEMBER 1989**

**FT. LAUDERDALE, FL**

Chilled bones were treated to the warmth of south Florida and many Reps enjoyed a few extra days playing tourist (some even took a cruise). Board members and Committee Chairmen shared their experience, strength, and hope during the P&D, answering questions from an ask-it-basket. 78% of Region 8 IGs were represented at this Assembly. The Assembly approved an outstanding new display board for use at professional events by Region and IGs. After considerable debate, the Reps voted to incorporate the summer, 1990, Assembly with the World Service Convention in New Orleans. Many enjoyed the late-night “Jacuzzi” meetings, and following dinner we proved again how we love to dance!

**MARCH 1990**

**JACKSONVILLE, FL**

Northeast Florida IG hosted the Assembly (it had been ten years since the Region had met in Jacksonville). It was quite a reunion for some OA old-timers who formed friendships in those early Region 8 years. The Assembly consisted of 79 in total attendance. The Reps approved the P&P Manual “face-lift.” Two new IGs were formed: South Appalachia IG (Fletcher, NC) and Myrtle Beach IG (Myrtle Beach, SC). A new booklet (Hosting Manual) was presented by the Assembly Coordinating Committee which will be given to those IGs who will host future Assemblies. An ad hoc committee was formed to study guidelines for funding Committee Chairmen. The P&P Committee became a new standing committee.

**AUGUST 1990**

**NEW ORLEANS, LA**

In an effort to cooperate, Region combined its Business Assembly meeting the same weekend as the WSO Convention which was hosted by our Region. We condensed our business agenda. The Assembly Coordinating Committee was abolished and made a function of the Vice-Chair’s duties. An ad hoc Nominating Committee was formed for the November elections. The Ways and Means Committee was directed to develop a Region 8 logo pin.

**NOVEMBER 1990**

**MEMPHIS, TN**

Memphis welcomed us with open arms. The P&D was on the topic of Sponsorship—Getting People to be Sponsors. Chair said attempts to create a Nominating Committee failed. Elections were held with Phyllis Wright, FL, being re-elected as Vice-Chair; Peggy Bueche, LA, as Secretary. Region prepared a motion to be presented to the 1991 WSBC dealing with the WSO Delegate qualifications. We also approved a \$500 donation to WSBC. To become better organized, it was approved that committee reports would be sent to the Literature Committee Chair two weeks prior to the Assembly so that they could be prepared before the Assembly. Region was given a set of tapes from the WSO Convention in New Orleans. It was decided that Ways and Means would develop a raffle.

**MARCH 1991**

**ATLANTA, GA**

After concern with low registration, the recession, and the Persian Gulf war, attendance surprised us with nearly 300 people. The P&D, “Getting Involved—How Can We Survive Without It” dealt with giving service. The Goal-Setting session “Our Ten-Year Vision” was conducted by our Trustee, Shirley Averett. Three logo pin designs were presented by the Ways and Means Committee, but no decision was made. This committee also presented a phone directory and meeting room door hanger which were approved to be sold as fund-raisers. The REGION Newsletter will attempt a “face-lift” by accepting new designs for its masthead.

**JULY 1991**

**JOHNSON CITY, TN**

Assembly was hosted by TN-VA IG, which has six groups. They may be small in numbers, but certainly not in heart or talent as evidenced by the smoothly run Assembly and Convention. The Finance Committee thoroughly revised its guidelines to reflect current practices as well as give clearer definition to financial policies. Recognizing Region’s goal to eventually fund all committee chairmen, the Finance Committee developed a procedure to implement the approval process while remaining financially objective. The Assembly adopted both of these actions which now appear in the P&P Manual. The Assembly also declared November as REGION 8 Newsletter month. The convention had a number of terrific workshops and the disc jockey will go down in our history as “one of the best.”

**NOVEMBER 1991**

**BATON ROUGE, LA**

Cajun people know how to have fun! 202 people registered for this convention, with 130 at the Saturday night banquet. An unusual "Miss OA" beauty contest was held which was enjoyed by many. At the Assembly, we bid good-bye to Gail Wilson - Treasurer. With rotation of service, we will probably see them again in other positions. Charle League was re-elected Chair. Isabel Torres, PR, was elected Treasurer. We nominated for Region 8 Trustee: Heather Larson, Orlando, FL, and Janice Sullivan, Houma, LA. They will be presented to the WSO Business Conference in May.

**MARCH 1992** **TALLAHASSEE, FL**

Reps said a fond and sad good-bye to our Trustee, Shirley Averett, as this would be their last Assembly for a while. As usual, Shirley brought a lot of information. The new WSO-approved recovery medallions were displayed. Anne Ligda, GST from CA, and Winnie Earnest from FL, co-led a workshop on the Twelve Concepts. The Assembly adopted Standing Rules. Note: At the WSO Business Conference in May, Janice Sullivan was elected as our Trustee. Region 8 continues to be a strong service base for World Service! Thank you, God.

**JULY 1992** **COLUMBIA, SC**

72 Reps - Magic was in the air as we experienced the theme "Magic in Recovery." All could identify with the P&D message of "Relapse Is Not A Dirty Word." The July '93 Assembly will be hosted by Triangle IG, Raleigh, NC, as we "Step Into the Recovery Triangle."

**NOVEMBER 1992** **FORT MYERS, FL**

"Catch the Wave of Recovery" was the theme, and catch it we did. What a wonderful place to be in the winter time. Our P&D topic was "Geographic Cohesiveness in Intergroup." We bid farewell to our Vice-Chair, Phyllis Wright as she left to pursue college courses. Peggy Bueche, LA, our former Region Secretary, was elected Vice-Chair, and Meredith Tompkins, LA, was elected Secretary.

**MARCH 1993** **AUGUSTA, GA**

"Reflections on Recovery" was the theme of our Assembly hosted by CSRA IG, and held at the beautiful Radisson Hotel. Our P&D topic "How Do We Keep Abstinence" was very lively and informative. We had one of the worst snow storms of the century and most of us were stranded in Augusta. Airports were closed, roads were blocked and most people were delayed getting home. The March, 1994, Assembly will be hosted by Palm Beach IG.

**JULY 1993** **RALEIGH, NC**

72 Reps - We were welcomed with open arms and loving hearts by the Raleigh and Triangle area of NC. The theme for the weekend, "The Recovery Triangle," focused on the steps, traditions, and service. "Stepping into the Recovery Triangle" was the P&D in which we used the experience, strength, and hope of the GST's. We received nominations for the November elections for Chair and Treasurer. Smoky Mountain IG will host the July, 1994 Assembly in Knoxville, TN.

**NOVEMBER 1993** **NASHVILLE, TN**

72 Reps - The theme, "Recovery...Music to my Ears," brought us to the heartland of Music City, U.S.A., Nashville, TN, where Middle TN IG was our host. There was a major airline strike--some of us are truly willing to go to any lengths for recovery. We bid farewell to Charles League, NC, Chair and Isabel Torres, PR, Treasurer, and we welcome Sheldon (Shelly) Levine, FL, as our Chair, and Wanda Sanderson, TN, as our Treasurer. TN Valley IG, Huntsville, AL, will host our November, 1994 Convention and Assembly with the theme "Rocket into Recovery."

**MARCH 1994** **WEST PALM BEACH, FL**

75 Reps - "Serenity in the Sun" was the theme of our weekend. Our P&D was "Footprints in the Sand." In keeping with the tradition of placing principles before personalities, we voted to discontinue using people's names on tapes sold at Assembly. In order for Region 8 to become fiscally responsible, we voted to discontinue paying for the Rep Luncheon on Saturday. March, 1995, Assembly is in Atlanta, GA. Rescinded July, 2004, Orlando, FL Assembly

**JULY 1994** **KNOXVILLE, TN**

74 Reps - Smoky Mountain IG hosted our Assembly with the theme, "Smoky Mountain Serenity." Our P&D topic was "What Are The Three Legacies...Steps, Traditions, Service." We are heading to Little Rock, AR, in July, 1995.

**NOVEMBER 1994** **HUNTSVILLE, AL**

75 Reps - TN Valley IG hosted Assembly with the theme "Rocket into Recovery." Our P&D was well received with the topic, "How Do We Keep the Traditions Without Causing Hurt Feelings?" We bid a fond farewell to two of our Board members:

Meredith Tompkins, LA, Secretary, and Peggy Bueche, LA, Vice-Chair. We elected Twila Saitow, NC, Secretary; and Marilyn Collins, AL, Vice-Chair. We also nominated Janice Sullivan, LA, and Charle League, NC, for the position of Trustee at the next WSO Conference. Manasota IG won the bid to host the November, 1995 Assembly.

**MARCH 1995**

**ATLANTA, GA**

63 Reps - Central Atlanta IG hosted our Assembly. P&D topic was “What Do the 12 Concepts Mean?” The Assembly voted to include the 12 Concepts in our P&P Manual. No bids were presented at the Assembly. A vote was taken that bids be accepted in the next 45 days by mail and the Board will decide based on all standing criteria.

**JULY 1995**

**LITTLE ROCK, AR**

51 Reps - “Recovering on the River” was the theme of our weekend. The topic of our P&D was “The Importance of Carrying the Message for Personal Recovery.” The motion passed that our Treasurer will handle all money transactions for the newsletter and the printing costs. It was also decided to have all Board members bonded.

**NOVEMBER 1995**

**BRADENTON, FL**

62 Reps - The theme selected by Manasota IG was “Bounty of Recovery.” The P&D: “What Is The Cause of the Decline in Membership, and What Might Help.” Shelly Levine, FL, was re-elected Chair, and Judy Pitman, FL, was elected Treasurer. A bid was awarded to Central Florida IG for November 1996 Assembly.

**MARCH 1996**

**BIRMINGHAM, AL**

53 Reps - Central Alabama IG selected the theme, “The Miracle is in the Magic of Recovery.” A call for help for WSO went out and we were able to send over \$600 to our home office. The P&D was “Letting Go of Self-Will to Establish a Common Bond.” Three bids were made for the March, 1997 Assembly and Freedom IG, Tampa, FL, won the bid.

**JULY 1996**

**JACKSONVILLE, FL**

64 Reps - NE FL IG hosted with the theme, “REGION Beyond Your Wildest Dreams.” P&D was “Seventh Tradition: How Do We Convey to Members That We Are Self-supporting and not Free?” Nominated for Vice-Chair: Marilyn Collins, Maxine Marcus, and Karen Pecquet; and for Secretary: Twila Saitow. All accepted the nominations. Our Trustee, Janice Sullivan, emphasized the importance of keeping WSO informed of group and IG changes. She also reported as of July 8th, the Southern California OA/HOW Intergroup had violated Traditions and they were removed from the WSO roster. There was only one bid for the July, 1997 Assembly—and it was awarded to Central Midlands IG, Columbia, SC.

**NOVEMBER 1996**

**ORLANDO, FL**

59 Reps - Central Florida IG hosted “It’s In The Book.” P&D was “Changed by the 12 Steps.” Trustee, Janice Sullivan, announced that WSO is now making a Newcomer’s Packet available. She also emphasized the importance of updating group and IG information to WSO. The Continuing Effects Motions can be ordered from WSO. Karen Pecquet was elected Vice-Chair, and Twila Saitow was re-elected Secretary by acclamation. We bid a fond farewell to Marilyn Collins. Gold Coast and Baton Rouge IGs bid for the November, 1997 Assembly. Baton Rouge won the bid.

**MARCH 1997**

**TAMPA, FL**

55 Reps - Freedom IG hosted “Soaring into Recovery Leads to Freedom from Bondage.” The P&D was “Service is Not Just Putting Away Chairs.” Trustee, Janice Sullivan, conducted a workshop on the Traditions which covered several points, among them how to use the Traditions: 1) to apply to our lives within the Fellowship and our relationships with other people; 2) to show us how to deal with groups which do not adhere to the traditions; and 3) to look at where group autonomy stops and begins to affect OA as a whole when the OA Bylaws and Continuing Effects Motions are violated. WSO now has a Web-site, and the WSBC will revisit issues of The Lord’s Prayer and Food Plans. It was also pointed out that Region 8 was the second highest contributor to WSO in 1996. Gold Coast IG was the single bidder for the March, 1998 Assembly. They were awarded the bid so we will be going to Fort Lauderdale, FL, March 27-29, 1998.

**JULY 1997**

**COLUMBIA, SC**

47 Reps - Hosted by Central Midlands IG, the theme was “Once Upon a Time.” P&D was “Principles Before Personalities.” There was a discussion about restructuring resulting in a motion to the WSBC to establish a restructuring committee, requesting recommendations from each Region. There were two bids for the July, 1998 Assembly: Central Atlanta IG and Greater Memphis IG. Memphis won the bid. The Assembly is scheduled for July 24-26, 1998.

**NOVEMBER 1997**

**BATON ROUGE, LA**

49 Reps - Hosted by the combined LA IGs, the theme was “Trudge the Road to Happy Destiny.” REGION 8 hosted the annual Region Chair Meeting; six Region chairmen and two GSTs were in attendance. P&D was “Helping Others: the

Foundation Stone of Your Recovery; page 97 in the Big Book.” Elections were held for Chair and Treasurer. Roz Newman ran unopposed and was elected Chair; Judy Pitman ran unopposed and was re-elected Treasurer. Two motions to be presented at the next WSBC regarding restructuring were passed. There were no bids for the November, 1998 Assembly.

**MARCH 1998 FT. LAUDERDALE, FL**

52 Reps - Gold Coast IG hosted “And So It Begins.” P&D was “Who are We? What is the Message?” The Board option was “Membership Retention in the Nineties: Who are We?” Several Reps discussed their early experiences in OA. The 1997 P&P Manual has been recalled due to inaccuracies. An ad hoc committee was formed to make recommendations for the future overseeing of the manual. There were no bids for the March, 1999 Assembly.

**JULY 1998 MEMPHIS, TN**

49 Reps/Committee Chairmen/Board – Greater Memphis IG hosted “12-Steppin’ in Blue Suede Shoes.” P&D was “Long-Term Recovery: It Really Does Come.” There were no bids for the July, 1999 Assembly.

**NOVEMBER 1998 SATELLITE BEACH, FL**

57 Reps/Committee Chairmen/Board – Space Coast IG hosted “Serenity by the Sea.” The P&D was on group autonomy, “What Injures Other Groups or OA as a Whole – Tradition 4.” Shirley Sibert ran unopposed for Vice-Chair and was elected. Mayra Rivera ran unopposed for secretary and was elected. Miami-Dade IG was awarded the bid for the fall 1999 Assembly which will convene in Miami Beach.

**MARCH 1999 CHARLOTTE, NC**

52 Reps/Committee Chairmen/Board - Hosted by Triangle and Piedmont IGs, the theme was “The Garden of Recovery.” The position of Region 8 Trustee is vacant due to the resignation of Shelly Levine. Mary Langston and Diane Schorr were nominated to run for the position of Region 8 Trustee at the WSBC in May, 1999. There were no bids for March 2000.

**JULY 1999 PENSACOLA, FL**

48 Reps/Committee Chairs/Board Members - Hosted by Emerald Coast and Sea-Renity Intergroups. The theme was "Soar into Recovery." The P&D was "12 Stepping for Personal Recovery." There were no bids submitted to Host the July 2000 Assembly. The location of the March 2000 Assembly as determined by lot will be in western Arkansas.

**OCTOBER 1999 MIAMI, FL**

43 Reps/Committee Chairs/Board Members - Hosted by the Miami-Dade Intergroup. The Theme was "Oceans of Recovery." The P&D was "Our Primary Purpose...What is the Message and How Do We Keep That Our Focus?" It was announced that the March 2000 Assembly will be held in Ft. Smith, Arkansas. Central Florida Intergroup volunteered to host the July 2000 Assembly. Two bids were submitted to host the fall 2000 Assembly. Pinellas Traditions Intergroup was awarded the bid to host the Assembly in November of 2000.

**MARCH 2000 FT. SMITH, AR**

33 Reps/Committee Chairmen/Board Members - Hosted by Region 8 with the guidance of HP, support from local volunteers and standing committees. Everyone was encouraged to keep it simple and to let go and let God. The theme was "Soaring to a New Way of Life." The P&D was "Daily Help for a New Way of Living." Persons from the area expressed thanks that REGION 8 lovingly carried the message of recovery to Western Arkansas. It was voted to have a PI event and OA meeting at region assemblies. Each standing committee completed an inventory and listed Tasks to accomplish/work on over the next four months. There were no bids to host the March 2001 Assembly.

**JULY 2000 ORLANDO, FL**

45 Reps/Committee Chairmen/Board Members - Hosted by Central Florida Intergroup. Theme was "Soaring In The Millennium." The P&D was "OA 12 Steps and Physical Recovery."

**NOVEMBER 2000 ST. PETERSBURG, FL**

45 Reps/Committee Chairmen/Board Members - Hosted by Pinellas Traditions Intergroup. Theme was "Freedom From Bondage." Elections were held for Vice Chair and Secretary. The P&D was "Traditions and Service Workshop." The location of REGION 8 November 2001 Assembly will be Savannah, Georgia, hosted by Northeast Florida Intergroup.

**MARCH 2001 NEW ORLEANS, LA**

45 Reps/Committee Chairmen/Board Members - Hosted by Central Office of Louisiana Gulf Coast Intergroups. Theme was "Keeping It Simple." The P&D was "Keeping It Simple." The REGION 8 Board will host an assembly once in 2002.

**JULY 2001** **NASHVILLE, TN**

57 Reps/Committee Chairmen/Board Members - Hosted by Middle Tennessee Intergroup. Theme was "Our Primary Purpose." The P&D was "Desire Requirement for Membership, Abstinence Requirement for Recovery."

**NOVEMBER 2001** **SAVANNAH, GA**

47 Reps/Committee Chairmen/Board Members - Hosted by Northeast Florida Intergroup. Theme was "Soaring Over Savannah."

**MARCH 2002** **MOBILE, AL**

44 Reps/Committee Chairmen/Board Members - Hosted by Region 8 Board. Theme was "Let's Mobilize in Mobile to Pass It On."

**JULY 12-14, 2002** **BATON ROUGE, LA**

45 voting: Hosted by the Baton Rouge Intergroup. Theme was: CELEBRATE LIFE. Total registrants for the event were 135. The profit after expenses was \$1,764.00 to be divided between Baton Rouge Intergroup and Region 8, however, the Intergroup voted to send region \$1,000.00.

**NOVEMBER 8-10, 2002** **WEST PALM BEACH, FL**

41 voting: 43 present in the assembly, Hosted by Palm Beach County Intergroup. Theme: SOAR ON THE WINGS OF SERENITY. This was Mayra Rivera's last assembly as Secretary after having served region for four wonderful years. Shirley Sibert served as interim Vice-Chair due to Catherine Gallagher resigning. Kathy Curtis was elected Vice-Chair. Gerri Helms was elected Secretary. Soar 8 Recovery Cruise "Voyage of Recovery 2" left immediately after the closing ceremony on Sunday.

**MARCH, 2003** **LITTLE ROCK, AR**

Host was Central Arkansas Intergroup. Theme: "Soaring in a New Direction." P & D was "THE WAY THAT SERVICE HELPS MY RECOVERY." 84 Total registrations

**JULY 18-23, 2003** **COLUMBIA, SC**

38 voting, 12 guests, 51 present in the assembly. Hosted by Central Midland's Intergroup where we all helped them celebrate 30 years of Overeaters Anonymous recovery in Columbia, SC. Theme: "Promises Do Come True; Together We Can Do What We Could Not Do Alone." P&D was "The Way That Service Helps My Recovery." 2002, Voyage of Recovery 2 Cruise donated to SOAR 8 \$2,350.00.

**NOVEMBER 7-9, 2003** **BIRMINGHAM, AL**

42 voting reps, 48 in the assembly, Theme: "Soaring into Action in Alabama." P&D was "Recovery in Action -Spiritual, Physical and Emotional." Harriet Hacker ran unopposed for treasurer and did receive a majority vote. Ray Frye, Sarah Glover, and Shirley Siebert ran for REGION 8 Chair. After three ballots were taken Sarah Glover was elected Chair by majority. This was Charles Aloisio's last assembly, after having served two years; as REGION 8 Chair. Charles was also ratified to go to the WSBC to run for Region 8 Trustee. Kayla Weingarten's served in the position as Treasurer for four dedicated years.

**MARCH 26-28, 2004** **ATLANTA, GA**

43 voting reps and 2 guests. Theme: "Recovery on My Mind." P&D WAS RECOVERY/SERVICE CONNECTION. The assembly bid Mary Langston a fond farewell as this was their last assembly after having served as Region 8 Trustee for five faithful years. As well, the assembly welcomed Sarah Glover as Chair. Harriet Hacker could not continue as Treasurer due to health problems. Kayla Weingarten agreed to stay on for the interim. Ray Frye was elected Treasurer.

**JULY 9-11, 2004** **ORLANDO, FL**

38 voting, 3 non-voting for a total of 39 in the assembly. Hosted by Central Florida Intergroup. Theme: "Soaring into the Sunlight (of the SPIRIT)." P&D was 'The Twelve Concepts of OA Service.'" Charles Aloisio took up the position of service as Region 8 Trustee since he was elected at the 2004 WSBC. Janice Sullivan served as Interim Vice-Chair. The motion to rescind or nullify the Region 8 Boards decision to dismiss the assembly elected Vice-Chair passed. The attendance was 146 pre-registered, 42 walk-ins, a profit of \$5,175.36 were split between Region 8 and Central Florida Intergroup.

**NOVEMBER 5-7, 2004****ORLANDO, FL**

43 Voting, 3 non-voting for a total of 46 in the assembly. There were 7 first time reps. Hosted by Space Coast Intergroup. Plans were to have it in Cocoa Beach, Florida, because of major hurricanes it was moved to Orlando. With all the obstacles placed in the path the event was very successful. Even with all the many unexpected expenses with the hotel because of having to move; the profit was still \$2,950.71 to be split between Region 8 and Space Coast Intergroup. Theme: "Soaring into Serenity." P & D was "SERENITY IS RECOVERY through the 12 Steps and 12 Traditions." Judy Kouri was elected Secretary and Janice Sullivan was elected Vice-Chair. There were 94 pre-registered, with 26 walk-ins for a total of 120.

**MARCH 11-13, 2005****CHARLOTTE, NC**

40 voting, 3 non-voting for a total of 43 in the assembly. Hosted by two Intergroups/ Triangle and Piedmont Intergroups. Theme: "SOARING HAPPY, JOYOUS and FREE." P & D was "Freedom from Obsession of Compulsive Overeating: A New Joy in Living." Total registered attendees for the weekend were 147. The total monies collected were \$4,722.51. Region received \$2,361.25, and the two Intergroups each received \$1,180.62.

**JULY 22-24, 2005****JACKSON, MS**

Hosted by Central Mississippi Intergroup. This is the first time in REGION 8 History that Central Mississippi Intergroup has hosted a Recovery Convention and Business Assembly. Theme: "WELCOME TO OA, WELCOME HOME." P & D was "TOOLS: Use 'em or Lose 'em." There were 77 pre-registered and 12 walk-ins. After the \$500.00 seed money was returned to REGION 8. Region 8 received \$491.51.

**NOVEMBER 4-6, 2005****MIAMI, FL**

38 voting reps, 4 non-voting for a total of 42 in the assembly. Hosted by Miami Dade Intergroup. Theme: "SOARING INTO ACTION." The P & D was "ABSTINENCE, PHYSICAL, RECOVERY AND BODY SIZE (THE "F" WORD)." The newly revised Hosting Manual was introduced and available. Gerri Helms was elected Chair and Scott Crawford was elected Treasurer. We bid farewell to Sarah Glover for their two years of service as Chair and Ray Frye for their two years as Treasurer. Total registration: 167 (101 by mail, 73 walk-ins). After the \$900.00 seed money was returned to SOAR 8 there was a profit of \$3,771.66. Region 8 received \$1,885.83 and Miami Dade Intergroup made the same amount.

**MARCH 31-APRIL 2, 2006****JACKSONVILLE, FL**

42 reps, 4 non-voting for a total of 46 in the assembly. Theme: LIVE WELL, LAUGH OFTEN, LOVE MUCH. The P & D topic was "Even Though I Have a Disease, I can still Live well, (the Steps), Laugh Often (the Fellowship). Love Much (Spiritually)." After seed money Region 8 received \$2,582.34.

**July 21-23, 2006****NASHVILLE, TN**

39 Voting Reps, 8 non-voting for a total of 47 in the assembly. There were 12 first time reps. Hosted by Middle Tennessee Intergroup. Theme: "Tune into Recovery." The P & D topic was "Tuning up your Traditions." On Saturday night there was fantastic local entertainment in place of a dance. After the \$500.00 seed money Region 8 received \$2,527.03.

**NOVEMBER 3-5, 2006****ORLANDO, FL**

38 Reps, 6 non-voting for a total of 44 in the assembly. There were 10 first time reps. Hosted by Central Florida Intergroup. We also helped Central Florida celebrate their 30th anniversary as an Intergroup. Theme: "I CAN SEE CLEARLY NOW." The P & D was "Getting Us in and Keeping Us In" (Membership Retention—Twelve-Step Within). Janice Sullivan was reelected for a two-year term as Vice Chair and Maureen Schwarzer was elected for a two-year term as Secretary. After the \$500.00 dollar seed money was repaid SOAR 8 received \$2,337.62.

**MARCH 16-18, 2007****MEMPHIS, TN**

29 voting, 4 non-voting for a total of 33 in the room. There were 7 first time Reps. Hosted by Greater Memphis Intergroup. Theme: "TAKE STOCK in Memphis." The P&D title was "Being abstinent." The 50/50 split including the silent auction was \$1,350.77. Greater Memphis Intergroup cleared \$1,147.00. The topic of the Friday night Forum was SERVICE. The Saturday night entertain was marvelous.

**JULY 13-15, 2007****ST, PETE BEACH, FL**

43 voting, 8 non-voting for a total of 51 in the room. Twelve first time reps. Hosted by Pinellas Traditions Intergroup. Theme: "SOARING INTO WAVES OF SERVICE." The P&D topic "How Service Helps with Recovery." The 50/50 split \$2,706.73. intergroup raised \$1,889.42 from there boutiques. Scott C., the Treasurer had to resign because of a family crisis. Judy P.

stepped in as treasurer. Sid B. came forward to serve as secretary with assistance from Joel. Charles Aloisio will continue be our Trustee for the next three years. He was re-elected at the 2007 WSBC.

**NOVEMBER 2-4, 2007**

**COLUMBIA, SC**

37 voting, 3 non-voting for a total of 40 in the room. Five first time reps. Hosted by Central Midlands Intergroup. Theme: "SERENITY IN SERVICE." The P&D topic "What does the Serenity Prayer mean to you: Physically, Emotionally and Spiritually?" Gerri Helms was re-elected to serve as Chair for two more years. Sid Bass was elected as Secretary for one year. Karen Cornacchia will serve as Treasurer for the next two years. There were 90 members registered, three were walk-in. REGION 8's part of the profit was \$1,412.30. Brenda W. and Stephanie D. were elected as 2008 WSBC Region 8 Delegates.

**MARCH 7-9, 2008**

**JACKSON, MS**

34 voting, 4 non-voting for a total of 38 in the room. Hosted by Central Mississippi Intergroup. Theme: SOAR into '08 with Region 8. The P&D topic was "Abstinence and the Dignity of Choice." The Twelve Step-Within Committee developed a "March Mission to Mississippi." There was over \$4,387.76 that came in. Many were able to receive scholarships to attend that may not have been able to attend otherwise. REGION 8's part of the split was \$1,800.03. There were 101 members registered for the whole weekend. Motion to change REGION 8 to twice a year instead of three times, failed.

**JULY 18-20, 2008**

**FORT LAUDERDALE, FL**

41 voting, 7 non-voting for a total of 48 in the room, seventeen first time reps, with twenty-six Intergroups in attendance. Co-hosted by Gold Coast and Palm Beach Intergroups. Theme: "The Promises are Your Fate in 2008." The P&D topic: "WILL THE PROMISES WORK FOR ME." There were 226 pre-registered, forty-one walk-ins; for a total of 267. Region 8's part of the profit was \$5,420.42. Along with the boutique income the two Intergroups spit \$6,873.97; earning them each \$3,436.99.

**NOVEMBER 7-9, 2008**

**COCOA BEACH, FL**

Friday there were 37 eligible to vote, 11 not eligible to vote, for a total of 48 in the room. Saturday in the morning there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. Saturday in the early afternoon there were 45 eligible to vote, 4 not eligible to vote, for a total of 49 in the room. Later Saturday afternoon, after the second roll call there were 46 eligible to vote, 6 not eligible to vote, for a total of 52 in the room. There were eleven (11) first time reps ("green dots"). The Assembly was hosted by Space Coast Intergroup, with a theme of: "Soaring into Serenity by the Sea." The P&D topic was: "There is no Them—only Us." Joel Isenstaad was reelected to serve as Secretary for 2 years. Gloria Lockridge was elected Vice Chair to serve for two years. There were 45 Members pre-registered for the Assembly. Space Coast Intergroup did not request any seed money. REGION 8 received \$2369.83. Stephanie Duran, Sonia Echezuria and Angie Ballard were elected WSBC delegates. \$500 was donated to Region 3 to use as it sees fit for the rebuilding of Overeaters Anonymous to those affected by Hurricane Ike. A budget for fiscal year 2008-2009 was adopted. Tampa Florida bid Suncoast Intergroup's (Tampa, FL) bid for Assembly in November 2009 ("Rockin' and Rollin' in Recovery") was accepted.

**MARCH 27-29, 2009**

**LITTLE ROCK, AK**

Friday there were 37 eligible to vote, 5 not eligible to vote, for a total of 42 in the room. Saturday in the morning and in the afternoon, there were 39 eligible to vote, 5 not eligible to vote, for a total of 44 in the room. At the final Saturday roll call there were 38 eligible to vote, 5 not eligible to vote, for a total of 43 in the room. No reps participated remotely. There were seven (7) first time reps ("green dots"). The Assembly was hosted by Central Arkansas Overeaters Anonymous Intergroup, with a theme of: "Diamonds in the Rough." The P&D topic was: "The Four Facets of a Diamond: Clarity, Cut, Color and Carat." The forum topic concerned team work and committee service and structuring in a pep rally format. Region 8's WSBC delegates gave a report. Central Arkansas Intergroup sent Region 8 a check for \$1161.53. Greater Memphis Area Intergroup's bid for Assembly in March 19-21, 2010 ("Walkin in Memphis Twelve Stepping Away the Blues") was accepted.

**JULY 17-19, 2009**

**ATLANTA, GA**

Friday there were 42 eligible to vote, 7 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 48 eligible to vote, 12 not eligible to vote, with 3 of those 12 being remote participants, for a total of 57 in the room and a total of 60 participating. Saturday afternoon for the first roll call there were 47 eligible to vote, 9 not eligible to vote, with 2 of those 9 being remote participants, for a total of 54 in the room and a total of 56 participating. At the final Saturday roll call there were 47 eligible to vote, 8 not eligible to vote, with 2 of those 8 being remote participants, for a total of 53 in the room and 55 participating. There were approximately fifteen (15) first time reps ("green dots"). The Assembly was hosted by Central Atlanta Overeaters Anonymous Intergroup, with a theme of: "It Works. It Really Does." The P&D topic was: "Fear of Economic Insecurity Will Leave Us." The forum topic concerned the many languages of recovery—with power point presentation and much humor and cheering. Region 8's WSBC delegate gave a

report. Central Atlanta Intergroup sent Region 8 a check for approximately \$3,120.97. Central Office of Louisiana Intergroup's bid for Assembly in New Orleans July 9-11, 2010 ("12 Steppin' in the Big Easy") was accepted.

**November 6-8, 2009**

**TAMPA, FL**

Friday there were 41 eligible to vote, 8 not eligible to vote, for a total of 49 in the room. There were no remote participants. Saturday in the morning there were 47 eligible to vote, 4 not eligible to vote, for a total of 51 in the room and no remote participants. Saturday afternoon there were 49 eligible to vote, 7 not eligible to vote, for a total of 56 in the room and no remote participants. There were approximately eleven (11) first time reps ("green dots"). The Assembly was hosted by Suncoast Intergroup in Tampa, Florida with a theme of: "Rockin' and Rollin' in Recovery." The P&D topic was: "Having Fun in Recovery or The Joy of Recovery." The forum topic concerned streamlining and reorganizing our Committees-with power point presentation and much humor and cheering. Suncoast Intergroup sent Region 8 a check for approximately \$2,539.27. Central Florida Intergroup's bid for Assembly in Orlando November 5-7, 2010 ("Action is the Magic Word") was accepted.

**March 19-21, 2010**

**MEMPHIS, TN**

Friday there were 44 eligible to vote, 5 not eligible to vote, for a total of 48 in the room. There were no remote participants. Saturday in the morning there were 45 eligible to vote, 6 not eligible to vote, one of which was a remote participant, for a total of 51 in the room. Saturday afternoon there were 44 eligible to vote, 5 not eligible to vote, one of which was a remote participant, for a total of 49 in the room. There were approximately eleven (11) first time reps ("green dots"). The Assembly was hosted by Greater Memphis Area Intergroup in Memphis, TN with a theme of: "Walking in Memphis: 12 Steppin' Away the Blues!" The P&D topic was: "The Road of Happy Destiny." The forum topic was "How can we make the Assembly more efficient and attractive?" Memphis Intergroup sent Region 8 a check for approximately \$1,830.23 and returned over \$1000 in scholarship funds. Baton Rouge Intergroup's bid for Assembly in Baton Rouge, Louisiana March 10-13, 2011 ("Serenity on the Bayou") was accepted.

**July 9-11, 2010**

**NEW ORLEANS, LA**

Please see the Minutes of the July 2010 Assembly which are contained in the November 2010 Assembly packet (or addendum) and also on our website ([www.oaregion8.org](http://www.oaregion8.org)) for the roll call and number of persons eligible to vote. There were approximately five (5) first time reps ("green dots"). The Assembly was hosted by Central Office of Louisiana (COLA) Intergroup in New Orleans, LA, with a theme of "12 Steppin' in the Big Easy." The Presentation and Discussion topic was: "Without the Steps, OA is just another diet and calories club." The forum consisted of a technology tutorial on how to use the OA Region 8 website, make changes for meetings, etc. COLA Intergroup sent Region 8 a check for approximately \$2,331.63 and returned \$1,210.34 in scholarship funds. Middle Tennessee Intergroup's bid for Assembly in Nashville, TN for July 8-10, 2011 ("Tune into the Principles") was accepted.

**November 5-7, 2010**

**ORLADO, FL**

Saturday there were 52 eligible to vote. Motions 1 and 1A were adopted; Motion 2 was withdrawn. Saturday afternoon there were 52 eligible to vote. The motion to defund the webmaster service position was adopted. The budget as amended was adopted. Three WSBC Delegates from Region 8 were elected. There were approximately five (5) first time reps ("green dots"). The Assembly was hosted by Central Florida Intergroup ("CFI") in Orlando, Florida, with a theme of "Fun in the Sun with Abstinence." The Presentation and Discussion topic was: "Abstinence-Much More than a Food Plan." The forum topic was "International Region 8." Elections were held for Vice Chair and Secretary. CFI returned \$500 of seed money to Region 8, returned \$315.84 of scholarship funds to Region 8 and sent to Region 8 a profit of \$3655.81. General Services Board of Colombia and Intergroup Medellin and Bogota Intergroup's bid for Assembly in Medellin, Colombia, S.A. for November 4-6, 2011 ("United We Maintain Our Abstinence") was accepted.

**March 11-13, 2011**

**BATON ROUGE, LA.**

Saturday there were 38 eligible to vote. Motions amending the Standing Rules, requiring ballot vote for all elections, and switching from roll call to credentials report all passed. The Assembly was hosted by Baton Rouge Intergroup ("BRIG") in Baton Rouge, LA, with a theme of "Serenity on the Bayou." The Presentation and Discussion topic was: "How do I know if a fellow OA Member is in relapse and what do I do about it?" The forum topic was "Financial Health of Region 8." BRIG sent to Region 8 a check in the amount of \$3,017.45. Triangle Intergroup's (Raleigh, N.C.) Bid for Assembly in Raleigh, N.C. in March 2012 ("Soaring to Recovery: Physical, Emotional, Spiritual") was accepted.

**July 8-11, 2011**

**NASHVILLE, TN**

Saturday morning, there were forty-two voting members, two non-voting board members and two non-voting visitors present. The Chair talked about how donations were down across Region 8 and introduced the Five-Alive program to help ensure the November assembly in Medellin Columbia is a success. Later the Chair gave current figures for the number of meetings in Region 8, registered with WSBC. Region 8 has 674 meetings affiliated with service-boards or Intergroups and 147

unaffiliated meetings, for a total of 841 groups in REGION-8. Many of the unaffiliated groups are in South America. Motion 1 passed to move the Lifeline/Designated Downloader subcommittee to the Twelfth-Step-Within Committee. Motion 2 was divided into three parts. Motion 2A passed and Motion 2B passed as amended. Motion 2C was tabled for consideration in Medellin. The net effect was to raise the amount of money that can be added to the cost of meals, registration and hotel rooms by a Hosting Intergroup as a fund raiser to reflect current practices. In other business, Patti S. was elected interim treasurer until the next meeting in Medellin. Nominations were made for elections in Medellin for Chair, Treasurer, and for WSBC Delegates for 2012.

#### **November 4-6, 2011**

#### **MEDELLIN, COLUMBIA**

This was the first international (non-US) assembly in the history of the Southeast Region. The assembly opened with 32 voting members and 13 non-voting in the room. By Saturday morning, 36 were signed in and received credentials. An amendment to the bylaws was adopted to allow a vacancy on the board to be filled by a qualified member approved by the majority of the remaining members, to hold office until the next scheduled election. Bylaws were amended to give 2-year terms to funded committee chairs, with a 2-term (4 year) limit where possible. The bylaw glossary was also amended to include the new WSBC-approved definition of abstinence.

#### **March 9 - 11, 2012**

#### **RALEIGH, NC**

Friday evening, March 9, the newly elected Chair introduced their theme of "Pass it On." She referred to Bill W's 's book about the first years of the AA program and how the message was passed on from two members to three and so on. She hopes we will all pass it on to those we meet who are still suffering from the physical, emotional and spiritual manifestations of this disease. Saturday morning began with 46 voting members. Board motion 1 passed that Region-8 shall no longer pay the expenses of the Region-8 Trustee. The Trustee has a World Service Budget and can request adequate funds to do the work that is required. A motion to amend the bylaws and P&P to change the number of Business Assemblies from three per year to two per year was offered. After discussion in the forum on Friday evening and extended debate on the floor of the Assembly on Saturday, the motion failed to obtain the necessary 3/4 vote for passage. The motion therefore failed and REGION-8 will continue to sponsor three Business Assemblies per year. Forty-five voting members were present for the afternoon session. Bids for the March 2013 Business Assembly and Convention were presented by the Greater Memphis Area and North Florida Intergroups. Memphis, TN was selected as the site of the March 2013 Assembly and Convention.

#### **July 3 – 15, 2012**

#### **MIAMI, FL**

The business assembly convened at 7:00 p.m. on July 13, 2012, with 40 eligible voters. By the afternoon of Saturday, July 14, a total of 42 eligible voters were present.

- A motion to amend the 2012 budget passed that 1) increased the budget to allow our chair to meet their mandatory responsibilities as chair of Region 8 and as chair of the Region Chairs' Committee, 2) to create a reserve fund to accumulate funds for travel, particularly for reaching out to the still suffering compulsive overeater in Region 8, and 3) to increase this year's annual donation to WSO by \$500.00.
- A Bylaws motion passed that inserted a new subsection A to Article III, Section 1. The new subsection A reads: "A. Region-8 Committee Chair shall be nominated by said Committee and appointed by the Region 8 Board yearly at each late October early November Region 8 Business Assembly, on the following schedule: 1. Even years: Ways & Means, Intergroup Outreach, and By-laws/Electronic Documents; and 2. Odd years: Technology/Web Site, Twelfth-Step-Within, Unity with Diversity, Public Information/Professional Outreach Committee." The previous subsection A has now been moved to subsection B and previous subsection B has been moved to subsection C.
- By-law Article VII, Section 1, Part A was amended to make it consistent with current practice. "Region 8 shall hold regular Region 8 Recovery Convention and Business Assemblies three (3) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region 9 Business Assembly one year previous."
- Nominations were accepted for the November, 2012 Assembly for Vice-Chair, Secretary, WSBC Delegates, and Region 8 Trustee.
- The bid for the July 2013 Business Assembly and Convention was presented by and accepted for Palm Beach County Intergroup, for July 11 – 13. The theme will be, "Where the Action Is."

#### **November 9 - 11, 2012**

#### **ST PETERSBURG BEACH, FL**

The business assembly convened at 7:00 p.m. on Nov. 9, 2012, with 45 eligible voters.

The Assembly voted to adopt a group conscience that REGION-8 move from three assemblies per year to only two. However, this would require a change in Bylaws, which would require a 3/4 vote; with implementing P&P changes. Therefore, the motion had no force or effect, unless and until such a Bylaw change is adopted.

- FY 2012-2013 Budget— approved.
- Ratification of Region 8 Trustee Nominee, Linda H. was approved.
- Application of Gerri H for General Service Trustee was approved.

- Election of Vice Chair-- Sander B. elected.
- Election of Secretary—Janet T. elected
- Five REGION-8 Delegates were selected for the 2013 WSBC.
- Bid for November 2013 Assembly & Convention made by N. Florida Intergroup was approved, Nov 2013 assembly will be in Jacksonville, FL.

### **March 15 - 17, 2013**

### **MEMPHIS, TN**

The business assembly convened at 7:00 pm, March 15, 2013, with 38 eligible voters. By the afternoon of Saturday, March 16, a total of 39 eligible voters were present.

- A motion was presented by the board to establish funding assistance procedures for Intergroup Delegates. The motion establishes a Region 8 Delegate Support Fund (R8DSF) to be created annually with a minimum amount of \$2,000, finances permitting. Awards will be given only to Region 8 Intergroups/Service Bodies that require financial assistance in order to send a delegate to the WSBC. If the R8DSF award is not sufficient to cover costs, Region 8 will forward the application(s) to the WSBC Delegate Support Fund for additional funding consideration. The motion as amended was adopted.
- A second motion was presented by the Miami/Dade Intergroup, to amend Bylaw Article VII, Section 1 (Regular Meetings), to change from three assemblies to two per year. A  $\frac{3}{4}$  majority vote (twenty-nine votes) was required for adoption. A written ballot was taken. Twenty-two voted yes, seventeen voted no. The motion was therefore lost.
- A third motion was presented by Patti S., R8 Treasurer, to amend the auto reimbursement rate in the P&P manual. Mileage reimbursed to be the current IRS rate for miles driven in service of charitable organizations or actual expenses. Simple majority was needed to adopt. This motion was adopted.
- An emergency motion was presented by the Secretary to request a budget override of \$200 for the Ways & Means committee to purchase additional serenity knots to sell at WSBC. A majority vote was needed to adopt. Motion was adopted
- Bids for the March 2014 Business Assembly & Convention were presented by the Central Arkansas Intergroup, Little Rock, and by the Baton Rouge Intergroup. Little Rock received the bid with a written majority ballot.

### **July 11-13, 2013**

### **BOCA RATON, FL**

The business assembly convened at 7:09 pm, July 11, 2013, with 35 eligible voters. By Saturday, July 12, a total of 39 eligible voters were present.

- A motion was adopted to amend the Region 8 bylaws to change committee chair abstinence requirements by replacing the words “have arrested their compulsive eating and be living within the concepts of the 12 steps of OA for one year” in Article VIII, Section 1A, 1. d. of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion to amend the Region 8 bylaws was adopted to change committee chair abstinence requirements by replacing the words “have arrested their compulsive eating and be living within the concepts of the 12 steps of OA for one year” in Article VIII, Section 1A, 1. d. of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion to amend the Region 8 bylaws was adopted to change the WSBC delegate’s abstinence requirements by replacing the words “must have arrested their compulsive eating and be practicing the principles of the 12 steps and 12 traditions for a minimum of (1) year” in Article IV, Section 4B of the REGION 8 bylaws with “shall have a minimum of 1-year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.”
- A motion was adopted to revise the Policies & Procedures Manual IX. Financial Policies, #9, c. Meals, page 8 and to revise the Voucher and Advance Request Form to reflect said changes. The new policy to read, “Reimbursement for meal expense (including tips) incurred at or traveling to and from Assembly shall be a maximum of \$70 per Assembly for Funded Committee Chairs and Parliamentarian, and \$120 per Assembly for Board Members, plus the cost of Saturday lunch and banquet. No alternate meal expense shall be reimbursed for Saturday lunch and banquet.
- A motion to change from three assemblies per year to two was amended and was lost.
- A motion was amended and was lost to avoid revisiting substantially the same issue with repetitive motions within a 12-month period.
- A motion was amended and adopted to Amend the Policy & Procedure Manual, section XIII, Standing Rules, and the Standing Rules Section IV, page 42, by adding a new rule #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  $\frac{3}{4}$  vote for adoption.”
- Nominations were accepted for the November, 2013 Assembly for Chair and Treasurer.

- The bid for the July 2014 Business Assembly and Convention was presented by and accepted for Baton Rouge, LA Intergroup (BRIG), for July 11-13, 2014.

**Nov. 15-17, 2013**

**JACKSONVILLE, FL**

The business assembly convened at 7:06 pm, Nov. 15, 2013, with 36 eligible voters. By Saturday, Nov. 16, 2013, a total of 44 eligible voters were present.

- A motion passed to amend the by-laws that changed the number of votes needed to amend the by-laws, from  $\frac{3}{4}$  of those voting to  $\frac{2}{3}$ . The motion was adopted by  $\frac{3}{4}$  vote. Article XI, Sec. 1C now reads, "Except as otherwise specified by these Bylaws, amendments to these Bylaws may be adopted by a two-thirds ( $\frac{2}{3}$ ) majority of those persons eligible to vote present at any regular or special Region-8 Business Assembly provided a quorum is present."
- The following funded committee chair nominees were ratified:
  - Tech/Web, Lynn P., Suncoast IG, FL
  - 12th Step Within, Nina S., Greater Memphis IG, TN
  - Unity with Diversity, Viviana, JNS de Colombia
  - Public Info, Professional Outreach, Toni W., Pinellas Traditions IG, FL
  - The Fiscal Year 2013-2014 budget was approved with an amendment to add a line to the proposed budget for Region 8 Trustee.
- Gloria L. was elected Chair for the 2014-2015 term. Patti S. was elected Treasurer for the 2014-2015 term.
- Announcement was made of the selected 2014 funded WSBC delegates:
  - Alejandro S, Costa Rica Intergroup (\$1,210)
  - Sarah G., Middle Tennessee Intergroup (\$836)
  - Sima M., North Louisiana (\$862.40)
  - Sarah G., Intergrupos de Bogota (\$1,669)
  - Pedro G.,- Junta de Servicios Generales (\$1,300)
- Bids were presented for the November 2014 Assembly & Convention. By written ballot, the Nov 2014 bid is awarded to Bogota, Colombia.
- The Assembly adjourned at 5:32 pm, Nov. 16, 2013.

**March 21-22, 2014**

**LITTLE ROCK, AR.**

The business assembly convened at 7:08 pm, March 21, 2014, with 28 eligible voters. By Saturday, March 22, a total of 30 eligible voters were present.

An amended motion passed to amend Bylaw Article VII, Section 3. Method of Notification and Article XI – Amendments, Section 1B to the Bylaws. The articles as amended now read:

Article VII, Section 3 - Notification of regular Region-8 Business Assemblies shall consist of notices prepared by the Region-8 Service Office to notify each registered service body and Region-8 Representative standing Committee Chair Board Members and the Region-8 Trustee at least 30 days prior to the Region-8 Assembly.

Article XI, Section 1 B – The Region-8 Secretary shall cause a written or emailed copy of the proposed amendment and accompanying motion to be communicated to each Region-8 Registered Service Body, Region-8 Representative, Standing Committee Chair, Board Member and the Region-8 Trustee at least 30 days prior to the commencement of the Region-8 Business Assembly or Special Region-8 Business Assembly at which action is to be taken on the proposed motion and amendment.

A Policy and Procedure motion was passed to Amend Section XIV. BOARD MEMBERS, Secretary – Before Assembly Responsibilities,

1. At least thirty (30) days prior to each Assembly, send packet of information to: Trustee, Board, Reps, Intergroups, other service bodies, Funded Committee Chairs and (for one year) outgoing Board members. Place a file copy in the Archives Repository. Send via US Mail or electronic media and include the following:
2. (No change)
3. The Region-8 Secretary will distribute any addendum to the Assembly Packet seven (7) days prior to each Assembly to members identified in item 1. The addendum to the Assembly Packet is submitted to the Region-8 Webmaster to post on Region-8 website.

Another Policy and Procedure motion was passed to amend the REGION 8 P & P, Section IX – Financial Policies; to add Subsection C, as follows:

1. The Region 8 Carry The Message Fund will be created annually with a minimum amount of \$2,000, finances permitting.
2. The purpose of the fund is to carry the message of recovery to those who still suffer, in and outside the rooms, and/or to supplement IGOR rep funding.

3. Applicants will complete a “Carrying the Message” Fund - Request for Funding form and forward it to the funding committee (see attached form).
4. Allocation of funds shall be made by the funding committee with the following guidelines:
  - a. The funding committee shall consist of the Region 8 IGOR Chair and the Region 8 Treasurer.
  - b. In an effort to be self-supporting Region 8 encourages the service body to contribute what they can afford toward their expenses.
  - c. Qualifying events include, but are not limited to, TSW and PIPO, with priority given to requests coming from under-served and/or financially disadvantaged areas.
  - d. In the event funds remain un-allocated within any fiscal year, the board may act proactively to use said funds to further the intent of this section, including, but not limited to doing workshops.

Make this process effective immediately following adoption by the Region-8 Assembly.

A bid presented for the March 2015 Assembly & Convention from Middle Tennessee Intergroup, Nashville, Tennessee was adopted. An emergency budget override motion made by IGOR committee to request an additional \$2,000 to fund reps for the remainder of the business assemblies for 2014 was adopted. An emergency budget override motion from Tech/Web committee to request an additional \$800 to pay webmaster \$100/month for service rendered-motion is adopted.

### **July 11 – 13, 2014**

### **BATON ROUGE, LA**

The business assembly convened at 7:00 p.m. July 11, 2014 with 38 voting/9 non-voting in the room, including virtual for total of 47, no virtual attendees. Saturday included: 39 voting, 6 non-voting members present.

- The following motions were addressed during the assembly:
  - Motion 1—2 assemblies per year (Bylaws change)-Lost (23 for, 14 against, 1 abstain by written ballot 9)
  - Motion 2—2 assemblies per year (P&P change)-Out of order since motion 1 was lost
  - Motion 3—Ways & Means budget override-Adopted
  - Motion 5—Virtual voting (Bylaws change)-Referred to committee by virtue of the fact that a secondary motion made and adopted to refer this motion to committee, voice vote taken, chair in doubt, count vote done 22 in favor 14 opposed-
  - Motion 4—Virtual voting (P&P change)-Referred to committee due to Motion 5 being referred to committee
  - Motion 6—Assembly procedures change- Referred to committee due to Motion 5 being referred to committee
  - Motion 7—Standing rules change- Referred to committee due to Motion 5 being referred to committee
- The following nominations were made:
  - Vice Chair-Lonna C., Aleta P., Janet T.(declined)
  - Secretary- Janet T., Ruby M.(declined after the close of the assembly)
- Bids for July 2015 Assembly & Convention from Central Office of Louisiana- show of hands vote adopted the bid to go to New Orleans in July 2015.
- The assembly adjourned at 4:52 pm, July 15, 2014.

### **November 14-16, 2014**

### **BOGOTA, COLUMBIA**

The business assembly convened at 7:00 p.m. on November 14, 2015 with 32 voting and 13 non-voting (4 virtual) attendees. Motion 1, to adopt two Region-8 assemblies per year, was lost with 20 in favor and 14 against with 34 eligible to vote. Motion 2, changing the P&P to two assemblies, was considered out of order since Motion 1 was lost. An ad hoc committee was formed to research virtual attendance at the Region assemblies. Approval of the 2014-2015 budget was adopted. The following positions were elected: Aleta P, Baton Rouge IG - Vice Chair; Janet T., Central Florida IG - Secretary. The following Committee Chairs were appointed: Intergroup Outreach - Andi S, Gold Coast IG; Bylaw/eDocs - Marilyn T., Manasota IG; Ways and Means - Samantha A., Pinellas Traditions IG  
Suncoast IG was awarded the Nov 2015 Business Assembly. Assembly adjourned on November 16, 2014 at 5:12 p.m.

### **March 13, 14 and 15, 2015**

### **NASHVILLE, TN**

The business assembly convened at 7:00 p.m. on March 13, 2015 with 34 voting and 11 non-voting. Three emergency budget motions were presented and approved. A special forum for Remote Voting was presented to the group. No bids were submitted for the March, 2016 Assembly, but Central Florida IG offered to sponsor an underserved Intergroup to host the business/recovery assembly. Assembly was adjourned on March 14, 2015 at 4:08 p.m.

### **July 10, 11 and 12, 2015**

### **NEW ORLEANS, LA**

- The business assembly convened at 7:00 p.m. on July 10, 2015 with 33 voting and 6 non-voting.
- Motion 1: Motion Timeframe change to Bylaws to change 90 days to 75 days and 60 days to 45 days was adopted.

- Motion 2: Standing Rules Amendment for Motion Timeframes arising outside the Business Assembly – 75 and 45 days – adopted.
- Motion 3: Assembly Procedures for submitting Motions – 75 and 45 days – adopted.
- Motion 4: Create a Translations Sub-committee – adopted.
- Emergency motion to amend budget – adopted.
- Nominations for Chair, Treasurer and Region Trustee were submitted.
- Assembly was adjourned on July 12 at 4:52 p.m.

**November 6, 7 and 8, 2015 TAMPA, FL**

The business assembly convened at 7:00 p.m. on November 6, 2015 with 43 voting and 11 non-voting. Motion 3: Bylaws change – Two Region 8 Assemblies Per Year - adopted by 2/3 vote. Motion 4: P&P change Two Region 8 Assemblies Per Year – motion was amended to remove the specific months – this was deted to be out of order, since it repeats the Bylaws changed voted on in Motion 3. Motion 4 adopted. Motion 1 – Bylaws change – Define virtually present at Region 8 Assemblies – motion failed. Motion 2 – P&P change – Allowing Remote Voting at Remote Presentation of Motions – Motion 2 failed this motion is out of order and was not considered by assembly. Election of Chair – Viviana G was elected by written ballot. Election of Treasurer – Samantha A. was elected by written ballot. Nominee for Region 8 Trustee – Linda H, current Region 8 Trustee Assembly Adjourns at 6:00 p.m. November 7, 2015.

**March 4-6, 2016 ATLANTA, GA**

Greater Atlanta Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Atlanta, GA. The theme of the weekend was “Building an Arch to the Road of Recovery: It Works, It Really Does.” The business assembly convened at 7:04 pm on March 4, 2016. Final maximum credentials: 46 eligible voters; five non-voting in the room, and one non-voting virtual representative.

- Motion 1: Bylaws – Amendments by Funded Committees. Adopted.
- Motion 2: Bylaws – Define Virtually Present at Region 8 Assemblies. Defeated.
- Motion 3: P&P – Allowing Remote Voting and Remote Presentation of Motions. Ruled out of order since Motion 2 was defeated.

Assembly adjourned at 4:52 p.m. March 5, 2106.

**July 15-17, 2016 ST. PETERSBURG, FL**

Pinellas Traditions Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in St. Petersburg, FL. The theme of the weekend was “Diving Into the Steps.” The business assembly convened at 6:58 pm on July 15, 2016. Final credentials: 40 eligible voters; nine non-voting including two virtual attendees. There was an educational discussion on the distinction between two categories of WSBC Delegates: 1) those representing and funded by Region 8 (Bylaws Article IV, p. 5 and P&P Article XVII) and 2) Support Fund Delegates who represent their IG (P&P Article IX).

- Motion 1: P&P – Move forms for Region 8 from P&P to website. Adopted.
- Motion 2: Bylaws – Change reference of Assembly months to Spring and Fall. Adopted.
- Motion 3: P&P – Change reference of Assembly months to Spring and Fall. Adopted.
- Motion 4: Bylaws – Eligible to Vote. Adopted.

The following nominations were made:

- Vice-Chair: Aleta P., Andi S., Barbara C.
- Secretary: Ruby H., Barbara C.

Assembly adjourned at 4:49 p.m. July 16, 2016.

**October 28-30, 2016 MEMPHIS, TN**

Greater Memphis Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Memphis, TN. The theme of the weekend was “Miracles In Memphis.” In keeping with the holiday, the dinner banquet included a Halloween costume contest; members were clad as the Tools, the pink cloud, and other aspects of the Program. The business assembly convened at 7:00 pm on October 28, 2016. Final credentials: 40 eligible voters; seven non-voting including three virtual representatives. There were no regular motions and one emergency motion: To suspend P&P Article XI #2 for 2017 only. This was to allow the Assembly to be held in Miami in October 2017 (instead of September as written). Adopted. Elections were held: Vice-Chair = Barbara C. and Secretary =Ruby H. It was also voted to fund Sam A. and Laura A. as WSBC Delegates representing Region 8; and to partially fund Alejandra (Costa Rica) and Dora (Brazil) to represent their IGs at WSBC. Assembly adjourned at 6:00 p.m. October, 2016. Assembly adjourned at 5:25 p.m. October 29, 2016.

**March 17-19, 2017 JACKSONVILLE, FL**

New Freedom (North Florida) Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Jacksonville, FL. The theme of the weekend was “The Blessings of Recovery.” The business assembly convened at 6:55 pm on March 17, 2017. Final credentials: 38 eligible voters; a minimum of three non-voting in the room (Trustee, Parliamentarian and at least one Page), and 1-6 virtual representatives (depending on the time). There were six “green dots” (first time attendees). No bids were presented for the spring 2018 RC & BA; but by the end of the weekend, Southwest Alabama Intergroup, Mobile, AL volunteered to host the event if other outside people would help them. The willingness of Southwest Alabama IG will be considered and treated as a bid.

The following motions were considered:

- By-Laws Article VII Section 4 - Quorum: Change number of IGs represented from two (2) to eight (8) in order to constitute a quorum. Motion carried and adopted.
- P&P, XI. Assembly Procedures – 2. Change when business assemblies are held from “March and September” to “March/April and October/November.” Motion carried and adopted.
- P&P, IX. A. 15: Moved Tech Web (Technology) Committee from b. to e (increased importance) in case of defunding. Motion carried and adopted.
- P&P IX. Financial Policies, A. General, #11 by adding “5. Reimbursements shall be in the form of a check.” Motion carried and adopted.
- An emergency motion was made to require that the Treasurer and at least two of the other three Board members meet the qualifications to be bonded for financial reasons.

The following nominations were made:

- Chair: Viviana G., Andi S., Janet T.; Katrina S.
- Treasurer: Samantha A., Patty G. (withdrawn after the close of the assembly)
- Delegates to WSBC (2018): Patty G., Bonnie V., Andrea K., Katrina S.
- Unity with Diversity Committee Chair: Lila V.

Business Assembly ended at 5:30 PM.

#### **October 13-15, 2017**

#### **MIAMI, FL**

Miami-Dade and the Keys Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Miami, FL. The theme of the weekend was “Welcome Home: Recovering in Paradise.”

The business assembly convened at 7:00 pm on October 13, 2017. Final credentials were 49 in the room: 44 voting and 5 non-voting (Trustee, Parliamentarian, Pages and Visitors); and 1-2 virtual representatives (depending on the time). There were eleven “green dots” (first time attendees).

These items were placed on a Consent Agenda to be considered and voted on as a group to save time in deliberations. The motions clarify the way we are doing business now. All were ADOPTED.

- Bylaws Motion A – Change 6-month time frame to next business assembly. ADOPTED.
- Bylaws Motion B – Clarify and simplify procedure for selecting WSBC Delegates. The procedures for applying and selection are detailed in other articles. ADOPTED.
- P&P Motion 1 – Allows Board members to miss one Business Assembly during their term. ADOPTED.
- P&P Motion 2 – Clarify and simplify procedure for selecting WSBC Delegates. Move Bylaws portion to the P&P Manual. ADOPTED.
- P&P Motion 3 – Prohibit USE of recording devices except for Secretary. ADOPTED.
- P&P Motion 4 – Change definition of quorum in P&P Manual (already approved to 8 states in Bylaws). ADOPTED.

These items were NOT on Consent agenda and were considered individually:

- Bylaws Motion C – Virtual voting. ADOPTED.
- P&P Motion 5 – Virtual voting procedures. ADOPTED.
- P&P Motion 6 – No reimbursement for rental cars; only mileage. TABLED. To be reconsidered by the BOARD and rewritten, withdrawn or resubmitted.

Central Arkansas Intergroup (Little Rock) presented a bid to host the fall 2018 RC & BA; which was accepted unanimously. Business Assembly ended at 5:30 PM

#### **April 20-22, 2018**

#### **MOBILE, AL**

Southwest Alabama Intergroup (SWAIG) hosted the SOAR 8 Recovery Convention and Business Assembly (RC & BA) in Mobile, AL. The theme of the weekend was “Spring Into Action.”

The business assembly convened at 6:55 pm on April 20, 2018. Final credentials: 38 eligible voters; a minimum of three non-voting in the room (Trustee, Parliamentarian and at least one Page), and 1-3 virtual representatives (depending on the time). There were nine “green dots” (first time attendees).

Gold Coast Intergroup presented a bid to host the spring 2019 RC & BA; it was accepted. We will enjoy the “Sunlight of the Spirit” in Fort Lauderdale, April 5-7.

The first VIRTUAL VOTES were cast at 2:47 PM Central Standard Time. This was the very first time this had been done in any Region of OA; we made history.

The following motions were considered:

- Motion 1: Adjust P&P Manual, Article XII. Financial Policies. Rentals cars for transportation would be approved on a case-by-case basis and must be approved in advance. ADOPTED.
- Motion 2: Adjust P&P Manual, Article XIII. Board Members – Treasurer. Motion to remove duty 9. Treasurer will not pay the hotel directly for rooms used by Board members and Funded Chairs, but they will pay and be reimbursed. ADOPTED.

Two emergency motions were made by the Treasurer to adjust the budget:

- To add a line item for the SOAR 8 Budget for Liability Insurance for the Mobile business assembly. ADOPTED.
- Move \$500 to the line for funding delegates to WSBC. ADOPTED.

The following nominations were made and accepted:

- Vice Chair: Barbara C., Pam G.
- Secretary: Janet T., Pam G.
- Region 8 Trustee: Andi S., Viviana G., Margaret R., Atiya M.
- Delegates for WSBC 209: Sam A., Tara L., Atiya M., Neill M.

Business Assembly ended at 5:30 PM.

### **October 12-14, 2018**

### **LITTLE ROCK, AR**

Central Arkansas Intergroup hosted the Region Assembly and Convention with the theme of “Rocking the Promises” on October 12 at 7:01 pm. There were 39 voting including 5 virtual. The forum topic was “World Service Board of Trustee Restructuring.” The Seventh Tradition was taken and \$417 was received.

The Budget was presented by the Treasurer with the following correction: Amendment to the motion was made, seconded and passed to increase PI/PO budget by \$1000. Three WSBC delegates were elected: Atiya, Neill, Tara.

Pam G was elected Vice Chair; Janet was elected Secretary. Andy S was ratified for the Region 8 Trustee position. New committee chairs were announced: Ways & Means – Andi S.; Bylaws & Electronic Documents – Susan B.; Intergroup Outreach – Aleta P.; Tech/Web – Barbara C. A bid for Fall 2019 Assembly & Convention was presented by the Greater Memphis Intergroup for Oct 11-13, 2019. Accepted. Motion was made and adopted to establish the Public Information Fund Subcommittee under PIPO. Purpose: The SOAR 8 Public Information Fund has been established to aid any Intergroup in facilitating our primary purpose – to carry the message. Specifically, this fund is to be used to reach the general public, who may not have heard of Overeaters Anonymous and our program of recovery. Funds may be used, for example, to launch a local poster campaign, pay for TV or radio air time for our existing OA podcasts, purchase billboards or other signs such as on bus benches, and any other project that gets the OA name into the public eye. The form will be added to the Region 8 website under the PIPO Committee documents. Meeting adjourned on Saturday, October 13 at 5:08 pm.

### **April 5-7, 2019**

### **FORT LAUDERDALE, FL**

Gold Coast Intergroup hosted the Region 8 Business Assembly & Convention on April 5-7, 2019. The theme was “Sunlight of the Spirit.” The Assembly convened at 6:55 pm on April 5, 2019. There were 40 voting members. The Seventh Tradition collection totaled \$256. The forum was on Intergroup renewal.

A consent agenda was used for three motions to the Policy & Procedure Manual to keep the wording consistent with what is in the bylaws.

- Motion IV: Move to amend Policy & Procedure Manual, Section V, The Twelve Steps of Overeaters Anonymous. Adopted on Consent Agenda.
- Motion V: Move to amend Policy & Procedure Manual, Section VI, The Twelve Traditions of Overeaters Anonymous Adopted on Consent Agenda.
- Motion VI: Move to amend Policy & Procedure Manual, Section VII, The Twelve Concepts of Overeaters Anonymous Adopted on Consent Agenda.
- Motion II: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph, to be in alignment with the bylaws by removing the wording about unaffiliated groups. Adopted.
- Motion III: Move to amend Policy & Procedure Manual, Welcome to Region 8, second paragraph, by removing wording to make it simpler and clearer. Adopted.
- Motion VII: Move to amend Policy & Procedure Manual, Section VIII, Service Structure by removing the current illustration and replacing it with the Service Structure Diagram that is currently used by OA World Service. Adopted.

Three Bylaw motions were presented:

- Motion X: Move to amend Bylaws Article III, Section 2A by adding wording to establish residency requirements for region reps. Motion lost.

- Motion XX: Move to amend Bylaws Article V, Section 2A by adding wording to establish residency requirements for Region Board members. Adopted.
- Motion XXX: Move to amend Bylaws Article VIII, Section 1B, by adding wording to establish residency requirements for Funded Committee Chairs. Adopted.

Nominations for Fall Board members elections were taken: Katrina was nominated for R8 Chair. Michelle was nominated for R8 Treasurer. Nominations for Region Delegates to WSBC for 2020 were taken: Susan B, Dara S, Terri M, Tara and Eric. New Funded Committee Chairs were announced: PIPO – Lonna; Ways & Means – Melissa  
 A bid for the Spring 2020 Assembly & Convention was submitted by the Baton Rouge Intergroup and was selected to be held on March 20-22, 2020. The assembly adjourned on Saturday, April 6 at 4:52 pm.

**October 11-13, 2019 MEMPHIS, TN**

Greater Memphis Intergroup hosted the Region 8 Business Assembly & Recovery Convention with the theme: River City Recovery. 38 voting members, 4 non-voting attended. Forum questions were on improving communication across the region. Seventh tradition collection totaled \$639.35.

Motions:

- Move to amend Region 8 Policy & Procedure Manual Article XXVI by removing Unity with Diversity Committee as a Standing Committee – adopted.
- Move to amend Region 8 Policy & Procedure Manual Article XXIV by adding Unity with Diversity and its Translation sub-committee as subcommittees of Twelfth Step Within – adopted.
- Move to amend Region 8 Policy & Procedures Manual by changing Chairman to Chair in all instances – adopted.
- Move to amend Region 8 Policy & Procedures Manual by changing his or her and his/her to their – adopted.
- Move to amend to change the graphic on the website – adopted.
- Move to amend Region 8 Policy & Procedures Manual Article IX, Section A.5 to fund 2 co-chairs of the Technology/Web Site Committee – adopted.

Middle Tennessee Intergroup received approval to host the Fall 2020 Assembly in Nashville.

Four delegates will be partially funded to attend WSBC 2020: Dara, Central Florida IG; Terri, Miami Dade & the Keys IG, Susan, Piedmont IG; and Tara, Suncoast IG. Katrina Smith was elected Chair; Michelle Dowell was elected Treasurer.

**March 20-22, 2020 BATON ROUGE, LA (Cancelled)**

The Spring 2020 Assembly & Recovery Convention was postponed due to the coronavirus pandemic. The new date is October 23-24, 2020 in Baton Rouge, LA.

**October 2020 Fall Assembly VIRTUAL ASSEMBLY Region 8**

The assembly convened for the first time ever as a full virtual assembly. This proved to be a major success and many thanks goes out to the Tech Web Committee, Board, and volunteers. Several rewording and updating of the policy and procedure manual was completed by consent agenda and all motions passed. In addition, Dara K was elected Secretary and Melissa H was elected Vice Chair. Given the impact of COVID 19 and the lack of meetings, the assembly agreed to give an extra donation to WSO and a budget over ride was approved for this donation as well as additional funds for Tech Web due to the virtual meetings and technology updates requested.

**April 9 -10, 2021 VIRTUAL ASSEMBLY Middle TN Intergroup, TN**

The assembly was held separately and on its own from the convention held by Middle TN Intergroup. This was a first in many years. The key components for discussion and voting included some rewording and updating of the Policy and Procedure manual for Region 8 around duties of the Bylaws Vice Chair, as well as exploration of a proposed new logo and a summary of the various countries/states in Region 8. The discussion on changing the logo and the listing of member countries, and states, brought out the importance reps/members feel around our Region. In addition, due to the pandemic and lack of expenditures in Region 8, the region has accumulated a surplus of funds. The board asked the membership for ideas and input on various ways the extra money could be used. Again, our membership shared a plethora of ideas and creative solutions. A summary will be made around general categories and presented at the next Assembly. Next Assembly will be hosted by the GAOAI (Greater Atlanta OA Intergroup) October 15-17th, virtually.

**2021 Fall Business Assembly VIRTUAL ASSEMBLY Greater Atlanta IG, GA**

Held virtually in conjunction of GAOAI (Greater Atlanta OA Intergroup). Biggest news: the assembly was fully translated in Spanish, Portuguese and English! We discussed some basic bylaw changes to match up with our policy/procedure manual as well as elected a new chair, Susan Berland, and re-elected treasurer Michelle Dowell. Two key items were brought up for discussion with the body of Region 8: correcting/updating the various countries/states that are in Region 8 and how to work with/possibly update this information through WSO. Secondly, we discussed how the body wanted to use the excess funds accumulated during the last year. The excess funds were due to much lower expenses because of no travel, no in person

business assemblies, and generosity from the various groups in the region. We have a total of about \$15,000 plus/minus to use for key areas of interest: updating website, translation, and Tech Web.

**Assembly Spring 2022**

**VIRTUAL ASSEMBLY**

**Memphis TN**

Region 8 began under a new chair, Susan Berland. Michelle Dowell, our current treasurer, was re-elected. We experienced enthusiastic committee meetings and while everything being virtual, it was well attended. Several nominations were made from the floor for positions coming up for election in Fall 2022 - Vice Chair and Secretary. In addition, we received a bid from Miami to host the virtual assembly and convention in Fall 2022. We are hoping we might get a bid from another intergroup for Spring 2023 and North Alabama is considering offering a bid for Fall 2023.

**Assembly Fall 2022**

**VIRTUAL ASSEMBLY**

**Miami, Dade and the Keys IG, FL**

Fifty-five people (including 10 “green dots”) registered for the business assembly. JC Dewitt was elected as the Region 8 Secretary. No Vice-Chair was elected as the nominee was not able to be present at the meeting. (Late note: Lonna Cohen was appointed as Vice Chair by the Board.) The main portion of the assembly was fully interpreted in Spanish, Portuguese and English, but we do not have full capabilities for interpretation in the break out rooms for committee meetings. We did not receive any bids to host the spring 2023 recovery convention, so we may hold just the business assembly. New Freedom Intergroup entered a bid to host a face-to-face business assembly and recovery convention in Fall 2023 at Tybee Island, GA.

**March 17-19, 2023**

**VIRTUAL ASSEMBLY**

**Region 8**

Theme: “Service = Recovery.” This was a virtual business assembly only; no recovery convention. The Friday night panel discussed the benefits of hosting a RC & BA. Fifty-three people (including 9 “green dots” and 12 non-voting visitors) attended. The main portion of the assembly was fully interpreted in Spanish, Portuguese and English. Motions to Bylaws included: trustee liaison terminology; adding a revision date to footer of document. Motions to P&P Manual included: rewording Sections III and IV; updating the service structure graphics and script; revising the Region 8 Delegate Support Fund and Carry the Message Fund sections; establishing an international subcommittee under IGOR; splitting duties of technology committee and webmaster; changing trustee section to reflect Trustee Liaison,; moving acronyms to an appendix; We did not receive any bids to host the spring 2024 recovery convention.

**October 27-29, 2023**

**TYBEE ISLAND, GA**

**New Freedom IG, FL**

Hosted by New Freedom IG, this was the first face-to-face recovery convention and business assembly (hybrid) since the pandemic (2019). Theme was “Welcome Home, Y’all.” P&D theme was “Keeping Your Program Strong.” There were 61 registrants at the business assembly, including 12 virtual voting members and 15 non-voting visitors (34 in the room; 14 green dots total). Technology Committee made it possible to allow virtual members to ask questions. The budget for 1 NOV 23 – 31 OCT 24 was adopted. A proposed motion to the Bylaws to hold business assemblies virtually only, without a corresponding recovery convention, was overwhelmingly defeated. Changes were made to applicable sections of both Bylaws and Policy and Procedure Manual to allow discussion and questions about motions for 7 minutes BEFORE calling for the pros and cons. Motion to stop tracking Continuing Effects in the P&P and make sure they are reflected in the written history was adopted. The Bylaws Committee section of the P&P was rewritten, expanded, and adopted. The secretary was made responsible for updating Appendix F of the P&P, “Region 8 Intergroups/National Service Boards.” Susan Berland was elected as Chair for a second term; Tina Mascorro as Treasurer. We did not receive any bids to host the fall 2024 recovery convention.

**March 15-17, 2024**

**VIRTUAL ASSEMBLY**

**Region 8**

This was a virtual Assembly; there was no hosting Intergroup therefore there was no Recovery Convention. The theme of the Friday night P&D was “The Concepts” featuring three speakers discussing in-depth four concepts each. There were 40 voting members including green dots, plus visitors were in attendance. The Assembly was translated into Spanish and Portuguese.

**September 20-22, 2024**

**HYBRID ASSEMBLY**

**Region 8**

This was a hybrid assembly held in South Florida and hosted by two intergroups: Gold Coast IG and Palm Beach IG. The theme was “Be Protected, Stay Connected”. The question: “How does connection keep you protected”? was the theme for the Panel & Discussion on Friday night.

The consent agenda included 2 motions regarding changing “Spring” to “First Assembly” and “Fall” to “Second Assembly” in the PnP. These were adopted. Another motion giving a 3rd night option (when needed) to Funded Committee Chairs was approved. Lonna Cohen was re-elected Vice Chair and JC Devitt as Secretary for second terms.

There was an Assembly discussion on using a Hotel Broker to negotiate for IG’s hosting Assemblies/Conventions. No consensus was reached. Also discussed at the Assembly was hiring a paid Social Media professional to build and maintain a Region 8 presence on social media.

Susan B. announced the new WSO policy that no longer endorses minors attending OA meetings.

There were 8 virtual, and 8 green dots with a total of 43 representatives in attendance.

**First Assembly, Baton Rouge LA      March 14-16, 2025      Region 8**

This was a Hybrid Assembly hosted by Baton Rouge Intergroup (BRIG) and Central Office of Louisiana (COLA). Once again two Intergroups paired up to bring about a successful weekend of business, fun and fellowship. The theme for the weekend was “Travel the River Road of Freedom”, and the theme for the Panel & Discussion was “How does service provide immunity from relapse and what freedoms come as a result ?” Three speakers shared, incorporating the topic.

A detailed presentation on how to use Canva, an online creative app for use in creating flyers, and presentations (with copyright free images) was made by the Tech committee. A motion to amend the PnP to “Approve applications for new Face-to Face meetings, and provide up to \$100 funding” passed after 3 amendments to the motion regarding specificity failed. Nominations were held for Chair and Treasurer. Bids for the 2026 First Assembly by Piedmont IG and Second Assembly by Central Arkansas IG were presented and approved. In attendance there were 30 in-person reps (including 3 Green Dots) + 16 virtual reps ( including 2 Green Dots and 2 Board members).

**Second Assembly (Virtual)                      October 24-26, 2025                      Region 8**

This was a virtual Assembly; there was no hosting Intergroup therefore there was no Recovery Convention. The theme of the Friday night P&D was “Coming Together in Unity” featuring three speakers. There were 43 voting members including green dots, plus visitors in attendance. The Assembly was translated into Spanish and Portuguese. Two motions were passed on the consent agenda: - a revision to the secretary duties to reflect actual practices and, an increase for registration fees to \$60. There were two motions that were defeated; expenses for auto travel and reduction of the number of funded chairs of Technology Committee – A motion to have Region 8 allocate \$1500 to hosting intergroups to pay for needed professional technology support was adopted. Elections: Julia Spears, COLA, was elected as Chair, and Sherry Schuster, Gold Coast, Treasurer. If there is money in the Treasury or from the WS fund, two delegates were elected to WSBC 2026. The budget for the year was presented and approved. Presentation for First Business Assembly/Recovery Convention of 2026 by Charlotte, North Carolina (Piedmont IG). March 13-15, 2026 was given. There was one Emergency Motion: An authorization for the Region 8 Board to increase funding (over and above the approved budget) for the next fiscal year without voting by the assembly. Motion was adopted.

## ***Appendix I. Abbreviated Terms and Acronyms Used in this Manual***

<b>Abbreviated</b>	<b>Full Term</b>
AA Big Book	Alcoholics Anonymous (called “The Big Book”)
Assembly	Region 8 Business Assembly
BOT	Board of Trustees
Bylaws Chair	Chair of the Bylaws/Electronic Documents Committee
CPA	Certified Public Accountant (Financial)
EC	Executive Committee
“Green Dot”	A first-time representative to the Business Assembly. The “green” is a reference to being new.
IG	Intergroup
IGOR	Intergroup Outreach
IRS	Internal Revenue Service (Tax Organization)
P&P	Policy and Procedure Manual
PC	Personal computer
PI	Public Information
PIPO	Public Information and Professional Outreach Committee
Q&A	Question and Answer
R8DSF	Region 8 Delegate Support Fund
Region 8	Southeastern Overeaters Anonymous Region 8 (SOAR 8)
Rep	Registered Representative
SOAR8	Southeastern Overeaters Anonymous Region 8
Tech	Technology Committee
TSW	Twelfth Step Within Committee
Voucher	Expense Voucher and Advance Request Form
WSBC	World Service Business Conference

WSO	World Service Office (Rio Rancho, NM)
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## ***Appendix J Index:***

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### ***A***

Abbreviated terms · 33, 72  
Agenda · 17, 18, 26, 35, 36, 59, 64, 87  
Archives · 27  
Articles of Incorporation · 28  
Assembly · 6, 7, 10, 11, 12, 13, 16, 17, 18, 19, 21, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 50, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 87, 88  
Assembly Format · 88  
Assistance Sub-committee · 37, 38

---

### ***B***

B. Disbursement of a Region 8 Support Fund (R8DSF) – Adopted 3/16/13 · 14  
Ballot · 16, 19  
Bid guidelines · 59  
Board Duties · 28  
Board elections · 28, 60  
Budget · 10, 11, 13, 34, 36, 60, 62, 63, 88  
Bylaws/Electronic Documents · 11, 20, 21, 23, 24, 40, 42

---

### ***C***

Carry the message · 18, 33, 50  
Certificate of Eligibility · 17, 30  
Chair · 11, 12, 13, 16, 17, 19, 20, 25, 26, 27, 28, 31, 32, 33, 34  
**Chair** · ii, 59, 60, 61, 62, 63, 64, 65, 66, 67, 87  
Chairs · 59  
Committee Chairmen · 63, 64, 67, 68  
Committee Chairs · 32, 33, 42  
Committee defunding · 13  
Continuing Effects · 66

---

### ***D***

Debate · 17, 20, 64  
Designated funds · 13, 87  
Directory · 7, 26

---

### ***E***

Election · 7, 27, 59, 62  
Elections · 28, 59, 60, 61, 62, 63, 64, 65, 67, 68, 87

---

### ***F***

Films · 9  
Financial policies · 12  
Financial Policies · 11, 12, 27, 35, 64  
Fiscal year · 10, 11  
Flyer · 26, 32  
Forms · 18

Funded positions · 11, 16, 19, 26, 27, 28, 29, 87, 88

Funding additional committees · 16

---

## **G**

Goal setting · 17

Green Dot · 18, 26

Group Conscience · 8, 17, 30, 33

Group Registration · 18

---

## **H**

History of Region 8 · 26

Hosting Guidelines · 32

Hosting Intergroup · 7, 26, 31, 32

Hosting Manual · 26, 31, 32, 33, 87

Hosting Procedures · 31

---

## **I**

IGOR Committee · 6, 11, 13, 27, 36, 63, 88

Intergroups · 6, 7, 17, 20, 26, 27, 30, 31, 34, 35, 36, 39, 50, 59, 62, 63, 65, 66, 67, 68

---

## **L**

Letterhead · 34, 87

Liaison · 26, 27, 28, 33, 34

Lifeline · 26, 50, 60, 61, 62, 87

Lodging reimbursement · 11, 12, 13

Luncheon · 18, 63, 65, 88

---

## **M**

Meal reimbursement · 11, 12, 13, 32

Meeting format · 34

Meetings · 11, 12, 27, 32, 33, 34, 35, 36, 50, 59, 60, 61, 63, 64, 67, 88

Minutes · 16, 17, 18, 26, 27, 28, 29, 34, 61

Motions · 13, 17, 18, 19, 20, 26, 62, 63, 64, 66, 67

---

## **N**

New Rep orientation · 17, 18, 26, 88

Newsletter · 11, 34, 35, 36, 50, 59, 60, 61, 62, 64, 66, 87, 88

---

## **P**

P&P · 6, 11, 18, 26, 27, 28, 50, 63, 64, 66, 67, 87, 88

Parliamentarian · 11, 33, 88

Parliamentary procedure · 17, 20, 33

Preamble · 6

Primary Purpose · 6, 8, 33, 50

Pro/Con · 18

Public Information/Professional Outreach · 11, 13, 42, 50

**Publications Committee** · ii, 13, 26, 27, 28, 39

---

## **Q**

Quorum · 17

---

**R**

Referral Letter · 61, 62, 87, 88  
Regional delegate to WSBC · 30  
Regionalization · 7  
Registration fees · 32  
Reimbursement · 11, 12, 13, 34  
Reports · 16, 26, 27, 28, 29, 34, 61, 64, 87  
Reports packet · 16  
Roberts Rules of Order · 17

---

**S**

Sale of Merchandise · 33, 61  
Secretary · 11, 16, 17, 19, 26, 27, 28, 29, 30, 34, 59, 60, 61, 62, 63, 64, 65, 66, 68  
Seed Money · 32  
Service directory · 7, 26  
Service Structure · 10  
Seventh Tradition · 35, 66  
Smoking · 21  
Standing Rules · 18, 19, 26, 65, 88

---

**T**

Taping · 17, 18, 27  
Technology/Web Site Committee · 46  
Transportation · 11  
Treasurer · 11, 12, 13, 27, 28, 32, 34, 59, 60, 61, 62, 63, 65, 66, 67, 88  
Treasurer · 35  
Trustee · 7, 9, 27, 28, 29, 30, 59, 60, 62, 63, 64, 65, 66, 67  
Twelfth-Step-Within Committee · 11, 13, 44  
Twelve Concepts · 9, 30, 33, 50, 65  
Twelve Steps · 7, 33, 50  
Twelve Traditions · 7, 8, 30, 33, 36, 41, 50

---

**U**

Unaffiliated groups · 61  
Unity with Diversity · 11, 13, 45  
Unity with Diversity Committee · 45

---

**V**

Vice-chair · 34  
Vice-Chair · 11, 25, 28, 31, 32, 33, 34  
Vice-Chair · 61, 62, 63, 64, 65, 66, 67, 87  
Voting · 19, 20, 21  
Voucher · 6, 12, 13, 34

---

**W**

Ways & Means Committee · 36  
Ways and Means · 10, 11, 12, 13, 16, 27, 31, 33, 35, 36, 61, 62, 64

Welcome · 7

---

**Y**

Young People Committee · 50

Young People's Sub-Committee · 45