

Region One Assembly of Overeaters Anonymous



2020 Assembly Notebook

Life on Life's Terms:

Connecting to Recovery in a Changing World



DEDICATED TO ALL WHOSE LIVES HAVE
BEEN CHANGED BY THE EVENTS OF 2020

(inside and outside the rooms)

"Acceptance is the simple act of going through what is presently facing me, be it pain, anger, despair, hopelessness or their opposites. When life as it really is becomes a fact that I accept as naturally as I breathe, events lose their power to throw me off balance or disturb the basic rhythm of my life. For Today: Acceptance also comes in its own time, and I do not have to berate myself for not having it on demand."

For Today, page 6.

"...working the program means putting control of my life into God's keeping, not mine. Recovery means being open to what life brings, not insisting on having things my way. Working this program is being aware, letting my thoughts ramble and allowing feelings to come out of hiding."

For Today, page 241.



Sections

Section 1: Welcome and About Assembly	1
Section 2: About Region One	13
Section 3: Region One Bylaws	23
Section 4: Region One Policies and Procedures.....	39
Section 5: Motions to Assembly 2020.....	57
Section 6: Financial Resources and 2019 Financial Reports	67
Section 7: 2021 Budget Proposal	85
Section 8: Elections	89
Section 9: Board Reports.....	101
Section 10: Project Team Reports	115
Section 11: Intergroup Reports	131
Section 12: Project Team Resources.....	177
Section 13: World Service Events and Resources	191
Section 14: Region One Resources	213
Section 15: Local Resources: Ideas that Work.....	249
Section 16: Life on Life's Terms: Connecting to Recovery in a Changing World	279

This page intentionally left blank.

Table of Contents

Section 1: Welcome and About Assembly.....	1
<i>2020 Region One Assembly – Agenda Summary (Tentative)</i>	<i>3</i>
<i>Welcome to Region One Assembly 2020!.....</i>	<i>4</i>
<i>Region One Statement of Purpose and Mission</i>	<i>5</i>
<i>Proposed 2020 Region One Virtual Assembly Standing Rules.....</i>	<i>6</i>
<i>The Twelve Steps of Overeaters Anonymous.....</i>	<i>8</i>
<i>The Twelve Traditions of Overeaters Anonymous.....</i>	<i>9</i>
<i>The Twelve Concepts of OA Service</i>	<i>10</i>
<i>The Spiritual Principles of Overeaters Anonymous.....</i>	<i>11</i>
<i>How to be an Effective Trusted Servant</i>	<i>12</i>
Section 2: About Region One.....	13
<i>Region One Intergroup Map.....</i>	<i>15</i>
<i>Region One Board.....</i>	<i>16</i>
<i>Region One Intergroup Roster.....</i>	<i>17</i>
<i>Region One Unaffiliated Groups as of August 2020*</i>	<i>19</i>
<i>Reasons for your Meeting to Join (Affiliate with) an Intergroup.....</i>	<i>20</i>
<i>How to Encourage Unaffiliated Groups to Join an Intergroup</i>	<i>21</i>
<i>How to Edit a Meeting to Affiliate with an Intergroup.....</i>	<i>22</i>
Section 3: Region One Bylaws.....	23
<i>Region One Assembly of Overeaters Anonymous Bylaws</i>	<i>25</i>
Article I – Name	25
Article II – Purpose.....	25
Article III – Membership	27
Article IV – Meeting	29
Article V – Region One Board.....	29
Article VI – Board Functions.....	31
Article VII – Officers’ Duties	32
Article VIII – Region One Trustee	33
Article IX – Regional Delegates to the World Service Business Conference	34
Article X – Committees	34
Article XI – Source of Funds	35
Article XII – Major Policy	35
Article XIII – Parliamentary Authority.....	35
Article XIV – Bylaw Amendments.....	36

Article XV – Notice	36
Article XVI – Dissolution	37
Section 4: Region One Policies and Procedures	39
<i>Region One Assembly of Overeaters Anonymous Policies and Procedures.....</i>	<i>41</i>
1. REGION ONE.....	41
2. REGION ONE BOARD	41
3. REGION ONE BOARD MEETINGS	41
4. REGION ONE BOARD JOB DESCRIPTIONS.....	42
5. BUDGET AND FINANCE.....	46
6. REGION ONE ASSEMBLY.....	52
7. REGION ONE REPRESENTATIVES	53
8. REGION ONE CONVENTION.....	53
Section 5: Motions to Assembly 2020	57
<i>2020 Region One Assembly Consent Agenda</i>	<i>59</i>
<i>Motion BL-1</i>	<i>60</i>
<i>Motion BL-2</i>	<i>62</i>
<i>Motion P-1 (on Consent Agenda)</i>	<i>64</i>
<i>Motion P-2 (on Consent Agenda)</i>	<i>65</i>
<i>Motion WS-1 (on Consent Agenda)</i>	<i>66</i>
Section 6: Financial Resources and 2019 Financial Reports.....	67
<i>A Glossary of Financial Terms for Region One</i>	<i>69</i>
<i>Donations to OA World Service</i>	<i>71</i>
<i>Donations to Region One</i>	<i>72</i>
<i>OA Group Treasurer Worksheet</i>	<i>73</i>
<i>2019 Group Donations Report.....</i>	<i>74</i>
<i>2019 Intergroup Donations Report</i>	<i>80</i>
<i>2019 Individual Donations Report</i>	<i>81</i>
<i>2019 Actuals vs Budget</i>	<i>82</i>
<i>2019 Budget Overages Ratification of Expenses 10% or More Over Budget</i>	<i>84</i>
Section 7: 2021 Budget Proposal	85
<i>2021 Region One Budget Proposal.....</i>	<i>86</i>
Section 8: Elections	89
<i>2020 Region One Assembly Election Process.....</i>	<i>91</i>

<i>Application for Region One Chair – Cindy C.</i>	92
<i>Application for Region One Vice Chair – Alice W.</i>	94
<i>Application for Region One Vice Chair – Ruth D.</i>	96
<i>Application for Region One Secretary – Lesley K.</i>	98
<i>Application for Region One Technology Coordinator – Beverly M.</i>	99
Section 9: Board Reports	101
<i>Chair Report to Assembly 2020</i>	103
<i>Vice-Chair Report to Assembly 2020</i>	106
<i>Secretary Report to Assembly 2020</i>	107
<i>Treasurer Report to Assembly 2020</i>	109
<i>Member at Large Report to Assembly 2020</i>	110
<i>Technology Coordinator Report to Assembly 2020</i>	111
<i>Trustee Report to Assembly 2020</i>	114
Section 10: Project Team Reports	115
<i>Assembly Notebook Team Report to Assembly 2020</i>	117
<i>Audit of Region One 2019 General Business Account</i>	119
<i>Audit of 2019 Region One Convention Account</i>	120
<i>Budget/Finance/Delegate Support Team Report to Assembly 2020</i>	121
<i>Bylaws Team Report to Assembly 2020</i>	122
<i>Convention 2019 – “Bridges to Recovery”</i>	123
<i>Nominations Team Report to Assembly 2020</i>	125
<i>Nurturing Newcomers Team Report to Assembly 2020</i>	126
<i>Public Information/Professional Outreach Team Report to Assembly 2020</i>	127
<i>Sponsorship Team Report to Assembly 2020</i>	128
<i>Strong Recovery/Member Retention Team Report to Assembly 2020</i>	129
Section 11: Intergroup Reports	131
<i>Alaska Intergroup</i>	133
<i>Anchorage Intergroup</i>	134
<i>Big Sky Intergroup</i>	136
<i>Bitterroot Intergroup</i>	138
<i>Catch the Wave Intergroup</i>	140

<i>Central Oregon Intergroup</i>	142
<i>Eagle Cap Intergroup</i>	144
<i>Emerald Empire Intergroup</i>	145
<i>Greater Columbia Intergroup</i>	147
<i>Greater Seattle Intergroup</i>	148
<i>Jefferson State Intergroup</i>	151
<i>Lake Country Intergroup</i>	152
<i>North Cascade Intergroup</i>	153
<i>Northern Lights Intergroup</i>	154
<i>Oregon Intergroup</i>	156
<i>Peninsula Intergroup</i>	158
<i>Pierce County Intergroup</i>	160
<i>Regina Intergroup</i>	161
<i>Sea to Sky Intergroup</i>	162
<i>Snake River Intergroup</i>	165
<i>South Sound Intergroup</i>	167
<i>Southeast Alaska Intergroup</i>	169
<i>Southern Alberta Intergroup</i>	171
<i>Southern BC Interior Intergroup</i>	174
<i>Vancouver Island Intergroup</i>	175
Section 12: Project Team Resources	177
<i>2020 Project Teams: Help Make It Happen!</i>	179
<i>Project Teams: Purpose, Action Plan and Resources</i>	179
<i>Assembly Notebook Project Team</i>	180
<i>Budget/Finance/Delegate Support Project Team (BFDS)</i>	182
<i>Bylaws Project Team</i>	183
<i>Nominations Project Team</i>	184
<i>Nurturing Newcomers/Newcomer Retention Project Team</i>	185
<i>Public Information & Professional Outreach Project Team</i>	186
<i>Sponsorship/Strong Recovery Project Team</i>	187
<i>Project Team Goal Sheet</i>	188
Section 13: World Service Events and Resources	191

<i>2021 OA WSBC Delegate Support Applications.....</i>	<i>193</i>
<i>Region One Highlights from WSBC 2020.....</i>	<i>194</i>
<i>Board of Trustees Letter: Transitioning to Online Meetings.....</i>	<i>198</i>
<i>Carry the Message: Keep Your Meeting List Up to Date!</i>	<i>200</i>
<i>Let People Know About Your Meetings</i>	<i>201</i>
<i>Just a Few of the Many Resources on the OA Website.....</i>	<i>203</i>
<i>Resources for Members who are Struggling or at Risk of Leaving OA</i>	<i>204</i>
<i>Strong Abstinence Checklist and Writing Exercise</i>	<i>206</i>
<i>Strong Meeting Action Plan</i>	<i>207</i>
<i>Strong Meeting Checklist.....</i>	<i>209</i>
<i>Twelve Stepping a Problem</i>	<i>210</i>
<i>Unity with Diversity Checklist</i>	<i>211</i>
Section 14: Region One Resources.....	213
<i>Region One Resources for Personal Recovery and Service</i>	<i>215</i>
<i>2021 Application for Region One Board Outreach Visit</i>	<i>217</i>
<i>Audio Resources: Region One Speaker Recordings.....</i>	<i>218</i>
<i>Experience, Strength & Hope for Intergroup Chairs</i>	<i>219</i>
<i>Experience, Strength & Hope for Intergroup Secretaries</i>	<i>223</i>
<i>Experience, Strength & Hope for Intergroup Treasurers</i>	<i>226</i>
<i>Experience, Strength & Hope for Intergroup Event Coordinators</i>	<i>229</i>
<i>Intergroup Renewal: What is It?</i>	<i>232</i>
<i>Intergroup Renewal Model.....</i>	<i>233</i>
<i>Intergroup Renewal: Refocus Example.....</i>	<i>234</i>
<i>Intergroup Renewal: Good Leaders in OA</i>	<i>235</i>
<i>Public Information/Professional Outreach - Application for Funding</i>	<i>236</i>
<i>Public Information/Professional Outreach - Conference Call Notes.....</i>	<i>238</i>
<i>The Remarkable OA Service Structure and our Primary Purpose</i>	<i>240</i>
<i>Service Mentoring and Avoiding “Burnout” - Conference Call Notes.....</i>	<i>241</i>
<i>Let’s Talk about Strong Meetings!</i>	<i>243</i>
<i>Strong Meetings - Conference Call Notes.....</i>	<i>244</i>
<i>Strong Recovery and Member Retention Checklist</i>	<i>247</i>
Section 15: Local Resources: Ideas that Work	249

<i>12 Steps to Abstinence</i>	<i>251</i>
<i>96 “Musts” in the Big Book.....</i>	<i>252</i>
<i>Addiction vs Spirituality.....</i>	<i>256</i>
<i>Body Image Amends Worksheet</i>	<i>257</i>
<i>Body Image Recovery and the OA Slogans.....</i>	<i>258</i>
<i>Body Image Writing—Part 1: History.....</i>	<i>260</i>
<i>Body Image Writing—Part 2: Present</i>	<i>261</i>
<i>Character Defects and Contrasting Assets</i>	<i>262</i>
<i>Cultivating Compassion for Myself and Others</i>	<i>263</i>
<i>Lies the Addict Brain Uses to Keep Us Eating Compulsively</i>	<i>264</i>
<i>Living in the Solution, One Day at a Time—Workshop Outline</i>	<i>266</i>
<i>Living in the Solution, One Day at a Time—Quotes from Our Literature</i>	<i>267</i>
<i>Living in the Solution, One Day at a Time—Gratitude Exercise.....</i>	<i>268</i>
<i>Living in the Solution, One Day at a Time—Record of Recovery</i>	<i>269</i>
<i>Powerlessness & Unmanageability (And You).....</i>	<i>270</i>
<i>Questions Worth Asking About My Plan of Eating</i>	<i>271</i>
<i>Recovery Action Plan – Physical, Emotional, and Spiritual.....</i>	<i>272</i>
<i>Serenity Prayer Flowchart</i>	<i>273</i>
<i>Service in Small Packages.....</i>	<i>274</i>
<i>Shame Inventory.....</i>	<i>275</i>
<i>Sponsorship “Job Interview” Questions.....</i>	<i>276</i>
<i>Step 6 Worksheet</i>	<i>277</i>
<i>Step 10 Bookmark</i>	<i>278</i>
Section 16: Life on Life’s Terms: Connecting to Recovery in a Changing World.....	279
<i>Heard at a Meeting... ..</i>	<i>281</i>
<i>And Now a Word from our Sponsors... ..</i>	<i>284</i>
<i>The Principles of the Program</i>	<i>288</i>
<i>Facing a Difficult Year.....</i>	<i>293</i>

Section 1:

Welcome and About Assembly

This page intentionally left blank.

2020 Region One Assembly – Agenda Summary (Tentative)

Our final agenda will be available at Assembly and will be posted on the Region One website before Assembly. **The summary provided here is subject to change.**

SATURDAY, OCTOBER 24 (12:45-4:00 PM PACIFIC TIME)	
12:45PM	CHECK IN, ICE BREAKER
1:00-4:00PM	<ul style="list-style-type: none">• ASSEMBLY KICKOFF• ADOPT STANDING RULES• VOTE ON CONSENT AGENDA• SHARING SOLUTIONS, STRENGTHS, CHALLENGES• BREAK!• REGION 1 2021 BUDGET• REGION 1 BOARD NOMINEE SPEECHES
SUNDAY, OCTOBER 25 (12:45-4:30 PM PACIFIC TIME)	
12:45PM	CHECK IN, SETTLE IN
1:00-4:30 PM	<ul style="list-style-type: none">• “LIFE ON LIFE’S TERMS: CONNECTING TO RECOVERY IN A CHANGING WORLD” (GUEST SPEAKER AND INTERACTIVE WORKSHOP)• ELECTIONS• BREAK!• BUSINESS MOTIONS• ANNOUNCE PROJECT TEAMS

Welcome to Region One Assembly 2020!

Thank you for being a part of our first Virtual Assembly! Whether you are a returning Representative, a “Green Dot” (first time) Representative or a visitor, you are vital to the strength of Region One. I truly appreciate the time you have set aside for this service.

“Life on Life’s Terms: Connecting to Recovery in a Changing World” is our focus for Assembly 2020. Our Assembly workshop will be centered on how we can connect ourselves and our fellows to recovery amidst ever evolving changes around us.

Our agenda is full! Region One (unlike most other regions) only has one Assembly per year, so we cover a lot of ground when we’re together. We’ll spend time on “business,” but also on a few activities aimed at strengthening our meetings and personal recovery. To avoid videoconference fatigue, Assembly will be condensed this year to only the most urgent business: 2021 budget approval, candidate elections and urgent business motions. Please read ahead in your Assembly Notebook so you’ll be ready for our discussions.

Project Teams set meaningful goals for projects that make a real difference to members in Region One. Each Rep is asked to commit to serving on a Project Team for the coming year, whether or not they will be returning to Assembly next year. Visitors are also welcome and encouraged to be on a Project Team!

“All About Assembly” and Budget Q&A sessions. If you are a new Representative or haven’t attended an Assembly in the last ten years, it is important that you try to attend the **“All About Assembly”** session. For your convenience two sessions will be offered; you need only attend one. Your participation in one of two **Budget Q&A** sessions is vital so that the budget team can incorporate your input in time to present the final budget proposal during assembly. Zoom links for all sessions will be emailed to registered Representatives.

- ✓ “All About Assembly” session 1 - Sunday, October 4, 7 pm
- ✓ “All About Assembly” session 2 - Thursday, October 8, 7 pm
- ✓ Budget Q&A session 1 - Sunday September 27, 7 pm
- ✓ Budget Q&A session 2 - Tuesday, October 6, 7 pm

We hope you’ll raise your hand for service! This year we’ll elect a Chair, Vice Chair, Secretary and Technology Coordinator. Applications can be found at oaregion1.org/2020-region-1-assembly.html. Links to job descriptions are part of the application.

Thank you so much for giving your time and energy to OA! I look forward to connecting with you soon!

Cindy C.

Region One Chair - Chairr1@gmail.com

Region One Statement of Purpose and Mission

“The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and intergroups from which it is formed.” *Region One Bylaws, Article II, Section 1*

“The mission of Region One is to provide requested services to our groups and intergroups in order to carry the recovery message of the Twelve Steps and Twelve Traditions of Overeaters Anonymous by pooling resources, talent and experience.” *Adopted October 21, 1994*

“Inspire Recovery!” was chosen by 2016 Assembly Representatives as our Mission for 2016-2017.

“Connect for Recovery!” was chosen by the Board as the focus of our 2017 Assembly, and as our mission for the following year.

“Spark Recovery: Strong Intergroups, Strong Meetings, Strong Personal Recovery” was chosen by the Board the focus of our 2018 Assembly and for 2018-2019.

“Each One, Reach One: Share the Hope!” was chosen by the Board the focus of our 2019 Assembly and for 2019-2020.

“Life on Life’s terms: Connecting to Recovery in a Changing World” was chosen by the Board as the focus of our 2020 Assembly. **“Each One, Reach One: Share the Hope”** continues to be Region One’s focus for 2020-2021.

Tradition 5: “Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.”

Proposed 2020 Region One Virtual Assembly Standing Rules

1. The Region One Assembly will be conducted under the current edition of *Robert's Rules of Order Newly Revised*, except where it is inconsistent with the Bylaws, The Twelve Traditions of Overeaters Anonymous, The Twelve Concepts of OA Service, or any other specially adopted rules of order.
2. In all deliberations, the group conscience is more important than the technicalities of the motion.
3. All Region One attendees shall register and identify themselves on the chosen virtual platform using naming conventions provided by the presiding officer in advance. These identifiers will act as proper credentials and must be in evidence whenever an attendee is participating in the business meeting.
4. Voting:
 - a. Voters will raise hands when voting on business motions except when otherwise instructed by the presiding officer.
 - b. Voters will use the anonymous polling feature for elections.
 - c. The presiding officer shall effect any necessary changes to this procedure as needed.
5. Voice and vote shall be granted to registered Region One Representatives, Region One Board Members, and Representatives from unaffiliated groups. The Region One Trustee, General Service Trustees who reside in Region One, Region Representative Alternates, Committee Chairs and Intergroup Chairs have voice but no vote. The Parliamentarian has no vote, and no voice unless requested by the Chair to address the Assembly on a specific topic.
6. At the Assembly, the only motions in order are those submitted prior to the Assembly, or motions made by Board Members, Registered Representatives or Committee Chairs.
7. Members must be recognized by the Chair to speak or make a motion. Only those duly registered and using naming conventions prescribed by the presiding officer will be recognized (refer to items 3 and 5). When addressing the Chair, members shall first state their name and the Intergroup they are representing or Region One position held.
8. The Assembly Reference Committee shall be appointed by the Region One Chair. This committee shall meet to clarify motions referred to it by the Chair. The Committee will present alternate wording of the motion or a substitute motion to the Assembly.
9. The Assembly Reference Committee will present to the Assembly alternate wording or substitute motions for those referred to it in the order that they were referred, and before the consideration of Emergency New Business.
10. Emergency New Business motions must be submitted to the Assembly Reference Committee no later than the **end of business on Saturday** to be considered at this Assembly. Emergency New Business motions require a two-thirds vote for adoption.
11. RULES OF LIMITED DEBATE:
 - a. Present the matter to be voted on: a motion, an amendment, or any piece of business. Main motions and lengthy amendments must be submitted to amendments@oaregion1.org.
 - b. For proposed amendments to the Bylaws or Policies, the presenting body must clearly verbalize the purpose or intent of the amendment prior to consideration.

- c. Pro and con debate will be limited to three speakers for each main motion and two speakers for each subsidiary amendment.
 - d. If more than three people wish to speak on either the pro or con side of an issue, they will choose among themselves the three they wish to represent them by deliberating in a breakout room for no more than three minutes.
 - e. Each speaker will be limited to one speech of two minutes for each main motion or amendment.
 - f. The Chair will recognize those wishing to speak in alternating order, if needed, first pro and then con, until debate is completed.
 - g. After pro and con debate has concluded, the Chair will invite questions from the floor about the motion being considered. Questions will be limited to 10 minutes for each motion.
12. Representatives are expected to be present during business sessions and will abstain from voting if they were not present during all debate for a current issue. If a Representative must be temporarily absent from the Assembly, a designated Alternate may assume his/her position and vote, provided the Alternate has been present during all debate on the current issue. The Alternate must identify themselves as instructed in item 3 and state for whom they are the designated alternate.
 13. Any business not completed by the last business meeting of Assembly shall not be considered. The motion may be resubmitted to a future Assembly.
 14. A Minutes Review Committee will be appointed by the Chair to determine the accuracy of the business minutes. Final approval of the Assembly minutes will be completed by the Region One Board.
 15. No personal recording devices may be used during business sessions, unless approved by the Chair. Electronic communication devices (pagers, cell phones, etc.) may not be in operation unless in silent mode.
 16. There will be a Consent Agenda consisting of routine or non-controversial matters. The Chair will determine the matters that will be placed on the Consent Agenda. Any voting member may request that an item from the Consent Agenda be considered separately. The Consent Agenda shall require two-thirds vote for adoption.
 17. The Secretary will take attendance at the opening of Assembly. This will be used to create the Credentials Report. The Credentials Report will be updated if a voting member checks in after the start of Assembly, or notifies the secretary that s/he is withdrawing prior to the close of Assembly.

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 His 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.

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 non-professional, 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 to 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.

The Twelve Concepts of OA 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 OA 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, executives, 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.

The Spiritual Principles of Overeaters Anonymous

Spiritual Principles in the Twelve Steps

Step 1 – Honesty	Step 7 – Humility
Step 2 – Hope	Step 8 – Self-discipline
Step 3 – Faith	Step 9 – Love
Step 4 – Courage	Step 10 – Perseverance
Step 5 – Integrity	Step 11 – Spiritual Awareness
Step 6 – Willingness	Step 12 – Service

Spiritual Principles in the Twelve Traditions

Tradition 1 – Unity	Tradition 7 – Responsibility
Tradition 2 – Trust	Tradition 8 – Fellowship
Tradition 3 – Identity	Tradition 9 – Structure
Tradition 4 – Autonomy	Tradition 10 – Neutrality
Tradition 5 – Purpose	Tradition 11 – Anonymity
Tradition 6 – Solidarity	Tradition 12 – Spirituality

Spiritual Principles in the Twelve Concepts

Concept 1 – Unity	Concept 10 – Clarity
Concept 2 – Conscience	Concept 11 – Humility
Concept 3 – Trust	Concept 12 –
Concept 4 – Equality	(a) Selflessness
Concept 5 – Consideration	(b) Realism
Concept 6 – Responsibility	(c) Representation
Concept 7 – Balance	(d) Dialogue
Concept 8 – Delegation	(e) Compassion
Concept 9 – Ability	(f) Respect

How to be an Effective Trusted Servant

When we take on the responsibility of service beyond the group level there are principles that will enhance the service experience which are connected with both the Traditions and the Concepts. Our service bodies do have business to conduct each time they meet. Understanding and practicing these spiritual principles make service bodies more effective and benefits all members of OA.

1) Focus/Stay on Topic – Respect everyone’s time. Have an agenda and stick to it. Don’t spend time discussing outside or personal issues. Everyone at the meeting has a life and is giving their time voluntarily. Wait until the chair gets to what you want to discuss.	Concepts 5 Consideration 12f Respect Tradition 5 Purpose
2) Inform – If you are leading a discussion or a committee, come prepared with the information you want or need to share that is important for members to hear when making a decision. Group conscience is our guide. To keep relevant information from the members is not acting in the group’s best interest.	Concepts 9 Ability 10 Clarity 12b Realism Tradition 2 Trust (group conscience)
3) Be Considerate – Listen carefully and consider all points of view. Group conscience is about hearing and evaluating the ideas of all members. Don’t be in a rush to persuade everyone that your way is the best or only way.	Concepts 5 Consideration 11 Humility 12e Compassion 12f Respect Tradition 12 Spirituality
4) Voice Opinions – Speak up. If you have a concern or an idea, put it before the body. Don’t be afraid of what others might think or say. It is your responsibility as a member to contribute and occasionally defend an idea in order to make a difference.	Concepts 4 Equality 6 Responsibility 12c Representation 12d Dialogue Tradition 1 Unity (not conformity)
5) Vote Your Conscience – Vote for what you believe to be right, even if it is the unpopular or minority view. Sometimes voting ‘no’ is the correct thing to do. There are times, when in discussion, it may seem as if the rest of the members are in agreement with something, when in fact, they haven’t fully formed an opinion. It is not necessary to agree with everyone else. Your difference of opinion may be the spark for a totally new idea.	Concepts 6 Responsibility 12c Representation 8 Delegation Tradition 2 Trust (group conscience)
6) Represent the Board – After a group conscience decision is made, show support for that decision when speaking as a member of the service body. If you personally still disagree with a decision, make sure it is clear that this is your opinion, but that you support the group conscience because it is what was decided. You can always bring the item up for further discussion after a time if you feel the decision needs to be revisited.	Concepts 1 Unity 6 Conscience 12a Selflessness Traditions 1 Unity 6 Solidarity
7) Avoid Rehashes – Once a decision is made, give it the chance to succeed. Commit to work in a manner that will accomplish whatever was decided. If later on there is a need to revisit a decision, bring it forward with whatever new evidence or concerns you may have, but bring it forward with an open mind for the service body to review.	Concepts 11 Humility 12a Selflessness 12f Respect Tradition 10 Neutrality
8) Practice High Standards – Build the organization by example. Practice the Principles. Treating everyone with equality and respect strengthens the service body as well as each individual who gives service.	Concepts 3 Trust 5 Consideration 12 Guidelines 12c Representation Traditions 5 Purpose 9 Structure

- Presume innocence and the good intention of all parties.
- Make each other look good; speak well of fellow members.
- Build on each other’s work.

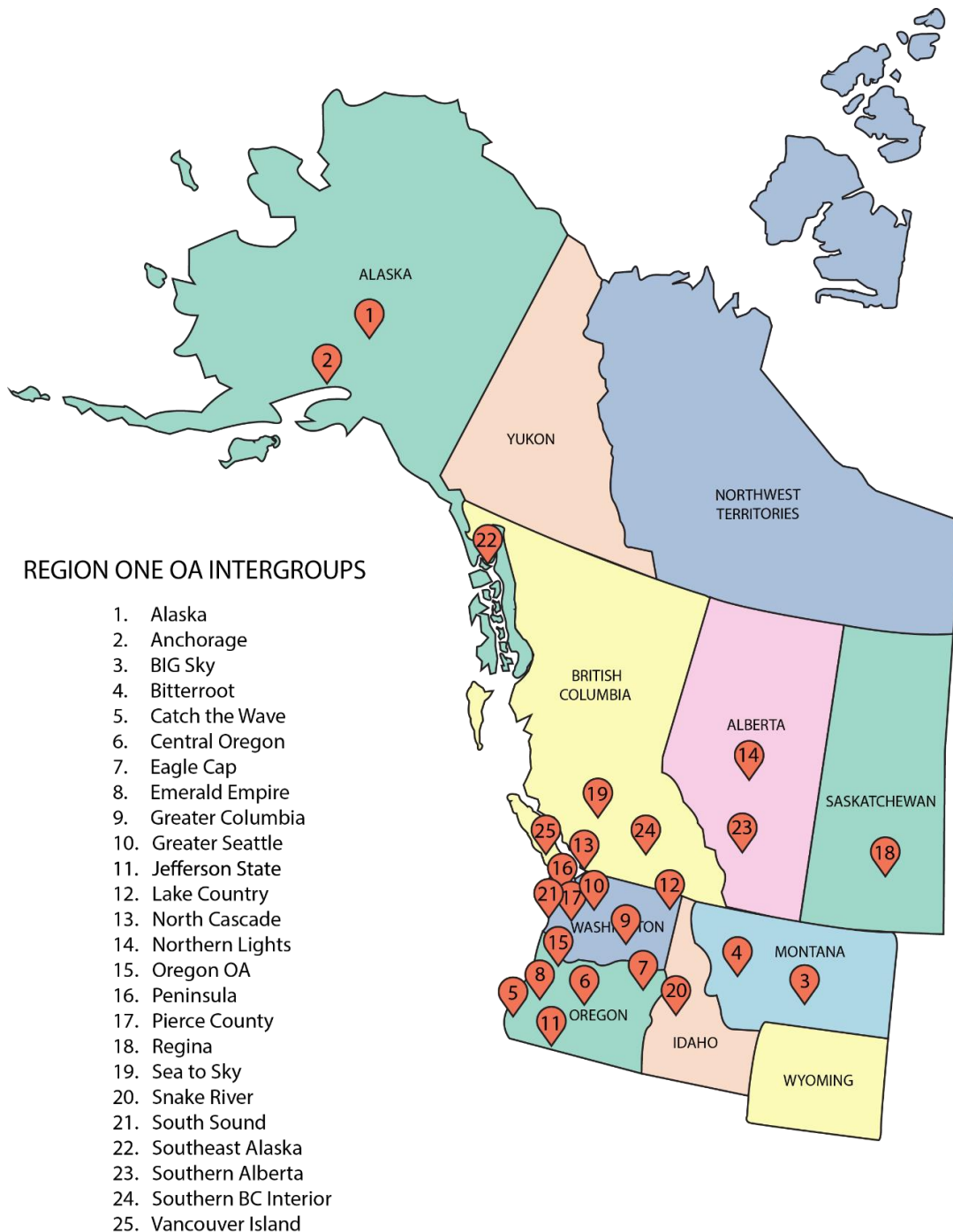
Hold to the vision rather than on ways that serve only personal agendas, thus forgetting our primary purpose. Spend your time working to carry the message of recovery to those who still suffer.

Section 2:

About Region One

This page intentionally left blank.

Region One Intergroup Map



Contact information for Intergroups may be found at oaregion1.org/intergroups.html.

Meetings may affiliate with any (or no) Intergroup, but most often choose the closest Intergroup to their meeting place.

Region One Board (as of September 2020)		
NAME, OFFICE, EMAIL	TERM	LIAISON PROJECT TEAMS, INTERGROUPS AND OTHER ROLES
Cindy C. Chair chairr1@gmail.com	Interim appointment February 2020 to Assembly 2020	Audit, Intergroup Chairs, New Group Outreach, PIPO/Carrying the Message Emerald Empire, Jefferson State, Peninsula, Pierce County, South Sound, Southern Alberta
Open Vice-Chair vicechairr1@oaregion1.org		Nurturing Newcomers, Convention
Avi R. Treasurer treasurer@oaregion1.org	Elected Assembly 2019 for 2 year term (first term).	Budget/Finance/Delegate Support (BFDS), Unaffiliated Group Outreach Alaska, Anchorage, Southeast Alaska
Alice W. Secretary secretary@oaregion1.org	Interim appointment April 2020 to Assembly 2020.	Bylaws, Board Outreach Visit Coordinator Big Sky, Bitterroot, Lake Country
Beverly M. Technology Coordinator webmaster@oaregion1.org	Interim appointment May 2020 to Assembly 2020.	Assembly Notebook, Board Calendar Updates, Website, Facebook Greater Seattle, Northern Lights, Regina, Southern BC Interior
Nadine D. Member-at-Large mal@oaregion1.org	Elected Assembly 2018 for a partial (one year) term. Elected Assembly 2019 for a 2 year (first) term.	Nominations, Strong Recovery, Speaker List Central Oregon, Eagle Cap, Greater Columbia, Oregon, Snake River
Margie G. Trustee regiononetrustee@gmail.com	Elected at WSBC 2020 for a 3 year (first) term.	Sponsorship, Journal Sales Catch the Wave, North Cascades, Sea to Sky, Vancouver Island

Region One Intergroup Roster (as of August 2020) For more information visit oaregion1.org/intergroups.html				
	INTERGROUP	CHAIR	WEBSITE	# OF MTGS*
1	Alaska (Palmer, Alaska – north of Anchorage)	Randy	alaska-oa.org	4
2	Anchorage Alaska	Liz M.	oa-alaska.org	14
3	Big Sky (Eastern Montana)	Rotating	montana-overeatersanonymous.org/	5
4	Bitterroot (Western Montana)	Gail M.	Coming Soon!	14
5	Catch the Wave (Southern Oregon Coast)	Cindy T.		4
6	Central Oregon (Bend)	Janice K.	centraloregonoa.org	5
7	Eagle Cap (NE Oregon, Baker City)	Barbara S.		4
8	Emerald Empire (Southern Oregon, Eugene)	Paul R.	oeugene.org	9
9	Greater Columbia (Central Washington)	Deidre H.		9
10	Greater Seattle	Erin F.	seattleoa.org	35
11	Jefferson State (Southern Oregon, Phoenix)	Vickie N.	oasouthernoregon.org	10
12	Lake Country (Eastern Washington, Northern Idaho)	John B.	Coming Soon!	18
13	North Cascade (Washington, North of Seattle)	Allen T.	oa-nci.org	15
14	Northern Lights (Edmonton, Alberta)	Bev S.	oaedm.com	19

Region One Intergroup Roster (as of August 2020) For more information visit oaregion1.org/intergroups.html				
	INTERGROUP	CHAIR	WEBSITE	# OF MTGS*
15	Oregon (NW Oregon, SW Washington)	Liz S.	oregon-oa.org	51
16	Peninsula (Washington, Bainbridge Island)	Rosie S.		13
17	Pierce County (Washington, Tacoma)	Jill L.	piercecountyoa.org	12
18	Regina (Saskatchewan)	Candace M.	oaregina.com	9
19	Sea to Sky (British Columbia)	Lynne	oaseatosky.com	29
20	Snake River (Southern Idaho)	Genna A.		15
21	South Sound (Washington, Olympia)	Heidi C.	oasouthsoundintergroup.org	10
22	Southeast Alaska (Juneau)	Cassie J.		4
23	Southern Alberta (Southern Alberta, Calgary)	Alanna C.	oa-southernalberta.com	11
24	Southern BC Interior (British Columbia, Kelowna)	Willa-Acting Chair		11
25	Vancouver Island (British Columbia, Victoria)	Lauren N.	oaviig.org	19
Total <u>affiliated</u> meetings in Region One				349
Total <u>unaffiliated</u> meetings in Region One				12
Total meetings in Region One				361
*# of meetings reflects OA World Service records as of August 2020. If this number does not match your Intergroup meeting list, please check to see if some of your meetings need to affiliate with your Intergroup, or if meetings that have been canceled need to be removed from the World Service list.				

Region One Unaffiliated Groups as of August 2020*					
NUMBER	DAY & TIME	ADDRESS	CONTACT	PHONE	CLOSEST INTERGROUP
57184	Sunday 4:00 PM	Athol Community Center, 30355 3 rd St, Athol, ID 83801	Debbie	208-755-8335	Lake Country
54802	Monday 6:00 PM	Nazarene Church, 2530 Elmway, Okanogan, WA 98840	Terry	509-322-6729	Lake Country
51503	Monday 6:00 PM	Opportunity Presbyterian Church, 202 N Pines Rd, Spokane Valley, WA 99206	Patty L.	509-921-6986	Lake Country
56220	Tuesday 10:00 AM	City Government Offices, 436 E 22 nd Ave B, Community Conf Room 156, Torrington, WY 82240	Amy	307-338-0622	Region 3 - N Colorado
52250	Tuesday 12:00 PM	WA Edwards Family Centre, 333 4 th Ave N, Community Seminar Room, Saskatoon, SK S7K 2L8	Barb	306-230-7979	Regina or Northern Lights
51533	Tuesday 7:00 PM	Melville United Church, 148 5 th St E, Basement, Melville, SK S0A 2P0	Sami	306-760-1309	Regina or Northern Lights
52357	Wednesday 6:00 PM	Lions Den, Exhibition Drive, Prince Albert, SK S6V 7B7	Kathy	306-764-8329	Northern Lights
53946	Thursday 5:30 PM	Christian Science Church, 1152 Nicola St, Kamloops, BC V2C 2S3	Cheri	250-879-0728	Southern BC Interior
51596	Thursday 7:30 PM	North Shore Alano Club (temp virtual mtg), 176 E 2 nd St @ St Georges, N Vancouver, BC V7L 1C3	Susan	604-916-2247	Sea to Sky
47035	Friday 11:30 AM	St Peter the Fisherman Lutheran Church, 1226 SW 13th St, Meeting Room, Lincoln City, OR 97367	Winona	503-801-8309	Oregon
54491	Saturday 10:30 AM	Shalom Church, 1052 Valley Mall Pkwy, Prayer Room, East Wenatchee, WA 98802	Kathy	509-423-0031	Greater Columbia
56710	Saturday 11:00 AM	Northern Montana Hospital, 30 13th St, 4 th Floor, Room 4A, Havre, MT 59501	Angi	406-262-3988	Big Sky
*Are there meetings on this list that are a part of your Intergroup? Edit the meeting details at oa.org/add-a-meeting/edit-a-meeting to affiliate the meeting with your Intergroup.					

Reasons for your Meeting to Join (Affiliate with) an Intergroup

- ✓ Affiliated groups are [“in the loop” to receive information](#) about workshops, retreats, and other events offered by the Intergroup, Region One, and the OA World Service Office (WSO).
- ✓ Affiliated groups have [access to resources from the intergroup](#) – newsletters, meeting lists, speaker lists, seed money for workshops, retreats, public information ideas, etc.
- ✓ When a meeting is connected with an Intergroup, it has [a voice in how OA works](#) on the local, regional, and international levels. Your experience, strength and hope can make a difference to OA as a whole!
- ✓ Connection to an Intergroup not only strengthens the group, [it strengthens personal recovery](#).
- ✓ Affiliation offers [a connection to the rest of the OA Fellowship](#) so that has a personal, immediate means of answering questions or working through difficult situations.
- ✓ When your group affiliates, the Intergroup will add it to their printed and online meeting lists, which can help [bring newcomers to your meeting and help your meeting grow!](#)
- ✓ Many Intergroups provide [special assistance to help groups get started](#), and also assign an outreach person to connect specifically with your group.
- ✓ [Intergroup’s job is to help your group thrive!](#) When groups are stronger, individual recovery is stronger. The primary purpose of Intergroup is to help its groups carry the message.
- ✓ [OA is a WE program](#). Just as in our individual recovery we do best when we work with others, groups benefit greatly by connecting with other groups. The way we do that in OA is by affiliating with an Intergroup. We are stronger together!



Region One OA includes: Alaska, Alberta, N.W. Territories, Saskatchewan, Yukon, British Columbia, Oregon, Idaho, Washington, Montana and Wyoming. There are 25 Intergroups within Region One. (See map).

Please reach out to your nearest Intergroup! Contact info is available at oaregion1.org/intergroups.html. Or, contact our Region Chair at chairr1@gmail.com.

How to Encourage Unaffiliated Groups to Join an Intergroup

1. Be sure you have information about the Unaffiliated Group (UAG) available for easy reference and notetaking.
2. Call the group's contact person. You could also visit the group during their meeting time. Telephone or in-person contact is usually more effective than email communication.
3. When you make contact with the UAG member, you can say something like:

"Hi, _____. I'm _____, a member of OA from the _____ Intergroup Outreach Team. I'm calling to connect with you about your group in _____, which is in our intergroup's service area. Is this a good time to talk?"

4. Ask the following questions. Keep track of the information they give you.
 - How is your meeting doing?
 - What day, time, and place are you meeting? (Verify that all information listed on the OA website is correct – even if the group does not choose to affiliate, you can offer to help update any out-of-date information or give them directions on how to do so themselves).
 - Are you still the contact person for the meeting? (*If not, get new contact information*).
 - Do you know that your meeting is registered with OA World Service, but that it is not affiliated with an Intergroup? (*Some groups do not realize they are unaffiliated*).
 - Tell them about your intergroup, and explain the advantages of being affiliated. Invite them to become a part of your intergroup. (*If the group is interested in becoming affiliated, assist them in the process of "Editing an Existing Meeting" online at the OA website*).
5. Share information and make follow-up plans, as appropriate:
 - When finished contacting your assigned groups, let your Intergroup know how the contact went and if any information needs to be updated.
 - Ensure that the Intergroup knows that the group has affiliated, so that they can include the group in their meeting list and "information loop."
 - Notify Region One that the group has affiliated.
 - *Whether or not the group chose to affiliate*, make a calendar note to connect within the next month or two, if appropriate. Consider ways to support this group, regardless of affiliation.

If you need any help with this process, please email chairr1@gmail.com. Thank you so much for your time and service!

How to Edit a Meeting to Affiliate with an Intergroup

It is suggested that Intergroups have an outreach person contact unaffiliated groups in its area and invite them to affiliate, explain the benefits of affiliating, then help edit the meeting on the World Service website if the group does decide to affiliate. Unaffiliated groups may also wish to reach out to an Intergroup to discuss affiliation.

Often, groups remain unaffiliated because they:

- 1) Don't realize they are listed as unaffiliated,
- 2) Are quite a distance from the Intergroup meeting, and don't realize they can affiliate even if they are not able to attend the meeting (or that they may be able to attend using technology),
- 3) Don't know about the resources available to them via connection with an Intergroup,
- 4) Or, they simply don't know about the existence of the Intergroup.

How to edit an existing meeting with the OA World Service Office:

- 1) First, gather the information you need to affiliate your meeting with an Intergroup:
 - Meeting number *OR* meeting location (country, state, city); location; day of the week; and time
 - Choose Intergroup: Determine which Intergroup your meeting would like to join. Usually, this is the closest Intergroup, but meetings may choose to affiliate with a different Intergroup.
- 2) Edit the meeting online:
 - Go to oa.org/add-a-meeting/edit-a-meeting
 - Choose the type of meeting you want to edit (Face-to-Face, Online, or Telephone)
 - Edit the existing meeting online by selecting the appropriate meeting and then following the prompts, checking to be sure all information is up-to-date.
 - Select the appropriate Intergroup from the drop-down list. (Note: many Intergroups are active in more than one state or province, and the address on file with World Service may not be in the state or province you might expect. If the Intergroup you wish to select is not visible, try changing the state or province and check the Intergroup list again.)
 - Select Region One from the drop-down list (if not already selected)
 - Check the "I am not a robot" verification
 - Click submit
 - You will receive a verification email from the World Service Office, but changes may not show on the website immediately.

If you need help with this process, please email chairr1@gmail.com. Thank you so much for your time and service!

Section 3:

Region One Bylaws

This page intentionally left blank.

Region One Assembly of Overeaters Anonymous Bylaws

Article I – Name

The name of this organization is Region One Assembly of Overeaters Anonymous, hereafter known as Region One.

Article II – Purpose

Section 1

The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and Intergroups from which it is formed. The organization is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding section of any future United States Internal Revenue Law). Region One is organized for educational purposes regarding the disease of compulsive overeating within the meaning of Section (3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

Section 2

To provide requested services for OA groups and Intergroups, in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous, and the Twelve Concepts of OA Service.

THE TWELVE STEPS:¹

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 characters.
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 His 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.

THE TWELVE TRADITIONSⁱⁱ

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 non-professional, 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.

THE TWELVE CONCEPTS OF OA SERVICEⁱⁱⁱ

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 the World Service Business Conference the active maintenance of our world services; thus the 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 OA 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, executives, 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.

Article III – Membership

Section 1 – Members

Membership of Region One consists of:

- A. Those members of all groups registered with the World Service Office of Overeaters Anonymous, hereinafter referred to as WSO which fall within the geographical boundaries of Region One.
- B. Intergroups and unaffiliated groups that are registered with WSO and agree with the Bylaws of Overeaters Anonymous Inc., subpart B, Article V, Section 1 which defines an OA group as follows:

Intergroups and unaffiliated groups must be duly registered with the World Service Office of Overeaters Anonymous, hereinafter referred to as WSO and agree with the Bylaws of Overeaters Anonymous Inc., subpart B, Article V;

The definition of an OA group as of September 2016 is:

- a) The following points shall define an Overeaters Anonymous group:
 1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous., guided by the Twelve Concepts of OA Service.
 2. All who have the desire to stop eating compulsively are welcome in the group.
 3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting.)
 4. As a group they have no affiliation other than Overeaters Anonymous.

5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.
- b) Composition:
1. A group may be formed by two or more persons meeting together, either
 - i. In the same physical location (face-to-face);
 - ii. Through some form of electronic device (virtually); or
 - iii. Both.
- c) An “unaffiliated group” is one registered with WSO but not affiliated with any Intergroup.

Section 2 – Geographical Definition:

The geographic area of Region One consists of the states of Alaska, Idaho, Montana, Oregon, Washington, and Wyoming; the provinces of Alberta, British Columbia, and Saskatchewan; and the Yukon and Northwest Territories.

Section 3 – Membership of the Assembly:

- A. Members of the Region One Assembly, who have voice and vote include:
1. Region One Board members,
 2. Representatives from each member Intergroup, and a
 3. Representative of any unaffiliated group.
- B. Members with voice but no vote include:
1. Intergroup Chairs
 2. Regional Representative alternates
 3. Region One World Service Trustee
 4. General Service Trustees who reside in Region One
 5. Committee Chairs.
- C. Any OA member may attend to observe and may provide information when recognized by the presiding officer.
- D. Visiting non-OA members may attend at the discretion of the presiding officer, but may not participate in discussion.

Motions may be made at the Assembly by Region One Intergroup Representatives, Board Members and Committee Chairs.

Section 4 – Representatives:

- A. Each Intergroup is entitled to one (1) Representative for up to the first ten (10) groups it represents and one (1) for each additional ten (10) groups or any fraction thereof. An Intergroup may also select Alternate Representatives.
- B. An unaffiliated group may select 1 Representative and 1 Alternate.
- C. Representative(s) and Alternate(s) shall be selected and names forwarded to the Region One Board at least ninety (90) days before the annual Assembly.

- D. Member Intergroups and unaffiliated groups must register their Representative(s) and Alternate(s) with Region One.
- E. If an Intergroup does not select its Representative(s) and Alternate(s) or fails to forward their names to Region One as required in paragraph B, above, such Representative(s) and Alternate(s) may appear with evidence of their due selection. If that evidence is deemed credible by Region One Board, and such Representative(s) and Alternate(s) shall be seated.
- F. The primary responsibility of the Region Representatives at the annual Region One Assembly is to represent their Intergroups and to report back to their Intergroups on actions taken at Assembly.

Article IV – Meeting

Section 1 – Annual Meeting:

The Region One Board shall sponsor an annual meeting of Region Representatives, which shall be known as the Annual Region One Assembly (sometimes herein referred to as the “Assembly”) on such date as the Board may designate. The Assembly shall elect Board Officers and serve the conscience of the fellowship of Region One of Overeaters Anonymous as a whole. The Representatives to the Assembly shall be as stated in Article III, Sections 3 and 4.

Section 2 – Special Meetings:

The Region One Board may call special meetings of the Region Representatives for particular business stated in the call of the meeting.

Section 3 – Quorum:

A majority of those voting members registered at the Annual Meeting or any meeting of the Region Representatives shall constitute a quorum for all proceedings of the Assembly.

Section 4 – Vote:

Only those members present at the Assembly or other meeting of Region Representatives may vote.

Article V – Region One Board

Section 1 – The Region One Board shall consist of the following:

- A. Members with voice and vote: Chair, Vice-Chair, Secretary, Treasurer, Technology Coordinator and Member at Large;
- B. The Region One Trustee, with voice but no vote.

Section 2 – Nominations:

- A. All Intergroups shall be notified seventy-five (75) days prior to Assembly of offices to be filled.
- B. Applicants may submit an application to the Region One Board or Nominations Committee at any time prior to the election.
- C. Each voting member of the Assembly shall have the right to make nominations from the floor. Those so nominated shall submit an application prior to the election at a time to be determined by the Assembly.
- D. Candidates for office shall be available in person for questioning by the members of the Assembly prior to the election at a time and method to be determined by the Assembly.

The name of this organization is Region One Assembly of Overeaters Anonymous, hereafter known as Region One.

Section 3 – Qualifications for election:

To be qualified for election, a person must:

- A. Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- B. Be working the Twelve Step program to the best of his/her ability and have taken the Fifth Step.
- C. Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- D. Be presently abstaining from compulsive overeating for at least one (1) year
- E. Have two years of service to Overeaters Anonymous beyond the group level, if a member of an Intergroup.
- F. Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to-day business, or be willing to learn how to use them.

Section 4 – Method of elections:

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election, a nominee must:
 - 1. Meet all qualifications as defined in Article V, Section 3.
 - 2. Understand responsibilities of the position as defined in Article VII, and as defined in the Region One Job Descriptions.
- C. In order to be elected to membership on the Region One Board, a nominee must consent to serve in that position and must receive a majority vote of the Region Representatives and voting members of the Region One Board present and voting.
- D. If two (2) or more ballots are necessary for any position, the nominees receiving less than one-fourth of the total vote will be withdrawn automatically on succeeding ballots except that the top two (2) nominees must remain. If no nominee has less than one-fourth of the votes, the nominee with the lowest number of votes shall be dropped from the ballot.

Section 5 – Terms of Office:

- A. Board members shall be elected to serve for a period of two years and until their successors are elected.
 - 1. In even-numbered years, elections by ballot shall be held for Vice Chair, Secretary, and Communications Coordinator. In odd-number years, elections by ballot shall be held for Chair, Treasurer and Member at Large.
 - 2. Newly elected officers shall take office at the close of the Region One Assembly at which they are elected.
- B. Board members shall serve no more than two (2) full consecutive terms in any one Board position.
- C. After an interval of one year, members may again be eligible for election to their prior Board position.
- D. Upon election to the Board, members shall cease to be a Region Representative for their Intergroup.

Section 6 – Vacancies:

- A. A vacancy on the Board may be filled by a majority vote of the Board until the next Assembly, at which time the Assembly will elect that position's unexpired term.
- B. If the position of Chair is vacated, then the Vice-Chair will automatically fill the Chair's unexpired term, and the position of Vice-Chair is declared vacant.
- C. No member may hold more than one Board position at the same time, and any present Board member elected to another Board position is assumed to have relinquished the former position. A vacancy is then declared for the relinquished position, to be filled in accordance with Article V, Section 6(a).

Article VI – Board Functions

Section 1 – The Board shall have general supervision of the affairs of the Assembly between its annual meetings.

- A. The Board shall have regular meetings no fewer than three (3) times a year.
- B. The Chair or a majority of the Board may call special meetings.
- C. A quorum for Board meetings consists of a majority of the current voting members of the Board.
- D. Board meetings, at the direction and discretion of the Board, may be conducted by videoconference, teleconference, or other electronic means, provided that the meeting is conducted by technology which allows all persons participating to hear each other at the same time.

- E. The Board shall be empowered to make emergency decisions between regular Board meetings. These decisions shall be presented at the next regular Board meeting for consideration and a vote on ratification.
- F. To facilitate communication, the Board shall use multiple technologies, including but not limited to: a post office box at a location to be determined by the Board; a website to be maintained by the Board; and email lists as may be deemed appropriate by the Board.

Article VII – Officers’ Duties

Section 1 – It shall be the responsibility of each Board member to attend all Board meetings.

Section 2 – The Chair

- A. Shall preside at all meetings.
- B. Is an ex-officio member of all committees except the Nominating Committee.
- C. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 3 – The Vice-Chair

- A. Is responsible for coordination of Board-related events and Assembly/Convention, working with the hosting Intergroup.
- B. Shall preside at meetings in the absence of the Chair and shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 4 – The Secretary

- A. Shall take minutes of all Board meetings and meetings of the Assembly.
- B. Shall maintain a file of all minutes of past meetings.
- C. Shall update and maintain database of Intergroups.
- D. Shall coordinate registration at the annual Assembly.
- E. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 5 – The Treasurer

- A. Shall maintain financial bank accounts, as necessary, as directed by the Region One Board.
- B. Shall present a financial report at the Board meetings and in the newsletter.
- C. Shall prepare financial documents of the fiscal year for the annual audit by the end of the first quarter of the following year.
- D. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 6 – The Technology Coordinator

- A. Shall assemble material for electronic distribution.
- B. Shall provide for the maintenance and updating of the Region One web presence and other public media of communication as necessary.
- C. Shall work with Region One committees as deemed necessary by the Region One Board.
- D. Shall perform all other duties as prescribed in the Region One Job Description Policies.

Section 7 – The Member at Large

- A. Shall provide back up to all Board positions except for Chair. Shall step in to temporarily perform the duties of any Board member other than Chair as needed.
- B. Shall perform other duties as prescribed in the Region One Job Description Policies.

Article VIII – Region One Trustee

Section 1

Region One applicants for Trustee Nominee(s) shall prepare an application in accordance with World Service Business Conference requirements, which shall be presented to the Board or Nominations Committee forty-five days before Assembly.

Section 2

Applicants must be present at the time of the nomination and present a three -minute qualifying talk.

Section 3

A majority vote shall be required for election as Trustee nominee(s). If two (2) or more ballots are necessary, the nominee receiving the least number of votes on the previous ballot will be dropped from succeeding ballots.

Section 4

- A. When no application for Region One Trustee has been received by the time WSBC nominations are due, or else the position falls vacant beyond the deadline for application submittal, the following actions will be taken to fill the position of Region One Trustee: The Region One Board will solicit applications from Region One Intergroups and members.
- B. The Region One Board will consider only those applicants meeting all requirements for Region Trustee as outlined in the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article IX, Section 4.

- C. A majority vote of the Region One Board will constitute affirmation and nomination of the applicant(s).
- D. The Region One Board shall notify all Region One Intergroups, the Board of Trustees, and the World Service Office.

Article IX – Regional Delegates to the World Service Business Conference

According to OA, Inc. Bylaws; Subpart B, Article X, Section 3 – Delegates, (a) 5: A region that was represented at the last WSBC by fewer than forty percent of its Intergroups and other eligible service bodies may send up to five additional delegates from the region.

Should Region One qualify to send these regional delegates, their election shall occur as follows:

1. Preference shall be given to delegates selected from Intergroups and service bodies which would not otherwise be represented by delegates.
2. Candidates shall be elected at the Region One Assembly and may submit applications to the Region One Board prior to the Assembly or after being nominated from the floor of the Assembly.
3. Election shall take place under the same procedures as the election of Region One Board members at the Assembly.
4. Candidates must meet the same requirement for delegates as set by OA, Inc. Bylaws Subpart B, Article X, Section 3 – Delegates (c) 1.
5. Should too few delegates be elected at the Assembly or if a vacancy occurs between the time of the Assembly and that of the World Service Business Conference, those vacancies may be filled by the Region One Board.

Article X – Committees

Section 1 – Standing Committees:

The following standing committees shall be established to carry out the purposes of Region One in the most effective and efficient manner: Budget and Finance, Bylaws, and Membership Outreach.

Section 2

The Board shall designate such special committees as are deemed necessary for the welfare and operation of Region One. The Board shall set the job descriptions for the committees, and supervise their operations.

Section 3

The Region One Chair shall appoint all committee chairs.

Section 4

Committees may conduct business by postal mail, email or other electronic means of communication.

Article XI – Source of Funds

Section 1 – Source of Funds

The activities of the Assembly shall be primarily financed from:

- A. Contributions from groups and Intergroups
- B. Conventions.
- C. Private donations from members.

Section 2- Prudent Reserve:

There shall be no accumulation of funds beyond forecast necessities, with retention of a prudent reserve for contingencies.

Article XII – Major Policy

Section 1 – Major Policy:

- A. Matters which relate to major policy affecting Region One groups shall be referred to Region One Board.
- B. Matters which relate to Overeaters Anonymous as a whole, which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees of Overeaters Anonymous.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc. or which relate to the Twelve Steps, Twelve Traditions, and the Twelve Concepts of OA Service shall be referred to the World Service Business Conference.

Article XIII – Parliamentary Authority

The rules contained in the current edition of Roberts Rules of Order Newly Revised shall guide Region One in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions, the Twelve Concepts of OA Service or any special rules of order Region One may adopt.

Article XIV – Bylaw Amendments

Section 1

Amendments to the Bylaws, with the exception of The Twelve Steps of Overeaters Anonymous, The Twelve Traditions of Overeaters Anonymous, and The Twelve Concepts of OA Service, may be submitted to the Annual Assembly.

- A. Amendments may be submitted by Region One Intergroups, the Region One Board and/or the Region One Bylaws Committee.
- B. Proposed changes shall be submitted to the Board or Bylaws Committee sixty (60) days before the annual Assembly.
- C. Copies of proposed amendments shall be sent to Region Representatives at least thirty (30) days prior to the annual Assembly.
- D. Amendments require two-thirds (2/3) vote of members present and voting for adoption.
- E. Members of the Assembly may submit proposed amendments to these bylaws from the floor of the Assembly without meeting the other conditions outlined in SECTION 1, Parts A -D, in this article, and such proposed amendments require a nine-tenths (9/10) vote of members present and voting for adoption.

Section 2

Editorial changes shall be made by the Bylaws Committee which do not alter the meaning of any bylaws but clarify the wording to bring the bylaws and Articles of Incorporation into conformity. A written report of such editorial changes shall be given to Assembly Representatives.

Article XV – Notice

Section 1

The Region One Board shall provide notice of at least 150 days of the time and location of the Region One Assembly to all Intergroups, unaffiliated groups and Region One committees

Section 2

The Region One Board shall provide notice of at least thirty (30) days of the time, location, and purpose of any Special Meetings.

Section 3

Notice of meetings may be given by postal mail, email, and/or other electronic means of transmission.

Section 4

For the purpose of distributing any required documents to the Intergroups, committee chairs, and Region One Board members, documents may be sent by postal mail, email, and/or other electronic means of transmission.

Article XVI – Dissolution

Section 1

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous or to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious, and/or scientific purposes and which has established its tax - exempt status under Section 501(c) (3) of the Internal Revenue Code.

Section 2

No part of the net earnings of this association shall ever inure to or be used for the benefit of, or be distributed to, its members, trustees, officers, or other private person, except that the association shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.

ⁱ Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. ⁱⁱ Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

ⁱⁱⁱ Copyright 1996-1998, Overeaters Anonymous, All Rights Reserved, reprinted with permission.

This page intentionally left blank.

Section 4:

Region One Policies and Procedures

This page intentionally left blank.

Region One Assembly of Overeaters Anonymous Policies and Procedures

1. REGION ONE

- 1.1. The Region One Heart Logo (see below) is adopted for use on Region One Board and Committee Correspondence.



2. REGION ONE BOARD

- 2.1. Official correspondence from the Region One Board shall first be submitted to all Board members for input.
- 2.2. A Board member who is unable to fulfill the duties of the office may request a leave of absence of up to two months, or may resign. If the Board member does not take this action, s/he may be asked to take a two month leave of absence or resign.
- 2.3. Any Board member may request a leave of absence of up to two months, which may be granted at the discretion of the Board.
- 2.4. The Region One Board shall maintain and update as necessary a written handout entitled "Guide for Serving as a Region One Representative" to be sent out annually with the "Eligibility for Assembly" form.

3. REGION ONE BOARD MEETINGS

- 3.1. The primary purpose of Board meetings will be Region One business and Region One will continue to investigate expansion of the outreach program, i.e., service and tradition workshops, committee networking and service forums.
- 3.2. Board minutes will be sent electronically to current Board members, Intergroup Chairs, and be posted on the Region One website.
- 3.3. The Board shall meet at least four times per year. The Board shall hold an in person meeting each fall immediately following Assembly.
- 3.4. The Board may meet monthly via conference call.

- 3.5. An Intergroup may apply to the Board to host a quarterly meeting in the year following each Assembly.

4. REGION ONE BOARD JOB DESCRIPTIONS

4.1. GENERAL RESPONSIBILITIES OF EACH BOARD MEMBER:

- 4.1.1. Submits a written report of activity prior to each Board Meeting and Assembly.
- 4.1.2. Acts as liaison to committees as assigned.
- 4.1.3. Keeps records to pass on at the end of term.

4.2. CHAIR RESPONSIBILITIES:

- 4.2.1. Presides at all regular and special meetings of the Region One Board, Executive Board and Assemblies.
- 4.2.2. May appoint a Parliamentarian for the Region One Assembly annually to advise the Chair on procedural issues. Factors which shall be used in selection are:
 - 4.2.2.1. Familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts of Overeaters Anonymous.
 - 4.2.2.2. Familiarity with the Bylaws and Policies and Procedures of the Region One Assembly.
 - 4.2.2.3. Ability to apply Robert's Rules of Order Newly Revised.
 - 4.2.2.4. If the chosen Parliamentarian is a member of Overeaters Anonymous, their expenses will be reimbursed in the same manner as those of the Region One Board.
 - 4.2.2.5. The Parliamentarian may be an ex-officio member of the Bylaw Committee at the discretion of the Region One Chair.
 - 4.2.2.6. Parliamentarian's duties are as follows:
 - 4.2.2.6.1. Advises Chair to maintain the order of Business according to Roberts Rules of Order Newly Revised, Bylaws and established policies.
 - 4.2.2.6.2. During Assembly, gives Chair motions in order of precedence.
 - 4.2.2.6.3. During Assembly, answers questions or parliamentary inquiries when requested to do so by the Chair.
- 4.2.3. Serves as ex-officio member on all committees except Nominations.
- 4.2.4. May maintain a blog on the Region One website.
- 4.2.5. Represents Region One as a whole at the World Service Business Conference.
- 4.2.6. Participates in the Region Chairs' meetings, and the Region Chairs' Committee meetings at WSBC.
- 4.2.7. Appoints Committee Chairs and assigns duties as necessary.
- 4.2.8. Assumes responsibility for planning of Assembly.

- 4.2.9. After elections at Assembly, assigns all Board members to Region One committees and intergroups, to serve as liaisons for the coming year, and communicates with them as needed.
- 4.2.10. Coordinates production of Assembly Notebooks.
- 4.2.11. Prepares Assembly Evaluation forms and reports on results at next Board meeting.

4.3. VICE-CHAIR RESPONSIBILITIES:

- 4.3.1. Acts in the capacity of the Chair in his/her incapacity or absence.
- 4.3.2. Maintains open communication with the Chair to be prepared to act in the event of his/her incapacity or absence.
- 4.3.3. Carries out specific assignments as directed by the Chair.
- 4.3.4. Acts as Assembly location coordinator.
- 4.3.5. Negotiates the hotel contract for Assembly and Convention. The contract is to include hotel room rates and amenities, meeting rooms, audio-visual and other equipment, catering, and any other needs specific to Assembly and Convention.
- 4.3.6. Recommends the final contract to the Board for approval. Co-signs the approved contract with the Chair, and provides the Treasurer with written notice of when hotel deposits are due and ensures that a direct bill application is completed, if necessary.
- 4.3.7. Monitors the number of hotel room nights booked, reminds Intergroups of deadline for registration to help ensure room night quota is achieved if it is part of the contract.
- 4.3.8. Closely monitors the terms of the hotel contract to ensure all Region obligations are met.
- 4.3.9. Maintains regular contact with the hotel to ensure that everything remains on track and to keep abreast of any changes in administration that may affect the outcome of Assembly and Convention.
- 4.3.10. Provides an up-to-date manual to Convention Chairs containing job descriptions, deadlines for specific activities, sample forms and other pertinent information.
- 4.3.11. Works with the Convention Chair to develop the Convention Program.
- 4.3.12. Maintains the Convention checking account and issues reimbursements in a manner consistent with Region One policies.
- 4.3.13. Works closely with the Convention Committee to ensure no additional expenses are incurred without prior Board approval and that financial accountability is maintained.
- 4.3.14. Works with Intergroups to generate bids for Region Convention.
- 4.3.15. Serves as resource and liaison for Convention Chairs and for Intergroups hosting Board meetings, providing guidance, clarifying expectations, keeping the Board informed of all major decisions and asking for approval/assistance as necessary.
- 4.3.16. Serves as a resource for Intergroups in planning their own events, providing formats and advice as needed.

4.4. SECRETARY RESPONSIBILITIES:

- 4.4.1. Records and prepares the minutes of all Region One Board Meetings:

- 4.4.1.1. Sends draft of minutes to Board Members for input and changes within 30 days of each meeting.
- 4.4.1.2. Brings records of the Board's actions from the past year to each Board meeting.
- 4.4.1.3. Develops action list from meeting notes and sends to those persons with assigned tasks within 2 weeks following each Board meeting or Assembly.
- 4.4.2. Updates and maintains roster of Board members, Committee Chairs, and liaison assignments.
- 4.4.3. Updates and maintains roster of Region One Intergroups including name, current mailing address, number of groups registered, and Board liaison assigned to each.
- 4.4.4. Updates and maintains roster of Region One Representatives including complete name, address, telephone number, Intergroup (or unaffiliated group) represented, and email address.
- 4.4.5. Updates and maintains Region One Bylaws and Policies and Procedures following the annual Assembly then refers them to the Bylaws project team for review and approval. Following approval by the Bylaws project team, provides electronic versions of both documents for posting on the Region website.
- 4.4.6. Coordinates registration for Assembly:
 - 4.4.6.1. Sends out Assembly registration instructions to Intergroups, unaffiliated groups and Region One committees at least one hundred fifty (150) days before the Region One Assembly. Follows up with those Intergroups not responding by deadline.
 - 4.4.6.2. Registers Representatives and Alternates as they arrive at Assembly, provides name tags and ribbons.
 - 4.4.6.3. Gives credentials report on number of voting Representatives and Board members during Assembly.
- 4.4.7. Sends Assembly materials to Intergroups that did not send any Representatives to Assembly.
- 4.4.8. Sends out notices and handles all other correspondence that is not the proper function of a Committee or another Board member.

4.5. TREASURER RESPONSIBILITIES:

- 4.5.1. Assume office immediately, but allow sixty (60) days after election to work with the previous Treasurer to balance books and receive all materials for the position.
- 4.5.2. Maintain a mailing address to receive donations. Retrieve the mail at least every two weeks.
- 4.5.3. Maintain bank accounts in U.S. funds.
- 4.5.4. Record receipts and disbursements.
- 4.5.5. Reimburse Board members and Committee Chairs for approved expenses.
- 4.5.6. Record donations by group number.

- 4.5.7. Complete government forms as required, including annual renewal of corporate registration with the state of Oregon and annual federal income tax filing.
- 4.5.8. Maintain up-to-date financial information including balancing checking accounts monthly.
- 4.5.9. Submit financial reports to the board, the audit committee, and the budget & finance committee on a monthly basis, and prior year-end and current year-to-date financial reports for inclusion in the Assembly Notebook.
- 4.5.10. Provide year-end reports and all supporting materials, paper and electronic, to the Chair of the General Audit Committee for the annual audit by February 28.
- 4.5.11. Provide reports and all supporting materials, paper and electronic, to the Chair of the Convention Audit Committee within 45 days of the close of Convention.
- 4.5.12. Work with the Budget, Finance and Delegate Support Committee to create a budget proposal for the following year. This proposed budget is submitted to the Board for discussion at the June Board meeting. Submit budget to Assembly for approval.
- 4.5.13. Review Budget and Finance policies annually.
- 4.5.14. Provide members with expense and donation forms as requested.
- 4.5.15. Act as Liaison to Committees and Intergroups, as assigned.

4.6. TECHNOLOGY COORDINATOR RESPONSIBILITIES:

- 4.6.1. Solicits, assembles, edits material, maintains website and social media sites as appropriate.
- 4.6.2. Considers the current Region One policies and World Service guidelines in all publications.
- 4.6.3. Consults with the Region One Board as to content and information to be published and makes no major changes in format or content without approval of the Board.
- 4.6.4. Maintains a current backup of Region One digital assets, including the website, any shared file resources or databases, at least monthly.
- 4.6.5. Oversees user account and password security for Region One accounts.
- 4.6.6. Promotes appropriate WSO, OA and Regional communications (such as A Step Ahead, WSO Bulletins, Intergroup Newsletters, etc.)
- 4.6.7. Is a resource for intergroups and Service Bodies who request support for setting up and maintaining websites or social media outreach.

4.7. MEMBER AT LARGE RESPONSIBILITIES:

- 4.7.1. Shall provide back up to all Board positions, except for Chair. Shall step in to temporarily perform the duties of any Board member other than Chair, as needed.
- 4.7.2. Support special projects and Intergroup Renewal efforts within Region One, as requested by the Chair.
- 4.7.3. Update and maintain the Region One speaker list. Actively recruit throughout the year to build the list, and share information when requested by OA members or service bodies.

- 4.7.4. Update and maintain the Region One sponsorship and contact list. Actively recruit throughout the year to build a diverse list, and share information when requested by OA members or service bodies.
- 4.7.5. Act as Liaison to Committees and Intergroups, as assigned.

4.8. REGION ONE TRUSTEE RESPONSIBILITIES:

- 4.8.1. Fulfills duties as described in World Service Business Conference (WSBC) Bylaws.
- 4.8.2. Keeps Region informed of current business concerning Region One and OA as a whole.
- 4.8.3. Attends Region One Board meetings, being a link between Region One and WSO.
- 4.8.4. Is available to speak throughout Region One as schedule permits and within allowable finances.
- 4.8.5. Serves on Nominations Committee during Assembly elections (if not running).
- 4.8.6. May maintain a blog on the Region One website.
- 4.8.7. Assists Intergroups with service and traditions related events.
- 4.8.8. Maintains communication with unaffiliated groups.

5. BUDGET AND FINANCE

5.1. FINANCE

- 5.1.1. Region One shall operate its finances in an orderly and cost-effective manner.
- 5.1.2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.
- 5.1.3. The Treasurer, the Chair and the Vice-Chair shall be authorized signers on Region One accounts. One additional Board member may be an authorized signer if deemed necessary and approved by a majority vote of the Board.
 - 5.1.3.1. Passwords for all accounts holding Region One funds shall be secured and shared with those authorized signers as specified in 5.1.3.
 - 5.1.3.2. Board Members shall immediately surrender all assigned bank cards at the end of their term or upon their resignation.
- 5.1.4. All funds shall be held in registered and insured financial institutions.
- 5.1.5. All expenditures must be supported by related receipts.
- 5.1.6. All accounts which involve Region funds shall be audited on an annual basis. The Chair shall appoint an Audit Committee of at least three people whose duties shall be to audit all such accounts. The committee shall create a written audit report for the year. The written report and the convention and general fund audit shall be included in the Assembly Notebook materials.
 - 5.1.6.1. The Convention audit shall be completed within 90 (ninety) days of the close of Convention.
 - 5.1.6.2. The general fund audit shall be completed by April 30.

5.2. BUDGET

- 5.2.1. Region One operates on a fiscal year running from January 1 through December 31.
- 5.2.2. The Budget & Finance Committee shall draft a budget for the upcoming fiscal year, based on realistic expectations of revenue and fund balances above the level of prudent reserve, and the amount of funds required to operate the programs the Assembly has approved, to be submitted to the Assembly for approval. After review and amendment, the Assembly shall adopt the budget for the coming year.
- 5.2.3. Region One funds shall be disbursed in accordance with the budget. Any expenditure exceeding 10% of a budgeted line item shall require approval by the Board. If the Board approves a budgeted override, such action shall be brought forward at the next Assembly for ratification.
- 5.2.4. Half way through the fiscal year, the Budget, Finance and Delegate Support Committee may review the current year's budget and suggest spending reductions if necessary to the Region One Board.
- 5.2.5. Region One shall annually use excess funds as follows:
 - 5.2.5.1. Up to 30% to be used for Board Special Projects
 - 5.2.5.2. Up to 30% to be used for Member Outreach to our members, groups and Intergroups
 - 5.2.5.3. Up to 15% to be used for Representative Support
 - 5.2.5.4. Up to 15% to be used for WSBC Delegate Support
 - 5.2.5.5. The remainder to be sent to the World Service Office of Overeaters Anonymous

Excess funds are calculated as follows: fund balance less prudent reserve, less targeted expenses for the coming year.

- 5.2.6. Trustee Nominees who are affirmed at Assembly may apply for funding to attend WSBC for the year of their Election.
- 5.2.7. Region One shall provide for sending two of its officers to each World Service Business Conference as follows:
 - 5.2.7.1. The Region One Chair, or if not available, the next available officer as designated below in (5.2.7.3), who shall register as a WSBC Delegate and represent Region One on the Region Chairs Committee and at any other Region Chair activities at the WSBC, and
 - 5.2.7.2. The next available officer as designated below in (5.2.7.3), who is eligible to be registered as a delegate from their intergroup shall assume the duties of the officer listed above in (5.2.7.1) if that officer is unavailable and/or unable to carry out those duties.

In such a case where WSBC designates this region as being eligible to send another Region One Delegate to the next WSBC, the second board member sent shall fulfill that position as a voting delegate. If no

officer is eligible to serve as a delegate from their intergroup (or when appropriate a Region Delegate) to the WSBC, the officer will register as an Alternate Delegate.

5.2.7.3. The order of the officers will be the following: Chair, Vice Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large.

5.2.7.4. Funds available for sending these officers shall be listed in a separate line item in the budget as "WSBC Representation."

5.3. PRUDENT RESERVE

A Prudent Reserve of six months' operating expenses shall be maintained in a separate account. Prudent reserve shall be calculated annually by taking an average of the prior three years' annual operating expenditures and dividing by two. Dedicated funds such as scholarships shall not be included in this calculation. If the prudent reserve falls below the required level, a minimum of \$500 per quarter shall be transferred to this account from the general account until the prudent reserve level is restored. If the Treasurer's report at any Board meeting indicates a reasonable expectation that transfers out of the prudent reserve account shall be required in the next quarter, the Budget & Finance Committee shall meet, and present a plan for reducing operating expenses for Board approval.

5.4. REPRESENTATIVE AND DELEGATE SUPPORT

5.4.1. Representative Support

5.4.1.1. Region One may provide support funds to assist Intergroups that would not otherwise be fully represented at Region.

5.4.1.2. Support for Representatives is awarded only to Intergroups registered for the Assembly and may only be used for expenses incurred for the Assembly by the Representative.

5.4.1.3. Applications for Representative support must be received by the Region treasurer from the requesting Intergroups by July 15 prior to Assembly. The applications will be reviewed by the Budget, Finance and Delegate Support committee, which will make recommendations to the board about how to distribute the available Representative support funds. The board will confirm the recommendations by August 1. The Intergroups that applied will be notified of how much, if any, support has been approved by August 15. The Region One Board may waive the deadlines if needed.

5.4.1.4. Where multiple requests are received and funds allow, support for Assembly Representatives shall be awarded as follows:

5.4.1.4.1. First: To new Intergroups or Intergroups that have never sent Representatives to the Region One Assembly.

5.4.1.4.2. Second: To Intergroups that have not sent Representatives to the Region One Assembly in the last five years.

- 5.4.1.4.3. Third: To Intergroups that have sent Representatives to the Region One Assembly in the past five years.
 - 5.4.1.4.4. Fourth: To Intergroups that would otherwise not be fully represented without financial assistance.
- 5.4.1.5. In the spirit of Seventh Tradition self-support, it is requested that – where feasible – each applicant intergroup provide *some* portion of the Representative expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Assembly Representative expenses.
- 5.4.2. WSBC Delegate Support
 - 5.4.2.1. Region One may provide support funds to assist Intergroups that would not otherwise be represented at World Service Business Conference (WSBC).
 - 5.4.2.2. Support for Delegates to WSBC is awarded only to Intergroups registered for WSBC and may only be used for expenses incurred for WSBC by the Delegate.
 - 5.4.2.3. Applications for WSBC Delegate support must be received by the Region treasurer from the requesting Intergroups by October 1. The applications will be reviewed by the Budget, Finance and Delegate Support committee before Assembly, and they will make recommendations to the board at the first board meeting after Assembly. The Intergroups that applied will be notified immediately. The Region One Board may waive the deadlines if needed.
 - 5.4.2.4. To determine the support to be awarded, the Region One Treasurer will inform the Budget, Finance and Delegate Support committee of the fund's budget and add to that any specific donations.
 - 5.4.2.5. Where multiple requests are received and funds allow, support for WSBC delegates shall be awarded as follows:
 - 5.4.2.5.1. First: To new Intergroups or Intergroups that have never sent delegates to WSBC.
 - 5.4.2.5.2. Second: To Intergroups that have not sent delegates to WSBC in the last five years.
 - 5.4.2.5.3. Third: To Intergroups that have sent delegates to WSBC in the past five years.
 - 5.4.2.6. In the spirit of Seventh Tradition self-support, it is requested that – where feasible -- each applicant intergroup provide *some* portion of the delegate expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Conference delegate expenses.

5.5. PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS

- 5.5.1. The Region One budget shall include a line item for Public Information grants, the amount to be voted on at each year's Assembly.

- 5.5.2. A single Intergroup, or coalition of Intergroups (service bodies), may make application for grant funds by submitting a request for such funds through the Public Information/Professional Outreach Committee.
- 5.5.3. Proposals shall be in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
- 5.5.4. Written proposals shall be submitted to the Public Information/Professional Outreach Committee and must include the following:
 - 5.5.4.1. The identity of the proposing service bodies, including the signature of the Chair(s) and contact information for the person responsible for the project.
 - 5.5.4.2. A complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices.
 - 5.5.4.3. The target audience and projected number of people to be reached.
 - 5.5.4.4. The projected total cost of the project, including direct and indirect costs, the amount the service body intends to cover or receive from other sources, and the amount of the grant requested.
 - 5.5.4.5. A projected timeline, including the starting and proposed ending date of the project.
 - 5.5.4.6. A proposed method of measuring results.
 - 5.5.4.7. Whether any of the project materials may be useful for other Region One service bodies.
- 5.5.5. When written proposals are approved by the Public Information/ Professional Outreach Committee, they will be forwarded to the Treasurer.
 - 5.5.5.1. Requests of under \$200 which fall within the line item budget for Public Information/ Professional Outreach grants may be approved by the Treasurer.
 - 5.5.5.2. Requests of over \$200, or if the request would exceed the budgeted amount for Public Information grants, shall be forwarded to the Board for approval, and, if necessary, a budget override.
 - 5.5.5.3. Receipts for all monies spent shall be forwarded to the Treasurer in accordance with Region One policies.
- 5.5.6. The project's Chair will keep the Public Information/Professional Outreach Chair advised of the progress and status of the project. The Public Information/ Professional Outreach Chair will include this information in their quarterly reports to the Board. Within 30 days of the close of the project, a final report shall be submitted to the Public Information/Professional Outreach Chair and the Board, and all remaining funds will be returned to the Region One treasury.

5.6. REIMBURSEMENT:

- 5.6.1. Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, except that the Treasurer shall submit their own reimbursement requests to the Chair. The Treasurer shall approve reimbursements and issue checks according to the following guidelines:

- 5.6.1.1. Board members and Committees shall be reimbursed for their reasonable expenses in performing their designated duties. Board members and Committees shall attempt to use the most cost effective means of performing their duties.
- 5.6.1.2. Board members: travel shall be reimbursed at:
 - 5.6.1.2.1. actual cost; or
 - 5.6.1.2.2. the IRS charitable volunteer mileage reimbursement rate.
- 5.6.1.3. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. If rooms are shared with persons not eligible for reimbursement, Region One will reimburse only the Board member's share of the lodging.
- 5.6.1.4. Up to five nights lodging shall be reimbursed for Assembly/Convention for all current Board members. Newly elected Board members may apply for reimbursement if not already funded by another service body. The Chair, or his/her designee, may be reimbursed for an additional night of lodging at single occupancy if deemed necessary by the Board.
- 5.6.1.5. Committees shall submit requests for reimbursement to their liaison Board member. The Board member shall forward approved requests for reimbursement to the Treasurer.
- 5.6.2. Board nominees who are not current Region 1 Representatives may request funding to attend Assembly as follows:
 - 5.6.2.1. Applicant is not presently funded by another service body
 - 5.6.2.2. Applicant does service at Assembly as assigned by the Region 1 Board and policy manual
 - 5.6.2.3. Region 1 will pay for half the daily room rate based on double occupancy, and the cost of Assembly registration. Transportation and meals will be compensated on a receipted basis by the Treasurer
 - 5.6.2.4. Deadline for application for funding is sixty (60) days prior to Assembly.
- 5.6.3. A Board or committee member may request an advance for anticipated expenditures. When the expenditure is made, the related receipts must be forwarded to the Treasurer.
- 5.6.4. If an advance or other prepaid funds are not used for the purpose intended, any funds not used for Region One business shall be returned to Region One. This requirement may be waived if the Board deems the reason the funds were not used for their intended purpose was an emergency.
- 5.6.5. If the Treasurer does not approve a request for reimbursement, either because it is inconsistent with the Region One Policies or because it is not deemed reasonable, the person requesting reimbursement may ask for a decision from the Board. If the member is not satisfied with the decision of the Board, the decision may be brought before the Assembly. At the Treasurer's discretion, advances may be made to cover the portion of the reimbursement that is not under appeal.

- 5.6.6. When Region One elects to send and finance regional delegates to the World Service Business Conference, the selected delegates shall follow the same usage and reimbursement policies and procedures as those stated above for Region Board and committee members. Region One Delegates to WSBC may be compensated for up to four nights lodging at double occupancy.

6. REGION ONE ASSEMBLY

6.1. REPORTS:

Each Committee, Intergroup Chair, and Board Member is expected to prepare a report for Assembly. Each report shall include the author's name and date of report. Reports are to be submitted electronically in Word format. When the call for reports is made before Assembly, it would be helpful to the committees if this language is included in the request.

6.2. NOMINATIONS:

- 6.2.1. The written applications of those nominated for Region One positions shall be printed and included in the Assembly notebook if they are received at least thirty (30) days before Assembly. Any nominees applying for a position later than that are responsible for providing a copy of their written application to each member of the Assembly. Applicants may contact the Nomination Chair concerning disbursement of copies.
- 6.2.2. Voting procedures and guidelines shall be included in the Assembly notebook.

6.3. MOTIONS:

- 6.3.1. The Bylaws committee shall create and provide a form for submitting main motions to the Assembly. Main motions, as described in Robert's Rules of Order Newly Revised, are those motions that bring business before the Assembly. These include policy and bylaw changes, and requests for Region One to take action.
- 6.3.2. The Bylaws committee shall send to each Intergroup and Committee Chair a copy of the motion form at least one hundred twenty (120) days prior to the start of the annual Assembly. This communication may be electronic and shall include a copy of the Region One Policies and Procedures and a copy of the Region One Bylaws.
- 6.3.3. Intergroups and committees shall use the form to submit main motions to the Bylaws committee or the Region One Board sixty (60) days prior to Assembly in order to be included in the notebook.
- 6.3.4. Main motions must be provided electronically to Representatives thirty (30) days prior to the Assembly.
- 6.3.5. Main motions may also be made from the floor by Board members, registered Representatives, and committees.
- 6.3.6. Motions may be ruled out of order by the Region One Chair at the Assembly. Any voting member may appeal the Chair's decision if this occurs. If the Chair determines that the

motion is out of order, and that determination is challenged, the conflict is resolved by balloting the Assembly Representatives.

- 6.3.7. Emergency New Business motions are matters of an urgent nature that, if not acted upon before the end of the Assembly, might have a detrimental effect on the welfare of the Assembly or Region One. Such motions shall be submitted to the Board and considered for discussion by an Emergency New Business committee established by the Region One Chair, subject to the rules of the Assembly.

7. REGION ONE REPRESENTATIVES

- 7.1. **Each Representative shall complete the online Assembly registration form** at least forty-five (45) days prior to Assembly and affirm election by his or her service body. The Region One Board may waive this deadline if deemed necessary. The Representative will indicate Committee assignment preferences by completing a survey provided electronically prior to Assembly.

- 7.2. **During the Assembly, Representatives shall:**

- 7.2.1. Attend all business sessions, arriving on time, as required for voting.
- 7.2.2. Participate in meetings of their assigned committee, creating an agenda and setting goals for the coming year.
- 7.2.3. Complete the Assembly evaluation form included in the Assembly notebook.

- 7.3. **After Assembly, Representative shall:**

- 7.3.1. Report on the Assembly proceedings orally and/or in writing to the Intergroup and to individual groups whenever possible, encouraging others to become involved in Region One service.
- 7.3.2. Keep in contact with their assigned committee, fulfilling the agreed-upon committee assignments for the year.

- 7.4. **As time allows, Representatives are encouraged to:**

- 7.4.1. Write articles for their Intergroup or Region One publications and World Service publications.
- 7.4.2. Lead workshops, as arranged by the Intergroup or Region One.
- 7.4.3. Provide assistance to the Board as may be requested from time to time.

8. REGION ONE CONVENTION

- 8.1. **HOTEL**

- 8.1.1. When an Intergroup is awarded the bid to host a Region One Convention, it shall submit a list of possible hotel sites and dates available at the next regularly scheduled

Board meeting. The Board shall vote and give the committee their first three choices. The Convention Committee shall have the final selection from those three choices.

- 8.1.2. The complimentary rooms received from the hotel will be used in the following manner: The first room used as a hospitality room. A decision on the disposition of additional complimentary rooms will be cleared through the Vice Chair.
- 8.1.3. Consideration of holidays shall be taken into account when scheduling Region One events and dates shall be approved by the Vice Chair. The Canadian Thanksgiving is on the second Monday in October.

8.2. WAYS AND MEANS

- 8.2.1. Sales of Ways and Means items during the Region One Convention are restricted to items offered by the Region One Board and the hosting Intergroup(s).
- 8.2.2. When Region One funds are used to buy Ways and Means items for Region One Convention, all profits on the sale of those items shall go to Region One.
- 8.2.3. The hosting Intergroup(s) may choose to purchase and sell Ways and Mean items at the Region One Convention; ten (10) percent of the profits on the sale of those items shall go to Region One.
- 8.2.4. The hosting Intergroup(s) shall present for approval a Ways and Means plan before the March Board meeting preceding the Convention, specifying the proposed source of funds for each item. Region Board approval is required before Region One funds are spent.
- 8.2.5. The Region One Board may conduct raffle fundraisers in relation to the convention that include, but are not limited to, an Annual Convention Raffle, and a 50/50 raffle. Particulars of each fundraiser may be modified at the board's discretion up to the point at which the fundraising effort commences.

8.3. REGISTRATION

- 8.3.1. Fees and Scholarships
 - 8.3.1.1. The annual Region One Convention will have a set registration fees. All OA members attending are expected to pay the set registration fee.
 - 8.3.1.2. Newcomers, defined as any OA member who joined OA after the end of the previous Region One Convention, and members' non-member guests shall pay no registration fees.
 - 8.3.1.3. Any member who wishes to attend and, because of personal finances cannot pay the full fee, must go through the Vice Chair or designated members of the Convention committee to seek a partial registration scholarship of a fee reduction for admittance to topics, workshops, and speaker sessions.
 - 8.3.1.3.1. Registration scholarships in the amount of half of the set registration fee will be awarded as scholarship funds are available. Scholarships are awarded directly by the Convention Committee.

The Convention Committee will encourage all OA Members to make a donation to the scholarship fund.

- 8.3.1.3.2. In the event that no scholarship funds are available and cannot be raised, the Vice Chair may approve a registration fee reduction to ensure that no OA member is turned away from attending the topics, workshops, or speaker sessions because of lack of funds.
- 8.3.1.4. Records of all scholarships and reduced fees are to be kept as part of registration tracking.
- 8.3.2. Registration Forms
 - 8.3.2.1. Posters, flyers and registration forms for Region One events shall not include the name of the speaker(s).
 - 8.3.2.2. The registration and meal costs shall have two columns on the registration forms, one column for U.S. funds and another column for the equivalent in Canadian funds.
 - 8.3.2.3. The Vice Chair must approve the flyers before printing.
 - 8.3.2.4. Printed and online registration forms are to be available:
 - 8.3.2.4.1. At least six months prior to Convention and in time for World Service Business Conference (WSBC).
 - 8.3.2.5. A registration form shall:
 - 8.3.2.5.1. be filled out for every person attending.
 - 8.3.2.5.2. have a number assigned to it.
 - 8.3.2.5.3. be accounted for on a master list.

8.4. PROGRAM

- 8.4.1. Keynote Speaker Selection
 - 8.4.1.1. The Region One Board shall submit an unranked list of at least six (6) possible keynote speakers to the Convention Committee by July 30th of the year prior to Convention for the Committee to research. The Convention Committee may add additional speakers to the list for consideration.
 - 8.4.1.2. The Convention Committee shall submit an unranked list of possible keynote speakers of no more than five (5) names to the Board by the January Board meeting. The list shall include at least two (2) choices from the list of names provided by the Board. The Board shall give the Convention Committee an unranked list of three (3) choices from the list of five (5) and leave the final decision from this list up to the Convention Committee.
 - 8.4.1.3. The Convention Committee, from this list of three, shall ask a second speaker to keep the Convention date open in case of cancellation by the first speaker.
 - 8.4.1.4. Any keynote speaker used at a Region One Convention shall not be considered again for five (5) years.
 - 8.4.1.5. Cost effectiveness shall be taken into consideration in selecting speakers.
- 8.4.2. Topic/Speakers

- 8.4.2.1. Region One Convention will have only Overeaters Anonymous speakers. Only OA-Approved literature or media may be displayed. No other twelve-step meeting shall be listed on the program.
- 8.4.2.2. The Region One Convention shall provide meeting space for OA impromptu meetings. Final approval for meetings must be from the Convention Chair, the Chair of Region One, or the Region One Trustee. Topics will be approved only if they are in keeping with the OA traditions. In keeping with Tradition Three, special focus meetings are open to all OA members.

8.5. FINANCES

- 8.5.1. Convention finances shall be managed in accordance with Region One Policies, as defined in Section 5 – BUDGET AND FINANCE, except that reimbursement requests for expenses shall be submitted to Region One Vice-Chair for approval and payment.
- 8.5.2. The hosting Intergroup(s) shall present a budget for approval before or at the March Board meeting preceding the Convention.
- 8.5.3. All proceeds, books, supporting documents, and receipts shall be remitted to the Region One Treasurer within thirty (30) days of the close of Convention.
- 8.5.4. Any outstanding invoices and/or receipts after that thirty (30) day period shall be sent directly to the Region One Treasurer for payment and/or reimbursement at the discretion of the Board. No reimbursements shall be made after the Convention Audit is completed.

8.6. MISCELLANEOUS

- 8.6.1. The Convention Chair shall submit a written Convention report before each Board meeting during the year before the Convention. Final reports from the Chair and committees are to be submitted before the January Board meeting after Convention. These reports may be included as a part of the Vice Chair's report.
- 8.6.2. The Convention Chair shall be reimbursed for lodging and per diem, consistent with the Board policy on expenses, for the actual Convention days, Friday afternoon from the opening of registration through the Sunday closing ceremony of Convention.

Section 5:

Motions to Assembly 2020

This page intentionally left blank.

2020 Region One Assembly Consent Agenda

As per the Region One Assembly Standing Rules, item #16:

“There will be a Consent Agenda consisting of routine or non-controversial matters. The Chair will determine the matters that will be placed on the consent agenda. Any voting member may request that an item from the consent agenda be considered separately. The consent agenda shall require two-thirds vote for adoption.”

The Chair has determined that the following items are on the Consent Agenda for this year’s Region One Assembly:

- Policy Motions: P-1, P-2
- Bylaws Motions: None
- World Service Business Conference motion: WS-1

Please note that WS-1 was passed by the 2019 Region One Assembly. Because the World Service Business Conference (WSBC) did not consider OA bylaw and policy changes in 2020, the motion must be submitted again by Region One for consideration at WSBC 2021.

OCTOBER 2020 MOTION TO REGION ONE ASSEMBLY

Motion BL-1

Move that Bylaws Article V, Section 1 be amended to strike and insert as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article V REGION ONE BOARD</p> <p>Section 1</p> <p>The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, Vice-Chair, Secretary, Treasurer, Technology Coordinator and Member at Large;</p> <p>B. The Region One Trustee, with voice but no vote.</p>	<p>Article V REGION ONE BOARD</p> <p>Section 1</p> <p>The Region One Board shall consist of the following:</p> <p>A. Members with voice and vote: Chair, Vice-Chair, <u>Second Vice-Chair</u>, Secretary, Treasurer, Technology Coordinator, <u>and First Member at Large</u>, <u>and Second Member at Large</u>;</p> <p>B. <u>Members with voice, but no vote</u>: The Region One Trustee, with voice but no vote.</p>

SUBMITTED BY: Nadine D. – Current Region One Member at Large, mal@oaregion1.org
 Beverly M. - Current Region One Technology Coordinator, webmaster@oaregion1.org

INTENT: Create two additional positions to the Region One Board.

IMPLEMENTATION: Update the Region One Bylaws for this motion. If passed, motions to update other areas of the Bylaws and Policies (such as job descriptions) will be presented at Assembly 2021. Existing job descriptions for Vice-Chair and Member at Large will be shared until then. After Assembly 2020, the Board will make temporary appointments for the new positions until Assembly 2021.

COST: Increase in Board Travel to Assembly and Convention. However, costs would be offset by new travel structure and the increasing use of virtual meeting tools by the Board.

RATIONALE: ***We're committed, but we need more hands.*** The Board is committed to being of service to our 25 intergroups and all members in Region One. We really believe in reaching out, fostering connections, and providing recovery and service resources. We are an active Board and we feel good about what we bring to the Region. However, the current workload on existing board members makes it necessary to either share this service with more Board members, hire outside help, or consider which resources we can no longer provide.

History: Region One currently consists of 7 positions (including our Trustee). In the past, Region One had 15 members sharing the work of carrying the message. Positions were eliminated over the years largely to reduce travel costs. In 2014 (approximately) the current Member at Large position was added back to the Board.

Costs and Travel: The Board travels much less than in the past, when the entire Board met in-person at least four times per year. The Board now holds most meetings virtually. We decided in 2016 that we would rather budget to send Board members to visit intergroups than attend in-person Board meetings, and that it was only necessary to send two members at a time. We held our strategic planning session virtually this year, which worked well and will likely be the format going forward. And, of course, this year we're holding our first virtual Assembly.

Although additional Board members will need to be reimbursed for travel to in-person Assembly and Convention, costs have already been significantly reduced, not only because of a reduced number of Board members, but also making use of virtual meeting tools.

What it would mean to have two additional Board positions:

- Project team and intergroup liaison roles could be divided among more people;
- If necessary, a Board member could be given fewer liaison assignments without as large an impact on other members of the Board;
- Assignments could be made more thoughtfully, matching interests and skill sets with tasks;
- Unexpected vacancies on the Board would not cause undue stress, as those responsibilities could be shared by several people;
- Service on the Board would be more do-able for members who are employed, and for those who are retired;
- Adding a Second Vice-Chair would bring our biggest endeavor of the year, Convention, “down to size” by allowing two people to work together on this project;
- Member at Large is an easier way to start on the Board than some other positions—this could open up Region service to members who don't feel they can take on some other roles;
- If the Board of Trustees restructuring motion passes at WSBC 2021, some BOT responsibilities will be shifted to Regions—our Board would be hard-pressed to take on additional responsibilities as things stand;
- And, finally, many hands make for light work and joy in service!

We bring this motion with our recovery, love for OA, commitment to service, and a desire for greater balance in mind. Thank you for considering this proposal.

OCTOBER 2020 MOTION TO REGION ONE ASSEMBLY

Motion BL-2

The maker of this motion moves to amend a Bylaw: Article V – Region One Board, Section 6 - Vacancies, subsection B. by striking and inserting as follows:

CURRENT WORDING	PROPOSED WORDING
<p>Article V – Region One Board Section 6 – Vacancies</p> <p>A. A vacancy on the Board may be filled by a majority vote of the Board until the next Assembly, at which time the Assembly will elect that position’s unexpired term.</p> <p>B. If the position of Chair is vacated, then the Vice-Chair will automatically fill the Chair’s unexpired term, and the position of Vice-Chair is declared vacant.</p> <p>C. No member may hold more than one Board position at the same time, and any present Board member elected to another Board position is assumed to have relinquished the former position. A vacancy is then declared for the relinquished position, to be filled in accordance with Article V, Section 6(a).</p>	<p>Article V – Region One Board Section 6 – Vacancies</p> <p>A. A vacancy on the Board may be filled by a majority vote of the Board until the next Assembly, at which time the Assembly will elect that position’s unexpired term.</p> <p>B. If the position of Chair is vacated, then the Vice-Chair will automatically fill the Chair’s unexpired term and the position of Vice-Chair is declared vacant. <u>If the Vice-Chair does not accept the vacant position of Chair, then the Vice-Chair retains the position of Vice-Chair and the Board will appoint a new Chair in accordance with Article V, Section 6(A).</u></p> <p>C. No member may hold more than one Board position at the same time, and any <u>Any</u> present Board member <u>who is either</u> elected to another Board position <u>or has automatically filled another Board position</u> is assumed to have relinquished the former position. A vacancy is then declared for the relinquished position, to be filled in accordance with Article V, Section 6(a<u>A</u>).</p>

SUBMITTED BY: Paul M., Bylaws Committee Member

INTENT: To place in the Bylaws a method for electing a Chair by the Board a) when the current Chair resigns midterm or leaves office for any other reason midterm and b) when the person who is the current Vice-Chair declines to automatically become the Chair.

IMPLEMENTATION: Update the Bylaws according to the motion.

COST: No costs are anticipated.

RATIONALE: The proposed Bylaw adds clarity about what to do when the Chair resigns and the person in the role of Vice-Chair does not want to be the Chair. If this motion is approved, the Bylaws will make clear that the Vice-Chair automatically becomes the chair only if the Vice-Chair is willing to become the Chair.

This Bylaw puts into writing what has actually recently happened in Region One: Region One elected a new Chair at the October 2019 Region One Assembly. In about February 2020, the Chair resigned for personal reasons. The Vice-Chair declined to accept the Chair position. The Region One Board, using Article 5, Section 6, subsection A, elected Cindy C. as our Region One Chair to hold that position until the October 2020 Region One Assembly. The Board then elected Alice as Region One Secretary to hold that position until the October 2020 Region One Assembly.

OCTOBER 2020 MOTION TO REGION ONE ASSEMBLY

Motion P-1 (on Consent Agenda)

Move that Policy 5.2.3 be amended by inserting and striking the following:

CURRENT WORDING	PROPOSED WORDING
Policy 5.2.BUDGET	Policy 5.2.BUDGET
5.2.1 Region One operates on a fiscal year running from January 1 through December 31.	5.2.1 Region One operates on a fiscal year running from January 1 through December 31.
5.2.2 The Budget & Finance Committee shall draft a budget for the upcoming fiscal year, based on the realistic expectations of revenue and fund balances above the level of prudent reserve, and the amount of funds required to operate the programs the Assembly has approved, to be submitted to the Assembly for approval. After review and amendment, the Assembly shall adopt the budget for the coming year.	5.2.2 The Budget & Finance Committee shall draft a budget for the upcoming fiscal year, based on the realistic expectations of revenue and fund balances above the level of prudent reserve, and the amount of funds required to operate the programs the Assembly has approved, to be submitted to the Assembly for approval. After review and amendment, the Assembly shall adopt the budget for the coming year.
5.2.3 Region One funds shall be disbursed in accordance with the budget. Any expenditure exceeding 10% of a budgeted line item shall require approval by the Board. If the Board approves a budgeted override, such action shall be brought forward at the next Assembly for ratification.	5.2.3 Region One funds shall be disbursed in accordance with the budget. Any expenditure exceeding 10% of that would cause <u>ing a budgeted line item to be exceeded by 10%</u> shall require approval by the Board. If the Board approves a budgeted override, such action shall be brought forward at the next Assembly for ratification.
[5.2.4-5.2.7.4 not affected by this motion]	[5.2.4-5.2.7.4 not affected by this motion]

SUBMITTED BY: Marjorie T., BFDS Team, bdfs@oaregion1.org

INTENT: To clarify the threshold for board approval of a budgeted item.

IMPLEMENTATION: To modify the policy

COST: None

RATIONALE: The BFDS team believes the current wording is confusing. If a budgeted line item budget is \$500, "10% of the budgeted line item" is \$50. Technically, this would result in the board having to approve any expenditure over \$50. We believe the intent is to require board approval if any expenditure would cause the total annual expenditure for this line item to exceed \$550. This could be due to a single occurrence, or an accumulation of smaller ones.

OCTOBER 2020 MOTION TO REGION ONE ASSEMBLY

Motion P-2 (on Consent Agenda)

Move that Policy 5.6.2 be amended by inserting and striking the following:

CURRENT WORDING	PROPOSED WORDING
5.6.2. Board nominees who are not current Region 1 representatives may request funding to attend Assembly as follows:	5.6.2. Board nominees who are not current Region 1 representatives may request funding to attend Assembly as follows:
5.6.2.1. Applicant is not presently funded by another service body	5.6.2.1. Applicant is not presently funded by another service body
5.6.2.2. Applicant does service at Assembly as assigned by the Region 1 Board and policy manual	5.6.2.2. Applicant does service at Assembly as assigned by the Region 1 Board and policy manual
5.6.2.3. Region 1 will pay for half the daily room rate based on double occupancy, and the cost of Assembly registration. Transportation and meals will be compensated on a receipted basis by the Treasurer	5.6.2.3. Region 1 will pay for <u>two nights' lodging at</u> half the daily room rate based on double occupancy, and the cost of Assembly registration. Transportation and meals will be compensated on a receipted basis by the Treasurer
5.6.2.4. Deadline for application for funding is sixty (60) days prior to Assembly.	5.6.2.4. Deadline for application for funding is sixty (60) days prior to Assembly.

SUBMITTED BY: Marjorie T., BFDS Team, bdfs@oaregion1.org

INTENT: To clarify the lodging reimbursement for board nominees.

IMPLEMENTATION: To modify the policy

COST: None

RATIONALE: The BFDS team believes the current wording is unclear. Region One provides two nights' lodging (half of double-occupancy) as its Assembly Representative support, so it would be appropriate here as well.

OCTOBER 2020 MOTION TO REGION ONE ASSEMBLY

The following motion is proposed to the Region One Assembly, but does not automatically change the Bylaws of Overeaters Anonymous. The Region One Assembly will debate and vote on whether or not to submit this motion (or an amended version of this motion) as a proposal to WSBC 2021.

Motion WS-1 (on Consent Agenda)

Move TO AMEND: Article IX Board of Trustees, section 4 Qualifications, of the Overeaters Anonymous Bylaws by striking and inserting as follows:

<u>CURRENT WORDING</u>	<u>PROPOSED WORDING</u>
Article IX Board of Trustees Section 4 Qualifications 4d) In addition, regional trustees: 1) Are to physically reside in the region represented no less than the six months immediately prior to election. 2) Elected regional trustees will maintain physical residency in the regions represented for two-thirds of each year of their terms, excluding OA-related business travel.	Article IX Board of Trustees Section 4 Qualifications 4d) In addition, regional trustees: 1) Are to physically reside in <u>be a permanent resident of</u> the region represented no less than the six months immediately prior to election. 2) Elected regional trustees will maintain physical residency in the regions represented for two-thirds of each year of their terms, excluding OA-related business travel.

SUBMITTED BY: Jan E., Delegate, Region 1. #09901

INTENT: This replaces a time-based requirement for residency with a simple requirement for residency for region trustees.

IMPLEMENTATION: Update the region trustee application and the bylaws.

COST: No cost.

PRIMARY PURPOSE: This allows “snow birds” and “rain birds,” who are otherwise qualified, to represent Regions where this is a common practice. This expands the pool of persons able to step up to this service.

RATIONALE: This simplifies the requirements for qualification of Regional Trustees by making residency requirements consistent and reasonable. More and more we are able to work as a group virtually – without actually being in the same room. Some Regions are allowing Representatives to attend Assemblies and vote virtually. Many Region Boards conduct their business and meetings virtually. Thus the physical presence of a Trustee within the Regional boundaries is less necessary. Therefore it makes sense to allow a Regional Trustee to be out of the Region and yet not be out of touch.

This motion will not be needed if the Board of Trustees Restructuring Plan passes, and will be withdrawn in that case.

Section 6:

Financial Resources and 2019 Financial Reports

This page intentionally left blank.

A Glossary of Financial Terms for Region One

ACCOUNT - For Region One, this refers to the checking, savings, PayPal and Square accounts where our money is kept. We use *category* and *line item* to refer to specific uses of the money in those accounts.

ACCOUNTING PERIOD - The period of time for which a report is prepared. It could be a week, a month, a quarter, the year to date (YTD), a fiscal year or a calendar year. The Assembly Binder has a YTD report that covers January 1, 2020 to June 30, 2020.



ASSETS - An item of current or future economic benefit. Region One's assets are the money held in the checking, savings and PayPal accounts. See also liabilities.



AUDIT - A careful look at the financial activities as of the end of the fiscal year (December 31) and covering the previous 12-month period. The audit is prepared by the Audit Committee. An audit checks that Region One appears to have followed all generally accepted accounting practices (GAAP) appropriately and that the financial reports are a reasonably accurate representation of our financial condition. The audit report may include recommendations for changes to our policies and procedures.

BALANCE SHEET - Statement showing our assets and liabilities at the end of the fiscal year.

CASH BASIS - A way of accounting for our income and expenses that records each item in the month it happens.

CASH FLOW - Money coming in and money going out. A positive cash flow is more money coming in than going out. A negative cash flow is more money going out than coming in.

CATEGORY - A description of where money comes from and goes to. For instance, "Journal Sales" is a category of our income, as is "Group Donations." "Postage and Printing" is a category of expense. Each category is a line item on the budget proposal and the income/expense report.

DEFICIT - More expenses than income during an accounting period. See surplus.

DONATIONS - Money given to us by individuals, groups and service bodies.

EXPENSES - The regular costs of doing business. Also called operating expenses.

IN-KIND - Non-cash items of value, such as specialized volunteer labor, donated goods or professional services.

INCOME - Money coming in to Region One. We receive individual, group or service body donations and we receive money generated by committee activities, such as journal sales by the Ways and Means committee or Convention income from the Convention committee.

INCOME/EXPENSE REPORT - A summary of the revenue and expenses of an organization during an accounting period.

LIABILITIES - Items owed by an organization or claims against its assets. Region One's only liability is the Prudent Reserve.

NET - The difference between one number and another. It is usually applied to income and expenses or to assets and liabilities. It can be a deficit or a surplus. Also known as the bottom line.

OPERATING ACTIVITIES - Items that relate to the organization's main business or program activities. All of Region One's activities are operating activities.

PREPAID EXPENSES - Items an organization pays for in advance of their being due. Examples include insurance premiums and rent that may be paid for a twelve-month period at the beginning of the year. Region One does not have any prepaid expenses.

PRUDENT RESERVE - Funds set aside annually to be used in case we have low income or high expenses. The prudent reserve amount for Region One is designed to cover 6 months of expenses, and the amount is calculated by averaging the previous 3 years' expenses divided by half.

RESTATEMENTS - Revisions of an organization's earlier financial statements. The need for restatements can result from fraud, misrepresentation or a simple clerical or calculation error. In most cases, it's an error.

REVENUE - See Income.

SURPLUS - The excess of income over expenses during an accounting period. See deficit.

TARGETED DONATIONS - Funds donated that must be spent on a specific program; for instance donations for Representative/Delegate Support or for PI/PO.



Donations to OA World Service

When making donations to OA World Service, please include your group or intergroup registration number. Not sure of your number? You can find it using the find-a-meeting function at oa.org/find-a-meeting. Thank you for supporting OA!

A Message from Our Treasurer

— Bonnie L., General Service Trustee, Treasurer

My name is Bonnie and I am a recovering compulsive overeater, currently serving as your treasurer. This has been a very busy quarter.

Write the Registration Number on Group and Service Body Contributions

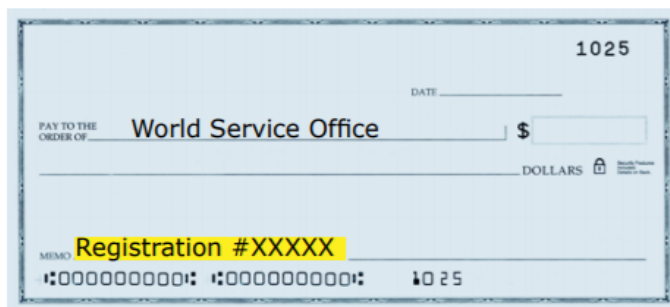
In October of each year, your Executive Committee members (the General Service Trustees and Board of Trustees chair) meet with World Service Office managers to prepare our annual budget. In November, the full board meets to review and approve the budget. We have just approved our 2018 budget of approximately US\$1.7 million. That's the amount it costs to effectively carry the message; to print, translate, and distribute OA literature; and to staff the WSO. Every contribution you send helps toward that cost and is very much appreciated.

In fact, we receive as many as 150 contribution checks every week. But as many as half of these don't have the contributing group or service body's registration number written on them. This is important information used to assign the contributions properly to your group or service body. It means the WSO staff must take a great deal of time to look up these registration numbers.

If you don't know your registration number, go to [Find a Meeting](#) on oa.org and look up your meeting information, which will include the registration number. It may take you just

five minutes, but multiply that time by about one hundred: that is the amount of WSO staff time that could be spent on much more productive work. If you need help finding your number, you can also contact your region chair, region trustee, or virtual services trustee. Our

"We receive as many as 150 contribution checks every week, but half don't have the group or service body's registration number."



WSO staff time is very valuable. In the coming months, the staff will be directed to stop tracing the sources of contributions sent without the required registration numbers. What that will mean is that unmarked contributions will ap-

pear in the "miscellaneous income" line, rather than being properly assigned to your group or service body. We would like to give you proper credit, so please help us out.

Automatic Recurring Contributions

In the last issue of *A Step Ahead*, I shared about our ARC (Automatic Recurring Contributions) plan. On the oa.org website there is a simple link allowing members to make direct contributions. It's interesting to see that the ARC contributions for October 2017 include 276 members contributing a total of US\$6,244.50. That's even more than some regions contribute, so ARC is clearly a valuable resource. Please consider making an ARC if you're not doing so already. Go to oa.org/contribute to get started.

Delegate Support Fund

At our November board meeting, I was involved in the distribution of funds from our Delegate Support Fund. I am pleased to say that we were able to support nineteen delegates for WSBC 2018. They will attend from the USA, Canada, South Africa, Greece, Germany, Austria, and also from our virtual groups. This is the first opportunity for some of these

service bodies to be represented, and is only possible through your contributions to this fund.

We sincerely appreciate your continued support! Together we can do what we could never do alone.

This article reprinted from the 2018 First Quarter *A Step Ahead*.

Donations to Region One

This example check shows the information needed to properly credit your group or intergroup for your donation. There is no need to include additional forms if the check is filled out in this manner. **However, if this information isn't included at all, the donation will be recorded as a personal donation from the person named on the check.**

1025

DATE **June 26, 2018**

PAY TO THE ORDER OF **Region One OA** \$ **100.00**

One hundred and 00/100 DOLLARS

MEMO: **Mtg/Group #, Day, Time, City, State/Province**
Part of ?? Intergroup (if affiliated)

Signature

1025

Unsure of your group number? Go to oa.org/find-a-meeting/ and follow the search prompts using your meeting location, day and time. Your meeting number will be part of the search results. Please also include the name of the intergroup with which your meeting is affiliated. Thanks very much for your help.

Mailing Address? Region One Treasurer, P.O. Box 23235, Tigard, OR 97281

Donating online? We can receive donations online at oaregion1.org/donations.html. Please include the information shown in the check memo in the "Note to Seller" field.

Personal Donation? Just write "personal donation" in the check memo, and be sure your name is on the check (or included in the "Note to Seller" if donating online).

Thanks for helping us carry the message!

OA Group Treasurer Worksheet

Meeting Location/Day/Time: _____

Meeting Number: _____ Covers Dates (From/To): _____

Treasurer's Name: _____

BEGINNING BALANCE.....\$ _____

Income – donations \$ _____

Income – literature sales..... \$ _____

Income-special events..... \$ _____

Income - miscellaneous/other \$ _____

EQUALS TOTAL INCOME.....\$ _____

Expenses – rent..... \$ _____

Expenses – literature..... \$ _____

Expenses – meeting supplies..... \$ _____

Expenses – scholarships \$ _____

Expenses – miscellaneous/other \$ _____

MINUS TOTAL EXPENSES.....\$ _____

EQUALS BALANCE ON HAND.....\$ _____

MINUS PRUDENT RESERVE (suggested three months' rent)\$ _____

EQUALS EXCESS FUNDS (available for donation to service bodies).....\$ _____

D O N A T I O N S T O S E R V I C E B O D I E S			
(include meeting number with contributions)			
Intergroup	%*	\$	
Region	%*	\$	Region One, P.O. Box 23235, Tigard OR 97281 USA oaregion1.org/donations.html
OA World Service	%*	\$	OA World Service, PO Box 44727, Rio Rancho, NM 87174-4727 USA oa.org/contribute/

*determined by group conscience. OAWS recommends 60% to IG, 10% to Region and 30% to WS.

2019 Group Donations Report

Date	Name	Memo	Amount
07/05/2019	Anaconda Tues 700pm	54143	50.00
03/05/2019	Anacortes Mon 1030am	24943	10.00
08/29/2019	Anacortes Mon 1030am	24943	10.00
01/12/2019	Anchorage Sat 9am	17026	23.00
04/06/2019	Anchorage Sat 9am	17026	23.00
07/09/2019	Anchorage Sat 9am	17026	14.55
10/01/2019	Anchorage Sat 9am	17026	27.70
06/22/2019	Ashland Mon Noon	40111	20.00
01/28/2019	Ashland Thurs 7pm	30951	22.00
01/25/2019	Bainbridge Is. Sat 915	30245	9.00
07/05/2019	Bainbridge Is. Sat 915	30245	20.00
08/15/2019	Bainbridge Is. Sat 915	30245	20.00
02/01/2019	Bainbridge Is. Wed Noon	51173	20.00
07/08/2019	Bainbridge Is. Wed Noon	51173	12.50
01/15/2019	Beaverton 1st United Tues 10am	33814	26.00
07/05/2019	Beaverton 1st United Tues 10am	33814	53.00
01/15/2019	Beaverton Bethel UCC Mon Noon	22065	25.00
07/05/2019	Beaverton Bethel UCC Mon Noon	22065	85.08
12/12/2019	Beaverton OR, Fri-AM OA	00706	10.00
02/13/2019	Bellingham Fri noon	52237	33.00
05/21/2019	Bellingham Fri noon	52237	36.00
09/27/2019	Bellingham Fri noon	52237	30.00
01/25/2019	Bellingham Sat 10am	38838	18.00
04/28/2019	Bellingham Sat 10am	38838	64.44
07/05/2019	Bellingham Sat 10am	38838	25.00
09/27/2019	Bellingham Sat 10am	38838	95.75
03/15/2019	Bellingham Thurs Noon	53882	15.00
08/15/2019	Bellingham Thurs Noon	53882	20.00
06/07/2019	Bellingham Tues 530	39110	5.50
07/15/2019	Bellingham Tues 530	39110	6.00
08/27/2019	Bellingham Tues 530	39110	9.80
10/03/2019	Bellingham Tues 530	39110	5.00
07/05/2019	Bellingham Wed 530	46345	25.00
04/28/2019	Bend Mon Noon	36392	20.31
04/28/2019	Bend Mon Noon	36392	17.50
08/15/2019	Bend Mon Noon	36392	19.46
01/25/2019	Bend Sat 930am	41289	21.76
04/28/2019	Bend Thurs Noon	45593	13.37
04/28/2019	Bend Thurs Noon	45593	11.86
08/15/2019	Bend Thurs Noon	45593	18.27
01/25/2019	Boise Mon 7pm	01438	100.00
05/23/2019	Boise Sat 130pm	47270	20.00
05/23/2019	Boise Sat 130pm	47270	29.25
07/30/2019	Boise Sat 130pm	47270	14.40
06/06/2019	Boise Wed Noon	50014	5.00
01/25/2019	Bozeman Mon noon	46534	13.50
01/25/2019	Bozeman Sat 9am	49348	23.00
07/22/2019	Bremerton Sat 10am	35596	15.00
01/25/2019	Burien Wed 5pm	54023	6.90
04/30/2019	Butte Wed 6pm	52494	13.00
08/14/2019	Butte Wed 6pm	52494	16.00
09/30/2019	Calgary Mon 7pm	46198	40.00
07/05/2019	Canby Tues 10am	45836	10.00
02/13/2019	Centralia Wed Noon	56580	5.00
01/25/2019	Cocolala Tues Noon	53514	25.00
10/02/2019	Cocolala Tues Noon	53514	50.00
05/21/2019	Cottage Grove Mon 7pm	21342	20.00
12/12/2019	Edmonton AB Sat OA	09235	58.46
12/12/2019	Edmonton AB Tue OA	10822	65.73

2019 Group Donations Report

Date	Name	Memo	Amount
02/21/2019	Edmonton Sat 11am	33607	100.00
06/24/2019	Edmonton Sat 11am	33607	70.00
05/10/2019	Edmonton Thurs 7pm	52306	20.00
09/03/2019	Edmonton Thurs 7pm	52306	18.00
02/21/2019	Edmonton Tues 7pm	10822	84.00
03/28/2019	Edmonton Tues Noon	54117	40.00
08/05/2019	Edmonton Tues Noon	54117	30.00
02/21/2019	Eugene Fri 11am	39158	35.00
08/05/2019	Eugene Fri 11am	39158	14.10
07/22/2019	Eugene Mon 530pm	26414	10.00
01/22/2019	Eugene Sat 930am	29117	16.00
06/10/2019	Eugene Sat 930am	29117	10.00
09/03/2019	Eugene Sat 930am	29117	16.00
02/13/2019	Eugene Wed 8am	56412	20.00
09/11/2019	Eugene Wed 8am	56412	10.00
10/11/2019	Everett Mon 530pm	35818	29.69
01/25/2019	Frederickson Fri 630pm	00661	10.00
05/21/2019	Frederickson Fri 630pm	00661	15.00
01/25/2019	Gig Harbor Sat 11am	45016	10.00
05/21/2019	Gig Harbor Sat 11am	45016	11.40
01/25/2019	Gig Harbor Wed 7pm	37659	13.00
06/06/2019	Gig Harbor Wed 7pm	37659	15.07
01/22/2019	Grants Pass Mon Noon	41078	5.76
04/30/2019	Grants Pass Mon Noon	41078	5.69
09/13/2019	Grants Pass Mon Noon	41078	6.12
01/15/2019	Grants Pass Sat 10am	53867	7.70
04/06/2019	Grants Pass Sat 10am	53867	7.30
10/11/2019	Grants Pass Sat 10am	53867	10.00
06/10/2019	Gresham Thurs 11am	54125	70.00
01/15/2019	Gresham Wed 1030am	07901	16.77
01/25/2019	Gresham Wed 1030am	07901	16.63
04/28/2019	Gresham Wed 1030am	07901	21.77
07/05/2019	Gresham Wed 1030am	07901	23.04
09/27/2019	Gresham Wed 1030am	07901	28.52
06/06/2019	Hailey ID Thurs 6pm	52489	63.90
04/28/2019	Hamilton Sat 10am	38935	10.00
09/27/2019	Hamilton Sat 10am	38935	15.72
01/25/2019	Helena Mon 7pm	34393	20.68
07/05/2019	Hillsboro Tues 615pm	56189	38.20
07/29/2019	Hood River Tues 530pm	39448	10.00
02/13/2019	Kennewick Mon 6pm	52419	31.00
07/05/2019	Anacortes Tues 700pm	54143	50.00
03/05/2019	Anacortes Mon 1030am	24943	10.00
08/29/2019	Anacortes Mon 1030am	24943	10.00
01/12/2019	Anchorage Sat 9am	17026	23.00
04/06/2019	Anchorage Sat 9am	17026	23.00
07/09/2019	Anchorage Sat 9am	17026	14.55
10/01/2019	Anchorage Sat 9am	17026	27.70
06/22/2019	Ashland Mon Noon	40111	20.00
01/28/2019	Ashland Thurs 7pm	30951	22.00
01/25/2019	Bainbridge Is. Sat 915	30245	9.00
07/05/2019	Bainbridge Is. Sat 915	30245	20.00
08/15/2019	Bainbridge Is. Sat 915	30245	20.00
02/01/2019	Bainbridge Is. Wed Noon	51173	20.00
07/08/2019	Bainbridge Is. Wed Noon	51173	12.50
01/15/2019	Beaverton 1st United Tues 10am	33814	26.00
07/05/2019	Beaverton 1st United Tues 10am	33814	53.00
01/15/2019	Beaverton Bethel UCC Mon Noon	22065	25.00
07/05/2019	Beaverton Bethel UCC Mon Noon	22065	85.08

2019 Group Donations Report

Date	Name	Memo	Amount
12/12/2019	Beaverton OR, Fri-AM OA	00706	10.00
02/13/2019	Bellingham Fri noon	52237	33.00
05/21/2019	Bellingham Fri noon	52237	36.00
09/27/2019	Bellingham Fri noon	52237	30.00
01/25/2019	Bellingham Sat 10am	38838	18.00
04/28/2019	Bellingham Sat 10am	38838	64.44
07/05/2019	Bellingham Sat 10am	38838	25.00
09/27/2019	Bellingham Sat 10am	38838	95.75
03/15/2019	Bellingham Thurs Noon	53882	15.00
08/15/2019	Bellingham Thurs Noon	53882	20.00
06/07/2019	Bellingham Tues 530	39110	5.50
07/15/2019	Bellingham Tues 530	39110	6.00
08/27/2019	Bellingham Tues 530	39110	9.80
10/03/2019	Bellingham Tues 530	39110	5.00
07/05/2019	Bellingham Wed 530	46345	25.00
04/28/2019	Bend Mon Noon	36392	20.31
04/28/2019	Bend Mon Noon	36392	17.50
08/15/2019	Bend Mon Noon	36392	19.46
01/25/2019	Bend Sat 930am	41289	21.76
04/28/2019	Bend Thurs Noon	45593	13.37
04/28/2019	Bend Thurs Noon	45593	11.86
08/15/2019	Bend Thurs Noon	45593	18.27
01/25/2019	Boise Mon 7pm	01438	100.00
05/23/2019	Boise Sat 130pm	47270	20.00
05/23/2019	Boise Sat 130pm	47270	29.25
07/30/2019	Boise Sat 130pm	47270	14.40
06/06/2019	Boise Wed Noon	50014	5.00
01/25/2019	Bozeman Mon noon	46534	13.50
01/25/2019	Bozeman Sat 9am	49348	23.00
07/22/2019	Bremerton Sat 10am	35596	15.00
01/25/2019	Burien Wed 5pm	54023	6.90
04/30/2019	Butte Wed 6pm	52494	13.00
08/14/2019	Butte Wed 6pm	52494	16.00
09/30/2019	Calgary Mon 7pm	46198	40.00
07/05/2019	Canby Tues 10am	45836	10.00
02/13/2019	Centralia Wed Noon	56580	5.00
01/25/2019	Cocolala Tues Noon	53514	25.00
10/02/2019	Cocolala Tues Noon	53514	50.00
05/21/2019	Cottage Grove Mon 7pm	21342	20.00
12/12/2019	Edmonton AB Sat OA	09235	58.46
12/12/2019	Edmonton AB Tue OA	10822	65.73
02/21/2019	Edmonton Sat 11am	33607	100.00
06/24/2019	Edmonton Sat 11am	33607	70.00
05/10/2019	Edmonton Thurs 7pm	52306	20.00
09/03/2019	Edmonton Thurs 7pm	52306	18.00
02/21/2019	Edmonton Tues 7pm	10822	84.00
03/28/2019	Edmonton Tues Noon	54117	40.00
08/05/2019	Edmonton Tues Noon	54117	30.00
02/21/2019	Eugene Fri 11am	39158	35.00
08/05/2019	Eugene Fri 11am	39158	14.10
07/22/2019	Eugene Mon 530pm	26414	10.00
01/22/2019	Eugene Sat 930am	29117	16.00
06/10/2019	Eugene Sat 930am	29117	10.00
09/03/2019	Eugene Sat 930am	29117	16.00
02/13/2019	Eugene Wed 8am	56412	20.00
09/11/2019	Eugene Wed 8am	56412	10.00
10/11/2019	Everett Mon 530pm	35818	29.69
01/25/2019	Frederickson Fri 630pm	00661	10.00
05/21/2019	Frederickson Fri 630pm	00661	15.00

2019 Group Donations Report

Date	Name	Memo	Amount
01/25/2019	Gig Harbor Sat 11am	45016	10.00
05/21/2019	Gig Harbor Sat 11am	45016	11.40
01/25/2019	Gig Harbor Wed 7pm	37659	13.00
06/06/2019	Gig Harbor Wed 7pm	37659	15.07
01/22/2019	Grants Pass Mon Noon	41078	5.76
04/30/2019	Grants Pass Mon Noon	41078	5.69
09/13/2019	Grants Pass Mon Noon	41078	6.12
01/15/2019	Grants Pass Sat 10am	53867	7.70
04/06/2019	Grants Pass Sat 10am	53867	7.30
10/11/2019	Grants Pass Sat 10am	53867	10.00
06/10/2019	Gresham Thurs 11am	54125	70.00
01/15/2019	Gresham Wed 1030am	07901	16.77
01/25/2019	Gresham Wed 1030am	07901	16.63
04/28/2019	Gresham Wed 1030am	07901	21.77
07/05/2019	Gresham Wed 1030am	07901	23.04
09/27/2019	Gresham Wed 1030am	07901	28.52
06/06/2019	Hailey ID Thurs 6pm	52489	63.90
04/28/2019	Hamilton Sat 10am	38935	10.00
09/27/2019	Hamilton Sat 10am	38935	15.72
01/25/2019	Helena Mon 7pm	34393	20.68
07/05/2019	Hillsboro Tues 615pm	56189	38.20
07/29/2019	Hood River Tues 530pm	39448	10.00
02/13/2019	Kennewick Mon 6pm	52419	31.00
07/29/2019	Kennewick Mon 6pm	56646	27.00
02/13/2019	Kennewick Sat 10am	54533	8.10
07/22/2019	Kennewick Sat 10am	54533	14.30
01/25/2019	Kennewick Wed noon	37945	25.69
01/25/2019	Kennewick Wed noon	37945	25.80
04/28/2019	Kennewick Wed noon	37945	36.20
07/29/2019	Kennewick Wed noon	37945	41.40
05/21/2019	Ketchum Mon Noon	30415	11.79
05/21/2019	Ketchum Sat 4pm	split	11.79
01/15/2019	Lake Oswego Fri Noon	33618	17.39
04/28/2019	Lake Oswego Fri Noon	33913	27.17
07/05/2019	Lake Oswego Fri Noon	33913	33.01
01/15/2019	Lake Oswego Wed Noon	33913	17.38
04/28/2019	Lake Oswego Wed Noon	33618	27.17
07/05/2019	Lake Oswego Wed Noon	33618	33.01
01/25/2019	Lakewood Thurs 6pm	53864	5.00
06/06/2019	Lakewood Thurs 6pm	53864	8.00
03/15/2019	Langley Mon 6pm	52520	48.00
07/22/2019	Langley Mon 6pm	52520	25.00
06/10/2019	Leduc Mon 730pm	53527	39.89
01/15/2019	Long Beach Sat 10am	36544	8.00
01/15/2019	Long Beach Sat 10am	36544	2.00
01/15/2019	Long Beach Sat 10am	36544	2.00
07/05/2019	Long Beach Sat 10am	36544	6.00
01/15/2019	Longview WA 1414 Club Thurs 530pm	50311	2.00
01/15/2019	Longview WA 1414 Club Thurs 530pm	50311	2.00
01/15/2019	Longview WA Thurs 530pm	56351	5.00
01/15/2019	Longview WA Thurs 530pm	56351	7.00
03/27/2019	Maple Valley Mon 7pm	00789	78.00
10/11/2019	Maple Valley Mon 7pm	00789	92.00
01/15/2019	Marvsville Thur 6pm	45594	25.00
04/28/2019	Marysville Thur 6pm	45594	25.00
06/14/2019	Marysville Thur 6pm	45594	25.00
09/13/2019	Marysville Thur 6pm	45594	25.00
02/13/2019	Medford Mon 7pm	02638	15.00
07/08/2019	Medford Mon 7pm	02638	12.00

2019 Group Donations Report

Date	Name	Memo	Amount
04/28/2019	Medford Sat 10am	26650	47.78
01/25/2019	Middleton Sun 7pm	54508	20.00
01/15/2019	Milwaukie Mon 7pm	18333	10.00
01/15/2019	Milwaukie Mon 7pm	18333	25.00
07/05/2019	Milwaukie Mon 7pm	18333	47.50
01/15/2019	Molalla Wed 730pm	54553	5.00
06/22/2019	Mount Vernon Tues 6pm	56579	6.00
02/13/2019	Nelson BC Tues Noon	51376	150.00
01/15/2019	Newberg Mon 730pm	56116	10.00
01/25/2019	Olympia Mon 530pm	48261	7.00
04/28/2019	Olympia Mon 530pm	48261	4.00
07/22/2019	Olympia Mon 530pm	48261	10.00
04/06/2019	Olympia Sat 10 am	18468	20.00
07/25/2019	Olympia Sat 10 am	18468	30.00
03/05/2019	Olympia Sun 4pm	45017	30.00
12/12/2019	Olympia WA Sat-AM OA 56474	56474	14.00
03/25/2019	Olympia Wed 530pm	45000	10.16
06/22/2019	Olympia Wed 530pm	45000	10.74
10/02/2019	Olympia Wed 530pm	45000	10.88
01/15/2019	Oregon City Thur Noon	56189	12.00
07/05/2019	Oregon City Thur Noon	56351	52.87
01/15/2019	Oregon IG, 52818 part of OIG	52818	2.00
03/05/2019	Palmer Sunday 6pm	51726	10.00
06/06/2019	Palmer Sunday 6pm	51726	10.00
03/05/2019	Palmer Thurs 6pm	53211	10.00
03/05/2019	Port Angeles Wed 530pm	37815	26.73
05/21/2019	Port Angeles Wed 530pm	37815	12.01
08/29/2019	Port Angeles Wed 530pm	37815	18.40
08/29/2019	Port Ludlow WA Sat 9am	50522	50.00
01/15/2019	Portland Bethany Lutheran Fri 7pm	49678	11.20
01/15/2019	Portland Bethany Lutheran Fri 7pm	49678	9.80
01/15/2019	Portland Central Lutheran Thurs noon	48990	16.02
01/15/2019	Portland Central Lutheran Thurs noon	48990	27.90
01/15/2019	Portland Colonial Heights Sat 10am	56341	50.00
07/05/2019	Portland Colonial Heights Sat 10am	56351	5.00
04/28/2019	Portland In the Solution Sat 7am	23622	10.13
07/05/2019	Portland In the Solution Sat 7am	23622	6.08
07/08/2019	Portland In the Solution Sat 7am	23622	12.69
08/05/2019	Portland In the Solution Sat 7am	23622	11.60
01/15/2019	Portland NE Bethany Mon 7pm	16216	47.77
07/05/2019	Portland NW Sun 1030am	38550	59.00
07/05/2019	Portland SE St Paul Lutheran Wed 1pm	53364	10.00
07/05/2019	Portland SE Sun 630pm	52810	6.00
01/15/2019	Portland St Barnabas Sat 9am	32536	16.20
07/05/2019	Portland St Barnabas Sat 9am	32536	7.94
01/15/2019	Portland St Paul Mon Noon	06652	10.00
01/15/2019	Portland St. Vincent Hosp Sun 7pm	54433	13.90
07/05/2019	Portland SW Fri Noon	49679	2.50
10/02/2019	Portland Unity Sun 7am	56846	18.00
05/21/2019	Puyallup Sun 630pm	56551	10.00
10/07/2019	Red Deer Alberta Tue 730pm	10625	35.00
07/25/2019	Reedsport Mon 4pm	00959	10.00
04/28/2019	Roseburg Thurs 10am	56815	60.00
01/15/2019	Salem Morningside Sat 9am	29424	6.00
01/15/2019	Salem Morningside Sat 9am	29424	3.00
07/05/2019	Salem Morningside Sat 9am	29424	12.10
07/05/2019	Salem Tues 730	00236	10.00
04/09/2019	Saskatoon Tues Noon	52250	93.76
07/05/2019	Seaside OR Sun 1pm	56539	33.00

2019 Group Donations Report

Date	Name	Memo	Amount
01/15/2019	Seaview WA Thurs 1145am	52810	6.00
07/05/2019	Seaview WA Thurs 1145am	53019	15.00
06/22/2019	Selah Sat 9am	50647	30.00
06/22/2019	Selah Sat 9am	50647	30.00
03/05/2019	Sequim Mon 415pm	50654	10.00
03/15/2019	Olympia Sat 1115am	56474	25.00
07/22/2019	Olympia Sat 1115am	56474	20.00
09/11/2019	Sequim Mon 415pm	50654	20.00
04/28/2019	Sequim Sat 10am	36929	25.00
07/22/2019	Sequim Sat 10am	36929	9.00
07/05/2019	Sequim Tues Noon	49243	30.00
10/11/2019	Sequim Tues Noon	49243	15.78
01/15/2019	Smyrna Tues 10am	45836	10.00
01/25/2019	Tacoma Fircrest Mon Noon	52607	20.00
05/21/2019	Tacoma Fircrest Mon Noon	52607	20.00
06/06/2019	Tacoma Fircrest Mon Noon	52607	30.00
01/25/2019	Tacoma Sat 10am	34379	6.00
01/25/2019	Tacoma Thurs Noon	19585	20.00
05/21/2019	Tacoma Tues Noon	27120	20.00
06/06/2019	Tacoma Tues Noon	27120	20.00
01/25/2019	Tacoma Wed noon	41120	8.00
05/21/2019	Tacoma Wed noon	41120	8.00
01/15/2019	Tillamook Mon 6pm	25939	15.00
03/30/2019	Tillamook Mon 6pm	25939	30.00
01/25/2019	Twin Falls Sat 1030am	53977	10.00
07/22/2019	Twin Falls Sat 1030am	53977	10.00
01/25/2019	Twin Falls Tues 1030am	51623	15.00
04/28/2019	Twin Falls Tues 1030am	51623	15.00
04/28/2019	Twin Falls Tues 1030am	51623	10.00
07/22/2019	Twin Falls Tues 1030am	51623	15.00
01/15/2019	Vancouver WA Mon 7pm	11259	2.00
07/05/2019	Vancouver WA Mon 7pm	11259	5.00
07/05/2019	Vancouver WA Mon 7pm	11259	50.00
07/05/2019	Vancouver WA St. Andrew Sat 10am	34274	25.00
01/15/2019	Vancouver WA Thurs 7pm	51512	18.00
07/05/2019	Vancouver WA Thurs 7pm	51512	10.80
09/27/2019	Vancouver WA Thurs 7pm	51512	17.00
01/25/2019	Wasilla Monday noon	33504	10.00
07/22/2019	Wasilla Monday noon	33504	25.00
07/22/2019	Wasilla Monday noon	33504	15.00
02/13/2019	Wasilla Sat 930	38648	10.00
04/28/2019	Wasilla Sat 930	38648	10.00
04/28/2019	Wasilla Sat 930	38648	10.00
04/28/2019	Wasilla Sat 930	38648	10.00
01/25/2019	Wasilla Weds 6pm	51636	10.00
06/06/2019	Wasilla Weds 6pm	51636	10.00
07/05/2019	Yakima Monday noon	40251	13.00
07/05/2019	Yakima Wed 6pm	50095	11.30
03/28/2019	Yellowknife Friday 7pm	51187	84.00
09/30/2019	Yellowknife Mon noon	17343	20.00
12/12/2019	Yellowknife NT OA 17343 51187	51187	88.84

2019 Intergroup Donations Report

Date	Name	Memo	Sums
03/05/2019	Anchorage AK IG	240.00	
01/25/2019	Big Sky IG	12.60	
05/21/2019	Big Sky IG	41.20	
07/22/2019	Big Sky IG	52.40	106.20
05/21/2019	Central Oregon IG	16.25	
07/22/2019	Central Oregon IG	23.00	39.25
08/05/2019	Eagle Cap IG	30.00	
01/25/2019	Emerald Empire IG	32.00	
07/05/2019	Emerald Empire IG	30.00	62.00
01/25/2019	Greater Seattle IG	250.00	
03/15/2019	Greater Seattle IG	1,000.00	
08/15/2019	Greater Seattle IG	252.12	
09/19/2019	Greater Seattle IG	350.00	1,852.12
03/25/2019	Lake Country IG Service Body	287.72	
06/22/2019	Lake Country IG Service Body	154.57	
09/27/2019	Lake Country IG Service Body	150.72	593.01
01/15/2019	North Cascades IG	23.72	
04/06/2019	North Cascades IG	18.54	
07/05/2019	North Cascades IG	21.29	63.55
09/03/2019	Northern Lights IG Service Body	182.00	
07/05/2019	Oregon OA IG 09043	8.30	
12/12/2019	Oregon OA IG 09043	3,250.00	3,258.30
12/12/2019	Pierce County IG, WA 09193	65.50	
02/21/2019	Sea to Sky IG	562.51	
03/30/2019	Sea to Sky IG	131.00	693.51
03/05/2019	Snake River IG	140.11	
04/29/2019	Southeast Alaska IG	198.50	
06/02/2019	Southeast Alaska IG	155.21	353.71
06/10/2019	Vancouver Island IG	117.26	
09/03/2019	Vancouver Island IG	750.00	867.26

2019 Individual Donations Report

Date	Name	Memo	Amount
01/24/2019	Mary S		10.00
01/26/2019	Angela S.		22.00
02/02/2019	Colette H.		20.00
02/04/2019	Anne K		20.00
02/13/2019	Linda S.		15.00
07/22/2019	Jeanie C.		22.00
07/30/2019	Dorothy C.		14.35

2019 Actuals vs Budget

2019 EXPENSES		Jan-Dec 19	Budget	\$ Off Budget	% Over
1	Bank Charge	12.00	40.00	-28.00	
2	Computer Services	318.80	650.00	-331.20	
3	Liability Insurance	250.00	250.00	0.00	
4	Misc. Administrative	134.98	100.00	34.98	35% *
5	PayPal charges	214.98	300.00	-85.02	
6	Postage other than for W&M	135.15	225.00	-89.85	
7	Printing and copying other than	97.97	300.00	-202.03	
8	Subtotal Administrative Expense	1,163.88	1,865.00	-701.12	
9	Audio & Visual	16.00	500.00	-484.00	
10	Hotel	2,155.12	2,000.00	155.12	8%
11	Parliamentarian	1,216.38	800.00	416.38	52% *
12	Printing, Copying, Admin	614.77	400.00	214.77	54% *
13	Subtotal Assembly Expense	4,002.27	3,700.00	302.27	8%
14	Assembly	4,895.37	3,550.00	1,345.37	38% *
15	Officer to WSBC	1,263.69	1,500.00	-236.31	
16	RCC Region Chair Committee	1,194.55	1,800.00	-605.45	
17	Travel Insurance	0.00	100.00	-100.00	
18	Within Region 1	5,221.48	5,000.00	221.48	4%
19	Subtotal Board Travel Expense	12,575.09	11,950.00	625.09	5%
20	CAD exchange	318.84	0.00	318.84	∞
21	Capital Equipment Expense	0.00	1,000.00	1,000.00	
22	World Service delegate support	1,000.00	1,000.00	0.00	
23	World Service general fund	2,000.00	8,000.00	-6,000.00	
24	WS PI/PO Fund	1,000.00	1,000.00	0.00	
25	WS Translations Fund	1,000.00	1,000.00	0.00	
26	Subtotal Contrib to other service	5,000.00	11,000.00	-6,000.00	
27	Audit	28.70	100.00	-71.30	
28	Binder	0.00	100.00	-100.00	
29	Budget Finance Delegate Support	0.00	100.00	-100.00	
30	Bylaws	0.00	100.00	-100.00	
31	Nominations	0.00	1,000.00	-1,000.00	
32	Nurturing Newcomers	0.00	100.00	-100.00	
33	Strong Recovery	139.49	100.00	39.49	39% *
34	Virtual Sponsorship	0.00	100.00	-100.00	
35	Subtotal Project Teams	168.19	1,700.00	-1,531.81	
36	Board special project	2,850.00	3,200.00	-350.00	
37	Delegate Support, WSBC	6,374.35	7,350.00	-975.65	
38	Member Outreach	1,188.00	2,700.00	-1,512.00	
39	Public Info and Prof Outreach	444.00	1,000.00	-556.00	
40	Rep Support for Assembly	2,143.94	4,350.00	-2,206.06	
41	Subtotal Targeted Funds Expenses	13,000.29	18,600.00	-5,599.71	
42	Unanticipated Expenses	0.00	1,500.00	-1,500.00	

2019 EXPENSES		Jan-Dec 19	Budget	\$ Off Budget	% Over
43	Convention Raffle	0.00	90.00	-90.00	
44	Journal postage	604.22	500.00	104.22	21% *
45	Journal printing	3,595.49	1,800.00	1,795.49	100% *
46	Quilt Expenses	0.00	200.00	-200.00	
47	WSBC Boutique	298.20	245.00	53.20	22% *
48	Subtotal Ways and Means Expense	4,497.91	2,835.00	1,662.91	59%
49	Total Expenses	40,726.47			
50	Grand Total aka Net Income	10,981.08			
2019 INCOME		Jan -Dec 19	Budget	\$ Off Budget	
A	Assembly Income - Registrations	1,333.00	1,236.00	97.00	
B	Conv Reg Scholarship	1,140.00	0.00	1,140.00	
C	Convention Net Income - Other	25,514.04	22,500.00	3,014.04	
D	Delegate Support Donation, WSBC	0.00	1,000.00	-1,000.00	
E	Rep Support Donations, Assembly	0.00	1,000.00	-1,000.00	
F	Donations				
G	7th Tradition	607.00	675.00	-68.00	
H	Groups	6,003.33	7,500.00	-1,496.67	
I	Individual	407.02	500.00	-92.98	
J	Intergroup Service Body	8,866.56	4,500.00	4,366.56	
K	Subtotal Donations	15,883.91	13,175.00	2,708.91	
L	Interest Income	2.60	0.00	2.60	
M	Ways and Means Income				
N	50-50 raffle	0.00	200.00	-200.00	
O	Convention Raffle	1,178.00	400.00	778.00	
P	Journal sales	3,755.00	3,600.00	155.00	
Q	Quilt raffle	0.00	1,000.00	-1,000.00	
R	WSBC Boutique Sales	2,901.00	350.00	2,551.00	
S	Subtotal Ways and Means Income	7,834.00			
T	Total Income	51,707.55			

2019 Budget Overages Ratification of Expenses 10% or More Over Budget	
Ln	Treasurer's Notes from collaborations with BFDS, Audit, and the Board:
4	Budgeted \$100 as a placeholder. Actual transaction E-PRINT-08OCT2019 PORTLAND OR, \$140.94 was attributed here instead of Assembly Printing, which was also overspent per the budget.
11	Assembly Parliamentarian expenses were higher than estimated.
12	Assembly printing expenses were higher than estimated.
33	More expenses than planned for Strong Recovery project. Balanced by ALL Project-Teams using only \$169 of their \$1,700 planned expense, see [35].
44	Sold more Journals than planned, see [P] for Journal Sales.
45	Needed to buy more Journals to keep up with Journal Sales [P].
47	Cost-of-Goods-Sold for WSBC Boutique Sales, balanced by Sales, see [R].

Section 7:

2021 Budget Proposal

2021 Region One Budget Proposal

	REVENUE	Actuals 2018	Actuals 2019	Proposal 2021	Notes at Assembly
		Spokane	Portland	Bellingham	
A	Assembly Income, Registrations	\$ 1,217	\$ 1,333	\$ 1,100	
B	Convention Net Income to Region 1	\$ 12,352	\$ 13,558	\$ 14,900	
C	Sub Total Contributions	\$ 10,982	\$ 15,886	\$ 11,500	
D	7th tradition, Campaigns, other	\$ 880	\$ 607	\$ 1,000	
E	Groups/Meetings	\$ 5,709	\$ 6,003	\$ 5,000	
F	Individuals	\$ 313	\$ 409	\$ 500	
G	Intergroup Service Bodies	\$ 4,080	\$ 8,867	\$ 5,000	
H	SubTotal Ways & Means Income	\$ 4,238	\$ 7,876	\$ 3,975	
I	Journal sales	\$ 3,883	\$ 3,755	\$ 3,275	
J	WSBC Boutique Sales	\$ 355	\$ 494	\$ 700	
K	Carry-over from previous year	\$ 3,000	\$ -	\$ -	
L	TOTAL REVENUE	\$ 31,789	\$ 38,653	\$ 31,475	

Treasurer's Notes from collaborations with BFDS, Audit, and the Board:

- B : Net Income returned from Convention. Calculated with 170 attendees.
- I : Journal Sales are not a money-maker, see expenses from #11, #12
- J : From World Service Conference. We sell some pens. See #13 for expenses.

Treasurer's Notes from collaborations with BFDS, Audit, and the Board:

- 4 : Most of this is to continue having a budget for funding Zoom accounts (\$1500/yr).
- 16 : Conference Rooms, Meals/Tea/Water/Coffee. Estimate from Bellingham Hotel.
- 17 : This is not compensation, only expense reimbursement.
- 18 : This is for all the assembly workshops, and information not in the Assembly Notebook.
- 23 : New line item, one nominee, \$400 travel + \$225 Expenses
- 28 : This is the Board, attending Assembly
- 29 : The 1st Officer is the Chair going to RCC, see #30
- 31 : This is the Board, carrying the message to Intergroup Retreats & Workshops
- 33 : Adjusted up/down after Prudent Reserve Calculation
- 34 : Adjusted up/down after Prudent Reserve Calculation
- 35 : Adjusted up/down after Prudent Reserve Calculation
- 36 : Underspent in previous years. Adjusted up/down after Prudent Reserve Calculation
- 37 : Adjusted up/down after Prudent Reserve Calculation
- 39 : Adjusted up after Prudent Reserve Calculation
- 40 : Adjusted up after Prudent Reserve Calculation
- 41 : Adjusted up after Prudent Reserve Calculation
- 42 : Adjusted up after Prudent Reserve Calculation

	EXPENSES	Actuals 2018	Actuals 2019	Proposal 2021	Notes at Assembly
		Spokane	Portland	Bellingham	
1	SubTotal Administrative Expense	\$ 1,891	\$ 1,483	\$ 3,400	
2	Bank Charge	\$ 13	\$ 12	\$ 50	
3	CAD exchange fees	\$ (263)	\$ 319	\$ 250	
4	Computer Services (Website & Zoom)	\$ 685	\$ 319	\$ 2,300	
5	Liability Insurance	\$ 250	\$ 250	\$ 250	
6	Misc. Administrative	\$ 811	\$ 135	\$ 100	
7	PayPal charges (Journals)	\$ 199	\$ 215	\$ 200	
8	Postage (not Ways & Means)	\$ 170	\$ 135	\$ 150	
9	Printing and copying (not Ways & Means)	\$ 26	\$ 98	\$ 100	
10	SubTotal Ways and Means Expense	\$ 2,271	\$ 4,497	\$ 3,870	
11	Postage (W&M, Journals)	\$ 308	\$ 604	\$ 700	
12	Printing (W&M, Journals)	\$ 1,749	\$ 3,595	\$ 2,670	
13	WSBC Boutique Items (not Assembly)	\$ 214	\$ 298	\$ 500	
14	SubTotal Assembly Expense	\$ 3,186	\$ 4,002	\$ 4,300	
15	Audio & Visual	\$ -	\$ 16	\$ 100	
16	Hotel Rooms/Catering	\$ 1,676	\$ 2,155	\$ 2,500	
17	Parliamentarian	\$ 830	\$ 1,216	\$ 1,100	
18	Printing, Copying, Admin	\$ 680	\$ 615	\$ 600	
19	SubTotal Project Teams	\$ 979	\$ 168	\$ 825	
20	Audit (Shipping)	\$ 479	\$ 29	\$ 25	
21	BFDS	\$ -	\$ -	\$ 25	
22	Bylaws	\$ -	\$ -	\$ 25	
23	Nominations	\$ -	\$ -	\$ 625	
24	Nurturing Newcomers	\$ -	\$ -	\$ 25	
25	Strong Recovery	\$ 500	\$ 139	\$ 100	
27	SubTotal Board Travel Expense (12 Months)	\$ 10,293	\$ 12,575	\$ 10,800	
28	Assembly/Convention	\$ 3,371	\$ 4,895	\$ 3,500	
29	2nd Officer to WSBC	\$ 1,045	\$ 1,264	\$ 1,200	
30	Region Chair Committee (RCC)	\$ 1,593	\$ 1,195	\$ 1,200	
31	Within Region 1 (Liaison)	\$ 4,284	\$ 5,221	\$ 4,900	
32	SubTotal Targeted Funds Expenses	\$ 6,490	\$ 12,466	\$ 5,280	
33	Board special project	\$ 147	\$ 2,850	\$ 1,000	
34	Delegate Support, WSBC	\$ 4,573	\$ 6,374	\$ 2,480	
35	Member Outreach	\$ -	\$ 1,188	\$ 500	
36	Public Info and Prof Outreach	\$ 236	\$ 444	\$ 300	
37	Rep Support for Assembly	\$ 1,534	\$ 1,610	\$ 1,000	
38	SubTotal Contributions to other service	\$ 8,212	\$ 5,000	\$ 3,000	
39	World Service delegate support	\$ -	\$ 1,000	\$ 500	
40	World Service general fund	\$ 8,212	\$ 2,000	\$ 1,000	
41	WS PI/PO Fund	\$ -	\$ 1,000	\$ 500	
42	WS Translation/Inclusive Fund	\$ -	\$ 1,000	\$ 1,000	
43	TOTAL EXPENSES	\$ 33,322	\$ 40,191	\$ 31,475	

This page intentionally left blank.

Section 8:

Elections

This page intentionally left blank.

2020 Region One Assembly Election Process

POSITIONS OPEN FOR ELECTION ARE: (See [Bylaws](#) Articles V, VI and VII and [Policies](#) Section 3 and 4 for job descriptions.) Chair: 1-year (partial) term - Assembly 2020 to Assembly 2021

- Vice Chair: 2-year term - Assembly 2020 to Assembly 2022
- Secretary: 2-year term - Assembly 2020 to Assembly 2022
- Technology Coordinator: 2-year term - Assembly 2020 to Assembly 2022

QUALIFICATIONS FOR ELECTION ARE DEFINED IN ARTICLE V, SECTION 3 OF OUR BYLAWS:

- Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- Be working the Twelve Step program to the best of his/her ability and have taken the Fifth Step.
- Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- Be presently abstaining from compulsive overeating for at least one (1) year.
- Have two years of service to Overeaters Anonymous beyond the group level, if a member of an intergroup.
- Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to-day business, or be willing to learn how to use them.

NOMINATIONS – SATURDAY AFTERNOON:

- Chair appoints a head teller.
- Open positions announced by the Chair.
- Chair calls for nominations from the floor—you may self-nominate.
- Completed applications are in the Assembly Notebook.
- Blank applications are available on the Region One website. Please complete an application and return an electronic copy to nominations@oaregion1.org as soon as possible, but before the start of Sunday's session.

REVIEW OF APPLICATIONS – SUNDAY PRIOR TO THE START OF BUSINESS:

- Nominations Committee reviews all new applications received for eligibility.

SPEECHES AND Q&A – SATURDAY AFTERNOON:

- Nominations Committee will email copies of new applications to voting Representatives.
- Chair presents nominees for each position.
- Nominees address the Assembly (3 minutes each) and answer questions (5 minutes each) in the following order: Chair, Vice Chair, Secretary, Technology Coordinator.

VOTING PROCEDURES FOR THE ELECTION – SUNDAY AFTERNOON: Voting for all officers shall take place simultaneously on individual electronic ballots.

1. Each ballot counts as a single ballot.
2. Mark ballot only when instructed by the Chair to do so.
3. Do not vote for more candidates than instructed.
4. All ballots collected by the teller will be counted as votes cast.

Application for Region One Chair – Cindy C.

1 year (partial) term - Assembly 2020 to Assembly 2021

NAME: Cindy C.	INTERGROUP: Greater Seattle
DATE JOINED OA: 1982	DATE CONTINUOUS ABSTINENCE BEGAN: September 2010
SUMMARY OF OA SERVICE: <p>Meeting Level:</p> <ul style="list-style-type: none"> • “Keeper of the Key” Saturday 10 am Agape House 1993-1995 • Started Mill Creek, WA meeting 2005 • Secretary, Mill Creek Thursday night 2005-2007 <p>Intergroup Level:</p> <ul style="list-style-type: none"> • Secretary, Las Vegas Intergroup 1986-1988 • Secretary, Greater Seattle Intergroup 2013-2015 • Greater Seattle Intergroup Representative to Region One Assembly 2016 & 2017 • Co-Chair Region One Convention – Seattle 2017 <p>Region Level:</p> <ul style="list-style-type: none"> • Member-at-Large, Region One 2017-2018 • Secretary, Region One 2018-2020 • Acting Chair, Region One Feb 2020-present <p>World Service Level:</p> <ul style="list-style-type: none"> • Delegate to WSBC 2016, 2017, 2018, 2019 (Greater Seattle Intergroup) • WSBC Green dot mentor 2018, 2019 • Member, Conference Approved Literature Committee (WSBC) 2016, 2017, 2018, 2019 • Subcommittee Chair, Conference Approved Literature Committee 2018, 2019 • Region Chairs Committee 2020 	
WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD? <ul style="list-style-type: none"> • Twenty years in the software industry in administrative and project coordination roles • Seven years volunteer experience for nonprofits, including event coordination, recruiting and human resources work • Technology proficiency; I’m not afraid to try new tools and online processes to make the work I and others do more efficient 	
WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION? <p>After stepping into the Chair position early this year, I felt it was important to complete this two-year term and provide some continuity on the Region One Board. I would call this a rebuilding year with many Board members new to their positions.</p> <p>With the help of Board members and others involved in Region One service, I would like to restructure service work at this level (whatever that looks like!) so that more fellows in various stages of life are able</p>	

and excited to serve. Continuing to focus on our primary purpose of carrying the message while keeping things as simple as possible are my primary goals for Region 1. I also hope to help others in Region 1 service find a harmonious blending of program, service and living life fully.

BRIEF ACCOUNT OF YOUR OA STORY:

I came into the program as a young person (age 22) in 1983. As a bulimic (laxative user, excessive exerciser, restrictor), I had no idea what was wrong with me, and I couldn't stop the behaviors. It seemed that the harder I tried the more I failed. What a revelation it was to grasp that it was about surrender and learning I didn't have to be responsible for the results; I had only to show up and do the footwork. My physical recovery has been less about weight loss and more about weight maintenance, health and bringing my mind in line with my body. My focus stays on maintaining a healthy body weight while making peace with an aging body and metabolism.

In those early days those who appeared to be a fairly normal weight were not always welcomed warmly into the fellowship. It's been wonderful to see room made in the last 10-15 years for all kinds of eating disorders, including compulsive overeating. Because of that experience, I believe I've become more open to the diversity of eating behaviors and experiences in our fellowship.

The program was a lifeline for me when, two weeks after getting married, this sheltered Seattle girl moved to Las Vegas. I connected with meetings right away, and worked all twelve steps in a disciplined manner with a wonderful sponsor who was also very much involved in service. I had the time to go to many meetings in Las Vegas and developed a strong spiritual life. After four years there, my husband and I moved back to Seattle and started a family. OA and my higher power were there for me when I had my first child and I was sure I could never grasp this "mother thing." OA friends who helped me through that time continue to be in my close circle of OA friends today.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

SIGNATURE: Cindy C. (via email)

DATE: August 9, 2020

Application for Region One Vice Chair – Alice W.

2 year term - Assembly 2020 to Assembly 2022

NAME: Alice W.	INTERGROUP: Oregon
DATE JOINED OA: August 1992	DATE CONTINUOUS ABSTINENCE BEGAN: February 20, 1995
SUMMARY OF OA SERVICE: Oregon Intergroup Chair: 2.5 terms (5 years) Oregon Intergroup Newsletter Editor: 2 terms (4 years) WSBC Delegate/Region 1 Rep: 2.5 terms (5 years) Bylaws committee Meeting level: Leading meetings, key person, literature person, contact list person, room set-up.	
WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD? I was a technical writer for over 20 years, where I simultaneously managed multiple projects. I am organized and thoughtful, detail-oriented, and take criticism well. I have organized events for work of various sizes. One large event was Take Your Kids to Work Day, which drew over 110 children (ages 4 to 18) to campus for a day of STEM activities. I worked with a committee to develop age appropriate STEM activities, coordinate with Facilities for room reservation and set-up, recruit and coordinate volunteers, and work with the on-campus cafe to provide age-appropriate foods and handle the extra traffic. We also applied for and were granted funding from our corporate office. We were also in charge of marketing the event. I designed the poster, arranged printing and distribution throughout campus. An announcement was also sent out on email. One of the highlights of this event was creating a badge for each of the kids, including a picture that was submitted as part of the registration process. The event was praised as the most successful in recent years. I also have experience in planning Region One conventions, having been on the committee for the Bridges to Recovery Convention in Portland. I did a lot of work during the convention itself, so I understand the small details that must be considered to run a smooth convention. I am a calm problem-solver and work well under pressure, which comes in handy during the actual event. I am able to participate in difficult conversations, speaking my highest truth with loving kindness. I live by the Twelve Steps and Twelve Traditions, to the best of my ability, one day at a time.	
WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION? I have always been drawn to giving service. It is what keeps me sane and out of my own head. OA saved my life, and I do what I can to carry the message. Working to ensure Region 1 has a successful convention will challenge me and help me give back to this fellowship. The recovery I see in others, as well as myself during our convention is amazing. Year after year, we heal each other by sharing our experience, strength and hope. The unconditional love we feel just by showing up keeps me involved in program. I would be honored to give my time and talent to Region One in this capacity. I also understand that our convention is the main fundraiser for Region One. I have seen the amazing work the Region One Board and Representatives do every year and know the money raised through the	

convention is worth every effort we put forth. I feel I am qualified to help make sound financial decisions that will result in an affordable convention for our membership while maximizing revenue for Region One.

Another duty of the Vice-Chair is nurturing newcomers. Working with newcomers is a blessing of this program and keeps me honest about the severity of my disease. Helping newcomers, and all members, realize that they are not alone and they too can be free of the obsession fills my heart with gratitude. Thank you for your consideration.

BRIEF ACCOUNT OF YOUR OA STORY:

My anorexia began when I was 12 years old. The bulimia began when my mom started insisting that I eat with the family. My disease progressed until my body gave out and I realized I was unable to stop purging. I attended my first OA meeting in a treatment center.

I spent the next 2 years trying other support groups, and finally realized that none of them offered a solution. I remembered OA and started attending meetings six days a week. The days I attended a meeting, I was abstinent, but I was not free from the obsession. Eventually, I was able to put together longer strings of abstinence, but I could not stay abstinent and the obsession continued to grow. It wasn't until I got a sponsor, and worked the steps that I found lasting abstinence.

The key to my recovery was complete surrender to a Higher Power of my own understanding. I found I could not trust the God of my childhood to deliver me from my disease. Allowing myself the freedom to choose my own Higher Power gave me the courage to recover. I've spent the last 25 years sponsoring others, giving service, and doing my best to live the message of recovery. Above all, I have learned to love myself as the beautifully flawed human being I was born to be.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

SIGNATURE: Alice W. (via email)

DATE: August 18, 2020

Application for Region One Vice Chair – Ruth D.

2 year term-Assembly 2020 to Assembly 2022

NAME: Ruth D.	INTERGROUP: Lake Country
DATE JOINED OA: May 9, 2009	DATE CONTINUOUS ABSTINENCE BEGAN: May 9, 2009
SUMMARY OF OA SERVICE: Meeting level – secretary, treasurer, literature Intergroup – Chair, Bylaws Region – Vice Chair Conventions – Spokane, Bellingham, Bend, Spokane	
WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD? I think (and have been told) I have excellent personal relationship skills. I was in law enforcement for several years and was a great interviewer, with an ability to go to anyone's level. I've been a member of AA since 5/6/1983. I have a sponsor and I sponsor, as well. Over the years, I've become very familiar with the Book of Alcoholics Anonymous, the Book used by OA until it got its own literature. In 1985, I joined OA, and lost a lot of weight. However, due to my work – which required travel all over the country week after week. This lasted until 2009. I'd completely forgotten about OA and weighed 205. I could not stop eating. In May, 2009, I went to a women in recovery workshop where there was an attendee who introduced herself as an overeater. That was on a Saturday. I returned to OA in Spokane that Monday and have been abstinent ever since. I have maintained an 85lb weight loss. I don't diet or have a food plan. I simply don't eat anything I want more of and never have seconds, fast or fried food. It's simple and works wonderfully for me. As a result, I'm free and live in joy, no matter what. As it says, the joy of living we really have. And as it also says, we can't keep it if we don't give it away. That, too, gives me great joy.	
WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION? I LOVE (sometimes hate) conventions. I love the energy, I love meeting new people from all over the region, I love the frenzy. I also love working at this level in OA, and I have the energy and drive to do the work. And, whereas I can have a love/hate relationship with OA, I cannot live without it.	
BRIEF ACCOUNT OF YOUR OA STORY: As a child, I perceived me as fat. When I look at photos, I was not – all in my head. In high school, I focused only on being popular, and getting good grades. To be popular, I had to look good, so went between 120-130 throughout. When I hit 130, I starved till I returned to 120 – yo/yo. I always dieted until I was about 30 and lost my mom to cancer. Then I picked up alcohol and a lot of it. At the time, I was in law enforcement and most of my fellows drank. I fit right in. My 'peculiar mental twist' was activated. I drank hard (and worked hard) for 10 years. However, I had to add food – lot of it (Mexican, cheeseburgers, fries, milkshakes, reese bars, cookies, cakes, chips, and on and on). I COULD NOT STOP EATING.	

5/6/1983, my lieutenant called me in. Played a recording from my calling the department - a lot- the night before, said he thought I was alcoholic. I said, "You're right, I am." I joined AA and have been sober since and still have a copy of that recording. Nonetheless, I continued to eat, vomited and laxatives (unsuccessfully). I did join OA but went out, as I noted earlier. I returned Home in 05/2009 at 205 lbs. and jumped immediately into service.

Since my re-entry and due to frustrations, I nearly dropped out. This was right around the time for WSBC. Our Intergroup rep was to attend. However, because she had leg surgery, she was unable. I was the alternate and did not want to go. A miracle happened to me, though. As I walked through the doors of that hotel, I had an immense spiritual experience - I'd walked through the doors of a holy place. It was like a beautiful wave rushing through and over me.

I don't even think about food, and I'm rarely hungry. What worked for me is giving up what I call my "alcoholic" foods - things I can't put down once I start and I listed them above. Hence, I don't crave. Also, I LOVE working with others. Sadly, not many of them make it – but I do! Just being involved, sharing our message definitely keeps me happy, joyous, AND free!

Thank you for your consideration.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

SIGNATURE: Ruth D. (via email)

DATE: July 27, 2020

Application for Region One Secretary – Lesley K.

2 year term - Assembly 2020 to Assembly 2022

NAME: Lesley K.	INTERGROUP: Southeast Alaska
DATE JOINED OA: Spring 1987	DATE CONTINUOUS ABSTINENCE BEGAN: May 2010
SUMMARY OF OA SERVICE: Restarted OA meeting in Ketchikan, my hometown, in 2009. Secretary for Ketchikan meetings since then. Treasurer some of the time. Literature some of the time. I have been Ketchikan's meeting Representative to Southeast Alaska Intergroup. I have been secretary for Southeast Alaska Intergroup for the past year. I am Co-chair for Twelfth Step Within for Southeast Alaska Intergroup. As Representative to the virtual 2020 World Service Conference I am now on the PI/PO subcommittee reaching Men and Youth. Sponsor to many OA members in Ketchikan over the years.	
WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD? I have no office experience since college. I went to college 5 years to become a hospital Medical Technologist.	
WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION? I agreed to apply and am praying that I can be of service and if selected learn the appropriate skills.	
BRIEF ACCOUNT OF YOUR OA STORY: In 1987 we were living in Juneau and I was struggling with weight. In my life I have been up to about 60 pounds overweight. I saw the ad in the paper and was interested as I had enjoyed the AA fellowship for many years before I was married. (I have over 40 years of sobriety) I became abstinent, gave away a 5 th Step and enjoyed recovery until we left for Montana in 1993. I relapsed then joined OA again and enjoyed recovery again. We moved to Portland, OR in 1999 and I relapsed. I joined OA in 2009 at a retreat and was abstinent and recovering until we moved back to Ketchikan that year. I was dismayed to find that the OA meeting in Ketchikan was not happening. I started it up and restarted a so-so abstinence. In May 2010 I flew to Juneau and attended their Retreat and date my clean abstinence from then. Back to Ketchikan the meeting has been going well and we usually have a core of four people. We also have used Free Conference Call HD for meetings on evenings during the week. Currently we have three. Our regular meeting is just now back to face to face (mask to mask) at a church.	
I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in Bylaws , Article V, Section 3.	
SIGNATURE: Lesley K. (via email)	DATE: August 13, 2020

Application for Region One Technology Coordinator – Beverly M.

2 year term-Assembly 2020 to Assembly 2022

NAME: Beverly M.	INTERGROUP: Oregon
DATE JOINED OA: October 1993	DATE CONTINUOUS ABSTINENCE BEGAN: January 2010
SUMMARY OF OA SERVICE: <ul style="list-style-type: none"> • Meeting: Treasurer, literature, Intergroup Rep, typing phone lists, event planning, sponsoring, Zoom host. • Intergroup: Event Coordinator (1 term), Chair (2 terms), event speaker. • Region: Assembly Rep (3 years), Budget/Finance Committee (2 years), Co-Chaired 2013 Convention. Workshop speaker at conventions. Retreat leader. Region Chair 2015-2019. Co-leader for Intergroup Renewal and recovery workshops around Region One. Technology Coordinator (interim appointment) May 2020 to October 2020. • World Service: WSBC Delegate (4 years), Region Chairs Committee (4 years). Chair of Region Chairs Committee (2 years). Strategic Operating Planning Committee (2 years). Professional Outreach Committee (1 year), Twelfth Step Within Committee (2 years), Sub-Committee Chair for Twelfth Step Within Committee working on <i>The Simplicity Project</i>, Literature Committee (1 year), Sub-Committee Chair for the Literature Committee working on the pamphlet "Small Meetings, Small Towns." WSBC 2014 workshop speaker 	
WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD? Leadership, Project Management and Liaison Skills: <ul style="list-style-type: none"> • I know how to gather resources, ask for help, follow a timeline, generate enthusiasm and manage projects to successful completion. • I'm good at tracking the "big picture." • I enjoy helping groups generate ideas, focus in on options, and make decisions. • I'm a good team-builder. • My emphasis is on sharing experience, connections and resources to empower others in service. Technical/Program Skills: <ul style="list-style-type: none"> • Weebly (the Region One website platform) • Experience as Facebook Page Admin • Word, Excel, Omnis, JotForm, Photoshop, Audacity (sound editing), Google Docs • Graphic design experience • Most computer-based technology is intuitive for me; if I don't know how to use a program or a feature, I am willing and able to learn Work and Education Background <ul style="list-style-type: none"> • Administrative, insurance and sales positions; coursework in business and website design. 	
WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION? I enjoy working on the Board and being able to interact with members around our Region. I also love technology and creative expression, and I see this position as involving both. I don't know everything about websites or technology, but I know how to find information I don't know already, and I enjoy learning new skills. In short, this position is FUN for me! A sponsor once said to me "Show me that you love OA." My service is a way to do that. If there is a way I can be of service to Region One, I am grateful for the opportunity.	

BRIEF ACCOUNT OF YOUR OA STORY:

I've been a member of OA for almost 27 years, am maintaining a weight loss of about 75 pounds, and have been abstaining for about 10 ½ years. I came to OA very angry, my food was completely out of control, my relationships were in crisis, and my life was not going well at all. I had zero self-esteem.

I spent many years in OA having on-again-off-again abstinence. Twice I got to a healthy body weight, only to relapse and regain the weight very quickly. I did keep going to meetings, though, even if I had to cry all the way through. I have a great deal of compassion for people experiencing relapse.

Around 15 years in program, I began to stabilize. First, my weight stopped going up, and then began to go down again, but slowly, without me trying to make it happen. I started being consistent about calling my sponsor. I stopped struggling to define higher power and began trying to live according to a simple set of spiritual values and the Principles of the Steps. I worked hard to stay in the feelings that were mine to feel. I started sponsoring and giving service. I started trying to incorporate Step 7 into my daily life, which meant I had to put down the character defect of self-criticism. Most of all, I began to accept myself as an imperfect OA member, working a reasonably good program, and putting one foot in front of another to do the next right thing.

It has been these changes in attitude and action which have allowed me to finally maintain consistent abstinence. The anger is gone, my relationships are pretty darn good, and I actually like myself today. Not every day is perfect, and it doesn't have to be; I have my program, including the amazing 10th Step process, to get me through. I recognize my positive qualities and know that I make a positive contribution to the world—both in and outside of program. What a gift—thank you, OA.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

SIGNATURE: Beverly M. (via email)

DATE: August 27, 2020

Section 9:

Board Reports

This page intentionally left blank.

Chair Report to Assembly 2020

It's August, and I am in my seventh month of serving as acting Chair for Region One. Time does fly! In this position I've had to meet some my character defects head on: impatience, struggle to dig deep into an issue or challenge (budgets!), and picking up my fifty pound cell phone - yet on the flip side I'm cultivating my recovery-based strengths: gentleness in service, encouragement, coordination, and quiet leadership. Whew! I am grateful for a Board that is hanging in there with me as we all learn together, and cannot thank our previous Region One Chair enough for serving as my mentor these last several months.

In May we said goodbye to Pat O., who completed her term as our Region One Trustee, and welcomed Margie G. for a third term as Trustee. Thank you, Pat, for your passionate and dedicated service to OA, and injecting some fun in the service we do. In Margie we benefit from her years of service wisdom and love for the Fellowship.

The Numbers

To review the year, let's look at the numbers:

Date	Intergroups in Region One	Total Meetings in Region One	Unaffiliated Groups in Region One	OA Meetings Worldwide
August 2020	25	361 (decrease of 14)	12	6,197 , of which 855 (13.7%) are virtual
August 2019	25	375 (increase of 10)	12	6,132 , of which 613 (9.9%) are virtual
August 2018	25	365 (increase of 8)	25	6,185 , of which 591 (9.5%) were virtual
August 2017	25	357	39	6,298 , of which 552 (8.7%) were virtual
September 2016	24	358	35	6,246 , of which 480 (7.6%) were virtual

Admittedly, I was alarmed to see a significant drop in meetings in our Region after two years of growth (a decrease of 14) but wonder if this is a COVID thing: face-to-face meetings that have discontinued temporarily and been replaced with Zoom meetings, many of which may not have registered with WSO. In fact, Regions and Intergroups were encouraged to provide temporary Zoom meeting information on their websites to avoid inundating WSO with information that may only change in the months to come. So, we'll have to see how our numbers shake out this time next year. Interestingly, many of us have seen greater numbers on the Zoom equivalent of face-to-face meetings as well as more newcomers.

Also of note is the continued growth of virtual meetings in the Fellowship as a whole (13.7% in 2020 vs. 9.9% in 2019).

Outreach/Connection

Outreach work with our Intergroups and members has taken a new form this year amid COVID. With borders closed, flights cancelled, and social distancing, Region One still managed to “get around” virtually and serve the Region. Some of our scheduled face-to-face visits were postponed but others took a virtual form.

Outreach:

- February in-person “Share the Hope” workshop for Anchorage Intergroup (Nadine, Cindy)
- May Southeast Alaska virtual workshop (Avi, Margie)
- September virtual Intergroup Renewal workshop with Southern Alberta (Cindy, Nadine)
- September virtual facilitation of Peninsula Intergroup inventory (Margie G.)

Connection:

- Providing Zoom accounts to Intergroups through December, 2020
- Liaison connection – all 25 Intergroups in Region One have a dedicated liaison to go to for support and resources. Click here to connect with your liaison oaregion1.org/contact--liaison-list.html
- 1:1 work with Intergroups transitioning their leadership or experiencing conflict
- Updated, larger Region One speaker list
- Robust website with resources, recovery blog, virtual sponsorship service

Strategic Planning and 2020-2021 Mission Statement

When normally the Board would meet for face-to-face strategic planning over a weekend at the year’s Convention hotel, this year we met virtually on a Saturday afternoon to look ahead and set a theme for both Assembly and the Region overall:

- Assembly theme: “Life on Life’s Terms: Connecting to Recovery in a Changing World”
- Region One and Convention theme: “Each One, Reach One – Share the Hope”

Certainly our Assembly theme addresses the unique challenges and opportunities for the Fellowship this year. The Region One theme is a continuation of last year’s theme which also seems particularly relevant for 2020-2021. Normally the Board would attend a local meeting during our Strategic Planning weekend but instead heard experience, strength and hope from an OA member new to Region One.

WSBC Virtually!

World Service Business Conference was held virtually for the first time this year, with Trustee elections and literature review on the agenda. Region One held an “All About Virtual WSBC” beforehand to talk about the agenda and the logistics of participating over email, as well as a debrief following virtual WSBC. Region One was one of only three Regions where at least 50% of the Intergroups and Service Boards were represented. With more options to participate virtually I hope to see more Delegates involved in a truly life-changing experience. Region One will continue to provide funds to help Intergroups send Delegates to WSBC.

Region	Total # of Intergroups/Service Boards (as of 4/29/20)	Total # of Intergroups/Service Boards Represented at WSBC 2020	Percentage of Intergroups/ Service Boards Represented at WSBC 2020
Region 1	25	13	52%
Region 2	34	17	50%
Region 3	21	15	71%
Region 4	16	6	38%
Region 5	26	8	31%
Region 6	38	18	37%
Region 7	21	6	29%
Region 8	56	12	21%
Region 9	62	12	19%
Region 10	13	1	8%
Virtual	14	5	36%

Region Chairs Committee

Nearly a year ago while Region One Secretary, I traveled to Minneapolis for the Region Chairs meeting. What a treat to learn from the other ten Region Chairs! I felt warmly welcomed and supported; little did I know I would step into the Chair's position a few short months later. The resource and knowledge sharing when we meet is invaluable. Early this month I was able to attend part of Region Three's virtual Assembly, picking up wonderful tips to apply to our own.

Unaffiliated Groups

Unaffiliated groups are OA meetings registered with WSO, but which are not part of an Intergroup. Currently there are 12 meetings in Region One unconnected with a Region One Intergroup. Much work was done by our previous Chair to reduce the number from 25 to 12 in 2019. As we are notified of new meetings registered with World Service we will continue to identify those that have not affiliated with an Intergroup to let them know about the many advantages of doing so.

Onward and Upward

As we close in on fall 2020, the Board looks forward to conducting our first virtual Assembly on October 24-25, followed by our virtual Convention (November 13-15).

We continue to be guided by Tradition 5: "Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers."

Gratefully,
Cindy C.
Acting Region One Chair

Vice-Chair Report to Assembly 2020

(position currently vacant)

Thank you to Laurie B. of Oregon Intergroup for serving in this position from October 2019 to June 2020. We appreciate your service.

Since the primary responsibility of Vice-Chair is overseeing our annual Convention, the following is offered as a brief summary of Convention status:

Convention 2019 – Portland, Oregon

- Thank you, Oregon Intergroup, for hosting our Convention in 2019! We appreciate your service to OA and your commitment to carrying the message of recovery in Region One and beyond.
- Please see the 2019 Convention Team report for more information. You will find this report in the Project Team section of this binder.

Convention 2020 - Zoom

- Our in-person Convention had to be canceled due to COVID concerns
- Convention will be on Zoom, November 13-15, 2020
- Pat O'C. (Oregon Intergroup) and Sue B. (Greater Columbia Intergroup) are co-chairs of our Region's first virtual Convention
- Members of Intergroups around our Region are serving on the Convention Team, taking lead on registration, program, entertainment, getting the word out, technology, etc. More volunteers are needed – contact Pat and Sue at conventionchair@oaregion1.org
- Registration will open mid-September
- More info and updates at oaregion1.org/2020-region-1-convention.html

Convention 2021 – Bellingham, Washington

- Convention 2021 will be in Bellingham, Washington
- We were able to “roll-over” our hotel contract for Convention 2020 to reschedule for Fall of 2021 with no penalties incurred with the hotel
- As of the time of this writing, specific dates have not been selected

Submitted by: Beverly M.

Acting Region One Technology Coordinator

Secretary Report to Assembly 2020

I was reluctantly attending a retreat in March when someone asked me if I would consider stepping in as Region One Secretary. I had considered not attending the retreat because I was once again entertaining the thought that I could get along fine without OA. After all, COVID had just begun to make headlines, and physical contact was being discouraged. I asked HP for a reason to go, and was reminded of my commitment to do service at the retreat. Despite my indecision about OA, I was not about to cause harm to a fellow who has always been there for me. So I went. When I was asked to join the Region One Board, I had to laugh. HP had a plan to keep me in OA! My experience around service is that when asked, I say yes. Program has shown me that HP puts people and situations in my life at specific times for a reason. My job is to trust the guidance I receive, ask for courage, and do the footwork. So, here I am, your acting Region One Secretary!

What does the Region One Secretary do?

- Takes minutes of all Board meetings and meetings of the Assembly
- Maintains a file of all minutes of past meetings
- Updates and maintains database of Intergroups
- Coordinates registration at the annual Assembly
- Along with the rest of the Board, conducts workshops around the Region, works one-to-one with assigned Intergroups, and writes recovery blog entries for the Region One Board Blog

Since I did not step in until April, I had limited activities this year. Below is a summary of what I was able to accomplish during my short tenure as acting Secretary.

Strategic Planning

The Region One Board met over Zoom to discuss our focus for the 2020 Assembly and Convention. Due to COVID, the in-person convention in Bellingham, WA was postponed until 2021. In its place, Region One will host a virtual Assembly and Convention on separate weekends to avoid Zoom fatigue. The separate weekend will also allow those attending Assembly to complete reports while ideas are fresh, rather than having to try to recall events after attending Convention. As a former Rep, I know what a whirlwind that can be!

Beverly led us through a process that landed us on the theme: Life on Life's Terms: Connecting to Recovery in a Changing World.

The Board decided to keep the current mission statement: "Each One, Reach One: Share the Hope!" The mission statement is read aloud at each Board meeting to remind us why we serve and whom we are serving.

After reviewing and discussing a draft agenda for Assembly, we brainstormed for candidates to organize the virtual convention since we are without a Vice-Chair. We are excited that Pat O. and Sue B. are co-chairing this year's event!

Region One Assembly Registration

At the time of this report, registration for Assembly 2020 has not opened. I plan to work with Beverly and Cindy to come up to speed on the registration process to help ensure all of our Representatives experience a smooth transition to a virtual Assembly.

Intergroup Liaison Work

Each Board member is assigned a portion of the Region One Intergroups to encourage and support with resources: my Intergroups are Big Sky, Bitterroot, and Lake Country. I introduced myself to each Intergroup, letting them know I was available to help in any way I can. I am looking forward to building these relationships in the future.

Bylaws Committee

As I write this report, the Bylaws Committee is awaiting the motion submission deadline so we can review each incoming motion and finalize them for the Assembly binder. The committee has worked on drafting a motion of their own, which will be presented at Assembly 2020.

Region One Blog

Each Board member submits a blog post to the Region One website periodically, on a rotating schedule. We strive to post a new recovery topic every week. We've had some excellent ES&H shared there! I have submitted two posts. In one I shared an affirmation list that is shared at a virtual meeting that I started attending after COVID shut down all in-person meetings. The second is about body acceptance—for ourselves and others in the program. Body image is a huge opportunity for healing in this program. I really appreciated the opportunity to speak my highest truth around the various sizes and shapes that we are born into. Acceptance is the key for all of us.

If you have not had a chance to read the blog, check it out: oaregion1.org/board-blog.

In love and service,

Alice W.

Acting Region One Secretary

Treasurer Report to Assembly 2020

This has been my first year as Treasurer for Region One, having put the hat on in October 2019. Fortunately, we have had clean Audits of transactions and spending activity for 2019 across all accounts. That said, I was just starting to get the swing of the job when the world changed, and the isolation we say is part of our disease, became a way of life for me, for you, and for the planet. I'm glad we have the technology to continue meetings with faces, as meetings have always been my foundational tool. From meetings I participate and co-create our community and our Fellowship.

Having to do without the many activities we originally proposed last year, obviously, 2020 has been financially atypical. As such, the Board decided in February 2020, we could seek to conserve funds through this year, and propose the 2021 Budget as a typical year, with the addition of video-conferencing support as an ongoing line-item.

Overall, I am grateful to report that Region One finances are in good health. You will have an opportunity to weigh in on our budget, our strategy, and many other basic needs for Region One at Assembly 2020.

I am grateful for the opportunity to serve at the Region level and hope to be a regular attendee at Assembly and Convention in the future. Service will always be an important part of my recovery.

In Service to the Good of OA,

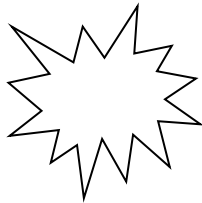
A handwritten signature in blue ink, appearing to be 'Avi R.', written in a cursive style.

Avi R, Region One Treasurer
August 31, 2020

(see Assembly Notebook Section 6 for financial reports)

Member at Large Report to Assembly 2020

Here are a few highlights of my term this past year:

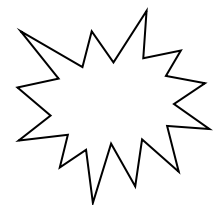


- Facilitated a “Super Heroes of Hope” workshop with Tammy E. for our 2019 Assembly Representatives in Portland. This workshop helped members find their “voice” in a 2-3 minute pitch of their OA story.
- Traveled to Anchorage with Cindy C. for a workshop sponsored by the Anchorage Alaska Intergroup. Attendees also participated in the “Super Heroes of Hope” as part of this workshop.
- Worked with my “Strong Recovery” Project Team who did their best to encourage and support the needs of the 25 Intergroups within our Region.
- Enlarged our OA Region One speaker list by combining the speaker list from the Greater Seattle Intergroup area with the current Region list. (With approval of those specific members, of course!) Currently, we have 52 members on our list.
- Had the privilege of being liaison to four amazing Intergroups: Central Oregon, Eagle Cap, Greater Columbia, and Snake River. I was able to see that even though an Intergroup may be small, it can also be “mighty in recovery.”
- Worked on the Nominations Team to encourage members that might be ready for service on the Region level.

So happy to be on this recovery journey with you!

Nadine D.

Region One Member at Large (small) ☺



Technology Coordinator Report to Assembly 2020

This position became vacant when Margie was elected Trustee at WSBC 2020. I was appointed to serve from May to Assembly 2020.

The Technology Coordinator oversees our website and Facebook page, provides technology support within Region One, and serves as Liaison to several Intergroups and Project Teams.

The Region One Website: oaregion1.org

Websites are where technology and art meet—and I love both! I enjoy the challenge and the creativity involved in website design.

Because I don't have formal training or much experience with websites, I asked for help. I am grateful for April P. of Sea to Sky Intergroup, who has met me on Zoom once a month to answer questions and help me with overall direction for our website. Based on her suggestions and my general preferences for layout, some things have changed on the website:

- **Theme and Navigation** – There are many themes (overall look, feel and style packages) available, but I like our current theme. Most newer themes have horizontal navigation, which does take up less “real estate” on the page, but this also means there is generally a “more” button, with options nested under drop down menus. Vertical navigation seems more user-friendly, as you can have more visible tabs.
- **Headers** – I use Photoshop to create custom page headers that are consistent from page to page. Consistency is a key factor for creating a positive user experience, both visually and functionally.
- **Links** – I use a free “bad link checker” to scan the website regularly looking for broken links.
- **Social Icons** – functional Facebook and email icons are added to the header of each page. Linking the Facebook page and website increases traffic on both sites.
- **PayPal** – at the request of BFDS, a donation button has been added to the homepage.
- In general, I like a simple layout, without columns or other elements that make lots of scrolling necessary. Many changes to the website have been based on this preference.

Specific website pages I'd like to point out are:

- **Homepage and the PSA video** – Our homepage is fairly simple with a few links to highlight items on other pages, and the PSA video. We had a Tradition issue with the video that is now resolved. Because the video was hosted on YouTube, when it finished playing various other outside-issue videos were suggested. I was able to download a copy directly from the OA website and use that, instead. I did have to delete the first few frames of the video to get it to display an image instead of a black box on our home page. I notice a few of our intergroup websites use the YouTube version, so I will be reaching out to offer my experience in solving this outside issue on our OA websites.

- **Newcomer** – call-to-action buttons have been added for the OA Quiz and Find a Meeting function, as well as links to newcomer resources.
- **Audio** – audio is now by topic in one list, regardless of source. I’ve been uploading some “oldies” from past Conventions. Thank you to Jan E. from Oregon Intergroup for helping review this audio for Tradition, sound quality or other issues. I’ve learned to “bleep” references to outside literature from recordings! 😊
- **Blog** – When I post a blog, I’m linking to it from our Facebook page to bring traffic to our site. Although it isn’t possible to comment on a blog anonymously on Facebook, it IS possible on our website. Our blogs now have a topic index.
- **Documents** – I’ve added an “accordion” function to make this page easier to navigate.
- **Donations** – This page has been simplified, and includes Intergroup and Meeting Treasurer Resources.
- **Events** – This page brings traffic to our website. It is a simple list of Zoom events in our Region and beyond. I search online for events, but there is an option to send them in via email, and I am getting more that way. I see this page as one of our best Carrying the Message pages.
- **Intergroups** – The layout is simplified, but this page now has a map of Intergroups and instructions for running an Intergroup meeting list on the OA website. I encourage Intergroups without a website to provide an email address or phone number for this listing.
- **Journals** – I plan to restructure this page to first feature the journals and explain the benefits of using them, then call-to-action buttons for US or Canadian orders. I link to this page from Facebook. The journals are a wonderful recovery tool and a fundraiser for Region, so I want to do more to feature this page.
- **Recovery Resources** – This is one of my favorite pages, although it may need to be renamed. It links to resources for special focus populations in OA – Anorexics, Bulimics, Men and Young People. There are instructions for how to find special focus meetings on the OA website.

Website Support Team for Intergroups

I’ve been working with website admins from two Intergroups as they put together websites. Laura (Lake Country Intergroup) and Laurie (Big Sky & Bitterroot Intergroup combined “Montana OA” site) and I meet every couple of weeks on Zoom to look at progress on their sites, give feedback and answer questions. This has been fun, and we’re all learning together. Watch for these new websites this fall.

The Region One [Facebook Page](#)

The number of “likes” and “follows” on our Facebook page has increased this year from about 100 to 307. I hope members of Region One will “like” our page – doing so is not a break of anonymity; it is simply saying that you support a page or find its content interesting. You can also invite others to follow our page.

After a rather ambitious start, I found I was unable to keep up with posting four times a day. At present, I post several times a week, including:

- Short “Heard @ a Meeting” and “Wisdom From Our Sponsors” quotes

- Links to our Blog and Journal webpages
- Event notices (I consider this the best use of our page)
- Occasional links to Lifeline, other OA resources, or other OA Facebook posts
- Occasional memes created in Photoshop (these take more time...but are fun when I feel artsy)

I will be re-designing the banner for our Facebook page to include information about what our page is about and what it offers. I would also like the look of the Facebook page to tie in with our website for consistent “branding” across those two sites.

There are also some inexpensive post “boosts” available on Facebook, and I would like to try a few of those. This is a way to get the OA name out into the community, as public information.

Intergroup Liaison

I am Liaison to Greater Seattle, Northern Lights, Regina and Southern BC Interior Intergroups. It is a pleasure to visit with these Intergroup Chairs, and this is one of my favorite parts of service on the Board. One of my goals is to help our Intergroups realize what a resource they have in one another, so I look for opportunities to connect Chairs. If there is an area of concern, I try to share what has worked elsewhere, and what worked for me when I was an Intergroup Chair. After a Liaison call, I follow up with a quick email, usually with links to resources on the Region or OA.org websites.

Project Team Liaison

This year I am liaison to the Assembly Binder Team. This dedicated Team is committed to providing a resource for Assembly, but also for Intergroups and members to use throughout the year. Don’t miss the Special Focus and the Resource sections in this year’s Binder!



Thank you, Sara, Cassie and Jan, for putting your heart into this project.

I have always considered service to be part of my Seventh Tradition contribution, but my recovery has benefited greatly from this service, and it is a pleasure to work with this Board. I encourage anyone who is wondering about joining the Board to explore the idea further and see if the time is right for you!

Beverly M.

Acting Region One Technology Coordinator

Trustee Report to Assembly 2020

I was elected Trustee at WSBC 2020, via email. The WSBC was a vastly different experience this year since it was held via email and continued for about 2 weeks. The email WSBC passed several pieces of literature. I really missed the people, the fellowship, the excitement, and the networking of our normal face-to-face WSBC.

Since being elected I have jumped in with both feet. I have been appointed to two committees and volunteered for an ad-hoc committee. I am on the Convention 2021 committee (to be held in Orlando in August 2021), the Ad-Hoc Committee on Virtual WSBC (exploring how to provide virtual access and voting especially for those Intergroup Delegates who would find it easier and more cost effective not to attend in person) and am Chair of the Conference Planning Committee (planning the theme, agenda, workshops, etc. for WSBC 2021). All the committee meetings have been held via Zoom.

The August Board of Trustees (BOT) meeting is to be held Monday, Tuesday, and Wednesday August 17, 18 and 19, via Zoom.

Recently the Trustees have started meeting informally via Zoom for chatting and getting to know each other. I have greatly enjoyed getting to know those Trustees who were not on the Board when I previously served (I was on the Board from July 2010 until May 2017 as the Region One Trustee). I believe that these sessions will help us be better able to work together as a Board and it is really fun. In general, we do not talk about Trustee business.

Then, I continue to function as an active Region One Board member, I have four Intergroups I liaise with to keep Region One informed about Intergroups and the Intergroups informed about upcoming Region One events and deadlines. I also have a Project Team, Sponsorship.

I am always humbled by being able to be your Region One Trustee. Please feel free to contact me with Traditions questions and other questions. I am always happy to help. I strongly believe that there is no such thing as a stupid question – if you want to know something probably other people want to know too.

In love and service,
Margie G.
Region One Trustee

Section 10:

Project Team Reports

This page intentionally left blank.

Assembly Notebook Team Report to Assembly 2020

Cassie J.	Southeast Alaska Intergroup, Team Lead
Jan E.	Oregon Intergroup, Secretary
Sara H.	Peninsula Intergroup, Google Docs Coordinator
Beverly M.	Oregon Intergroup, Region One Board Liaison/Technology Coordinator

Our team's goals for the year were:

- To publish the 2020 OA Region One Assembly Notebook
- To improve on the 2019 Assembly Binder in readability and ease of use
- To create an easy-to-follow blueprint for the Assembly Binder Team

We met monthly on Zoom. We all participated in each meeting, contributing our thoughts and ideas for improvements, managing our tasks and timelines. We changed responsibilities and tasks as needed for workflow and our mutual well-being.

The Team collectively developed the *Team Goals, Binder Outline and Timeline* with lots of help from previous years' work. We revised the Assembly Binder Team *Project Teams: Purpose, Action Plan and Resources* document for a clearer, more concise starting point and action plan to put together and publish the Binder with ease and timeliness. The revised document was submitted to Region One Chair Cindy C. for approval. We used our original *Assembly Binder Timeline* to develop the *Assembly Binder Section Status Report* that we began to use each meeting as a guide for our immediate and upcoming actions. This was a great resource for us to keep on track, preserve time, and determine immediate and future actions with relative ease.

Jan and Sara spearheaded the Special Focus Section. For 2020 this section is titled *Life on Life's Terms: Connecting to Recovery in a Changing World*. They sent requests to the Region One Yahoo Groups email list for submissions and compiled the results into four sections. We received some AMAZING contributions from members around our Region! The four topics in this section are:

- Heard @ a Meeting – “gems” heard in meetings
- And Now a Word From Our Sponsors – “gems” from sponsors
- The Principles of the Program – how members use the Principles in daily life
- Life on Life's Terms in 2020! – how members have used program to deal with a difficult year

Many documents were collected and uploaded, some of which were new and some that stayed the same as last year. There is a flow and a progression to coordinating the collection and uploading of all the documents. Many individuals, members in various service positions and project teams contribute to the final Assembly Binder!

We were grateful for our proofreading volunteers - thank you for your invaluable service! Proofreading is a painstaking process, with each page being proofread by two people or three people. We are always looking for people who have an eye for detail to help with proofreading!

We have great proofreading guidelines, developed by the 2019 Assembly Binder Team, that were used again in 2020. These included checking to make sure that no last names or phone numbers were included in the document, as well as details on style, type and size of font, and capitalization.

Finally, the proofread document was uploaded to Amazon's self-publishing service. Together, we completed our binder: an actual professional notebook that is a yearly compilation of Region One's Board and Region One Representatives' service in carrying the message of Overeaters Anonymous to our Fellowship.

Our hope is that the Binder will serve to keep a useful historical record of Region One activities, and that Board members and Representatives will use it as a resource throughout the year. Last year we learned that one Intergroup used material from the Binder to create their goals for the year! We also hope that the Special Focus Section and the three Resource Sections will be useful in OA service and personal recovery.

Thank you to all who contributed to this year's Binder! We appreciate your service!

Cassie J. - Assembly Notebook Team Lead

Audit of Region One 2019 General Business Account

Rosanne K.	Oregon Intergroup, Team Lead
Dorothy C.	Oregon Intergroup
Avi R.	Greater Seattle Intergroup, Region One Board Liaison/Treasurer
Cindy C.	Greater Seattle Intergroup, Region One Board Liaison/Acting Chair

Avi sent us the files in March. Because of “social distancing,” we examined them separately. Rosanne examined them on March 27-29 and Dorothy looked at them April 1-2. We found several discrepancies/inconsistencies, which Dorothy listed and sent to Avi.

Resolving the unresolved items:

Most importantly we found the annual registration for Oregon non-profit Corporations hadn’t renewed by October 2019 as required by law. While it seems that the report had been delayed until after the election in order to list the new officers, it is recommended that it be sent in on time next year in order not to incur any penalty and not to require re-registration. If an election changes the slate of officers, it is easier to correct that than register late or become unregistered and have to be re-registered, as we had to do in this case.

This was resolved for the past year and reminders need to be set for October 2020.

Missing items were followed up on and verified.

In looking at the discrepancies we recommend:

All receipts of expenses paid by the same check need to be fastened together with the date issued, check number, and check amount noted on it.

Expenses paid by a Region One debit card or PayPal debit: The person making the charge should submit a receipt noting why the expenditure was made. If there are several receipts submitted by the same person and paid by the same check, it is recommended that an expense sheet be filled out and fastened to the receipts. The check number can then be noted on the expense report.

All deposits, especially those from groups, should be accompanied by a list of the sources. That way the groups can receive credit or recognition for their support.

As a help to anyone reconciling the accounts, we recommend the numbering system used by Leslie in which she cross-referenced the receipts and deposits with the bank statements.

For instance, the first check cashed in January would be labeled 1-1, the second one as 1-2 and so on. Then the bundle of receipts for that check also would be issued 1-1, 1-2, and so on. Then the auditor only has to check whether the receipts are for allowable expenses and in the same amount as the issued check.

For the deposits, the first batch of January deposits would be labeled 1-A, the second batch of deposits, 1-B and so on. This really helps the Audit Team zero in on the numbers.

Respectfully submitted,

Rosanne K.

May 31, 2020 (updated August 18, 2020)

Audit of 2019 Region One Convention Account

Rosanne K. Oregon Intergroup, Team Lead

MerleAnn M. Oregon Intergroup

Dorothy C. Oregon Intergroup

Avi R. Greater Seattle Intergroup, Region One Board Liaison/Treasurer

Cindy C. Greater Seattle Intergroup, Region One Board Liaison/Acting Chair

I have looked over all the materials supplied to me by the Region Treasurer.

Procedure – The Team compared the receipts and reports supplied by the Treasurer to the bank statements and found them to match up. Any questions we had were answered by cross-checking with other resources, and were cleared up.

Rosanne K.

February 9, 2020

Budget/Finance/Delegate Support Team Report to Assembly 2020

Marjorie T.	North Cascade Intergroup, Team Lead
Deb P.	Lake Country Intergroup
Tammy E.	Pierce County Intergroup
Margaret T.	Jefferson State Intergroup
Avi R.	Greater Seattle Intergroup, Region One Board Liaison/Treasurer

Purpose: To assist the Treasurer in the review and management of Region One's financial health and well-being, create and maintain a yearly budget, and support as much representation from our intergroups at Assembly and World Service Business Conference (WSBC) as possible within the budget. 2020 has been a challenging year for the BFDS team. Financial plans got upended with the restrictions placed on all of us as a result of the novel coronavirus. Along with the Board, the BFDS has modified its activities to fit with doing what we can, when we can.

2019-2020 Activities:

- 1) WSBC Delegate Support 2020: Region One approved funding for \$6,000. Since WSBC 2020 was held virtually, these funds were not spent. Since 2020 revenue will be significantly less than anticipated, this budget item will go a long way towards the Region keeping within our overall 2020 budget with revenue from the convention being significantly less.
- 2) Ways and Means WSBC 2020: This project was set aside, since WSBC was held virtually. The items we meant to purchase somehow (thanks, HP) did not arrive, so we did not end up with unsold merchandise. We anticipate for 2021 we will purchase pens and sell at WSBC. They were a hit and sold out in 2019.
- 3) Assembly Representative Support 2019: \$3,438 was budgeted and approved. Only \$2,144 was spent, as some intergroups did not apply for their support, and others submitted for less than approved.
- 4) Relief 2020: The BFDS team utilized some of the 2019 "excess funds" to offer grants of up to \$150 to support intergroups with unexpected funding due to COVID problems. We had three intergroups apply for support for Zoom and website expenses. \$450 of the possible \$2,000 was expended.
- 5) Assembly Representative Support 2020: A form for applying for Assembly support was sent to intergroups in March with a July 31 return deadline. We don't anticipate many (or any) applications, because Assembly will be held virtually. Any Assembly registration fees will be nominal, and intergroups will likely be able to support their Reps' attendance.
- 6) WSBC Delegate Support 2021: Our preliminary budget for support is \$2,480. This is less than in previous years. Even though in 2020 we did not expend the \$6,000 budget, that amount is not automatically carried forward into 2021, but offsets our reduced revenue for 2020. Should there be any excess funds at the end of 2020, a certain portion will augment what we have available for WSBC 2021. A form was sent to intergroups at the beginning of July, due back to BFDS September 30. Should intergroups need additional funding from WSBC, their application would be sent to World Service before November 1.
- 7) The team prepared two policy amendments to be presented at Assembly 2020.

Bylaws Team Report to Assembly 2020

Faye D.	Sea to Sky Intergroup
Linda S.	Peninsula Intergroup
Paul M.	Greater Seattle Intergroup
Cindy C.	Greater Seattle Intergroup, Region One Board Liaison/Acting Chair
Alice W.	Oregon Intergroup, Region One Board Liaison/Acting Secretary

As one of three Region One standing committees (the other two are Budget and Finance and Membership Outreach), the Bylaws Team coordinates with Region One committees and service bodies to bring new business to the Assembly for consideration.

Following the October Assembly the Bylaws Team reviewed the updated Bylaws and Policies which were then posted to the region website. The Bylaws Team also reviewed the Standing Rules, submitting proposed changes for review by the 2020 Assembly. In April we notified service bodies of the dates of Assembly 2020, deadlines for submitting business motions, and included instructions for creating and submitting those motions. The team continues to work on a handful of new business motions and has received two motions from other project teams.

The Team looks forward to receiving motions from intergroups by the August 21st deadline.

Submitted by Cindy C. and Alice W.

Convention 2019 – “Bridges to Recovery”

Hosting Intergroup - Oregon
Convention Chair – Liz S.
Audio – Gary O. (Lake Country Intergroup)
Boutique – Cathy P. & Crew
Decorations – Marikay R.
Entertainment – Niik I.
Hospitality – The Salem OA Meetings
Hotel Liaison – Laurie B.
Program – Alice W., Kym L., and Nicole S.
Registrar – Dorothy C. & Crew
As Needed – Jan E. & Many More!
Board Liaison/Region One Vice Chair – Sue B.



Oregon Intergroup was pleased to be able to host Region One Convention 2019. Preparation began a year prior with the Convention Team meeting prior to Intergroup each month. These meetings ramped up as Convention grew closer.

3 KEYNOTE SPEAKERS: This year a new arrangement for speakers took place as a different speaker was scheduled for each of the three keynote speaker sessions of the convention. Each speaker gave their own particular method for working the steps and their own individual program. Two of the speakers were compulsive overeaters and the other was anorexic. All were well-received, and it seemed our members really appreciated the variety of perspectives and presentation styles.

18 WORKSHOPS: Three classrooms with speaker teams presented 18 workshops over the course of Saturday morning and afternoon. Topics ranged from Abstinence to Long-timers in program and many others.

AMERICAN SIGN LANGUAGE: There was a request to provide sign language interpreting for Convention, and the Region Board was able to find two interpreters to provide this service. Since there was just one person who needed this assistance, the interpreters went to the workshops that person wanted to attend, and also interpreted for the keynote sessions and variety show.

BANQUET: This year's banquet was made memorable by an hour+ delay due to evacuating the building for a fire drill--not something ideal for a crowd of hungry compulsive eaters! But eventually all were served both physical food and inspiration from our banquet speaker.

BOUTIQUE: The Boutique brought in a record \$6,800. Oregon Intergroup sold a number of items, but our *Program in Your Pocket* books were the biggest hit! Boutique sales could have been even higher had the Boutique been housed in a bigger room. A somewhat weary group gathered in the Conference room to count the nickels, quarters, dollars and more and re-count it for accurate accounting of income from the Boutique. There was a great satisfaction among the group thus gathered for a Convention well attended and recovery-centered!

HOTEL: Convention was held at The Monarch Hotel in Portland. There were some issues with accessibility; if this hotel it is considered for future Conventions it would be important to determine if they have updated to improve accessibility for people with mobility issues.

REGISTRATION: Newcomers who started OA in 2019 were able to attend Convention without paying a registration fee. We had 43 newcomers attend! Total registrations were 255.

QUILT FUNDRAISER: Region put out the call early for the annual quilt fundraiser, and there were at least ten lovely handmade quilts donated by members from various Intergroups. It was hard to know where to put your tickets in!

VARIETY SHOW: Musical arrangements, a skit (Captain Vegetable!), a memorable monologue and “rubber-banding” safety demonstration given with a deadpan only this OA presenter can do, as well as other entertainment acts.

LESSONS LEARNED:

- All hotel facilities, including meetings rooms, Hospitality, Boutique and restroom access need to be evaluated for accessibility before selecting hotel. Meeting ADA guidelines may not be sufficient – suggest asking a member with mobility issues to help evaluate accessibility.
- Need dedicated recording people with rooms checked for separate speaker systems for each breakout room prior to Convention. Although Region One has its own microphones, mixers and recording equipment, we patch in and use the hotel speaker system. A divider down the middle of the room does not mean there are separate speaker systems for those two resulting rooms.
- Need one person doing all of the arrangements for workshop presenters. This will help avoid miscommunication.
- Need clearer guidelines and communication with hotel regarding no use of sugar in banquet dessert. Note: many members do not include sugar or artificial sweeteners in their food plans.
- Need winning raffle tickets to be carefully marked with name and phone number of winner, as well as pictures taken of the winning tickets. Some items (such as the tablets) are shipped after Convention, or the item won may be a registration for next year and the incoming registrar will need to know who won.

Jan E. – Oregon Intergroup

August 21, 2020

Nominations Team Report to Assembly 2020

The Nominations Team has been excited about all that is happening in our Region. We are encouraged by the interest of many members to be on the Region One Board this year.

Here are some highlights of what we've done:

- We have revised and simplified the application for applying for any position. We now offer one application for all positions with a check box to indicate the position being applied for.
- Ensured the announcement of open Board positions was sent out to Yahoo Groups, Intergroup Chairs, 2020 Delegates and 2019 Representatives, as well as listing the open positions and application on our website.
- We created a spreadsheet to track potential nominees with contact info and space to add comments regarding particular skill, interest, etc.
- Enlisted help from the Board in contacting potential nominees to do a "personal ask."

...And (this is exciting), the Nominations Team submitted a motion to Assembly to create two additional Board positions. We feel it would be so beneficial to add a few more members to our Board to help with the tasks required and to be most effective in carrying out our primary purpose as a Board, which is: To aid those with the disease of compulsive overeating through the Twelve Steps of Overeaters Anonymous and to serve and represent the OA groups and Intergroups from which it is formed.

If you are interested in possible appointments of positions open for next year, and joining us on this fabulous Board of OA Region One, please let us know by contacting: nominations@oaregion1.org.

In loving service,
Nadine D.
On behalf of the Nominations Team
August 25, 2020

Nurturing Newcomers Team Report to Assembly 2020

Joan Mc	Central Oregon Intergroup, Team Lead
Kelli D.	Big Sky Intergroup
Kim C.	Lake Country Intergroup
Pat H.	Snake River Intergroup, Secretary
Terri R.	Central Oregon Intergroup
Laurie B.	Region One Board Liaison/Vice-Chair

Our team lost momentum in early 2020 with losing our Board coordinator and with some of our team members having health issues or new grandbabies being born and then, of course, there were the effects of "COVID Brain" starting in March.

We were able at the end of last year to get some work done on our first goal of "helping newcomers see and feel the powerful impact of strong recovery."

We did this by encouraging at least at our own meetings to prepare and then deliver our "elevator speeches" for when a new member showed up, so we would be open to changing our prepared meeting topic and move to "elevator speeches" anytime there was someone new attending. This seemed to have positive effects; though this is hard to know for sure.

Being in different time zones impacted our phone meeting planning; and yet mixing us up with members we wouldn't normally see was a good thing.

Submitted by: Joan Mc – Central Oregon Intergroup

Public Information/Professional Outreach Team Report to Assembly 2020

Erin F.	Greater Seattle Intergroup, Team Lead
Cathy Z.	Eagle Cap Intergroup
Judy A.	Southern Alberta Intergroup
Kate V.	Bitterroot Intergroup
Marie S.	Northern Lights Intergroup
MerleAnn M.	Oregon Intergroup
Pat O'C	Region One Board Liaison/Trustee
Cindy C.	Region One Board Liaison/Acting Chair

Placeholder for report.

Sponsorship Team Report to Assembly 2020

Carrie A.	Pierce County Intergroup
Cate O.	Greater Seattle Intergroup
Leslie W.	Southeast Alaska Intergroup
Loretta	Vancouver Island Intergroup
Nancy	Snake River Intergroup
Rita	Vancouver Island Intergroup
Margie	Region One Board Liaison/Trustee

This Project Team started with many members at Assembly and wrote some ambitious goals.

Goals for this Team included:

- 1) Formalizing the process for matching Sponsors and Sponsees for Virtual Sponsorship.
- 2) Being able to better record and maintain files on matches and train appropriate people to understand and use the forms, for Virtual Sponsorship.
- 3) Increase the awareness of available resources for Sponsors
 - a. Practice taking each other through the 12 Days Newcomer Process.
- 4) Develop a script or handout for a Sponsorship “Speed-dating” Workshop.

The team had great intentions, but other than virtual sponsorship, did not have enough people participating to meet the goals. The first two goals were met.

An email address (VirtualSponsorship@gmail.com) and email is forwarded to the person who is doing the matching. The Applications for Sponsors and Sponsees was revised using JotForm to process the data and hold it so that it is easily available for the team members to access. Since there are not too many people applying the account is free to use and reports on all who have applied are available. These tracking resources are available for the team or person doing the matching to check.

Margie G. - Region One Trustee

Submitted August 20, 2020

Strong Recovery/Member Retention Team Report to Assembly 2020

Jules P.	Greater Seattle Intergroup, Team Lead
Leila L.	Snake River Intergroup, Secretary
Cathy P.	Oregon Intergroup
Cindy T.	Catch the Wave Intergroup
Joanne S.	Emerald Empire Intergroup
Nadine D.	Region One Board Liaison/Member-at-Large

The Project Team on Strong Recovery and Member Retention was formed at the 2019 Assembly. The Team met several times via teleconference after Assembly and was able to complete its goals. The Team identified four goals:

- 1) Help Intergroups meet their basic needs.
- 2) Reach out to Intergroups not at Assembly and identify barriers for attendance.
- 3) Promote Twelfth Step Within Conference Call.
- 4) Help Intergroups integrate Zoom into their meeting structures for greater engagement.

Goal 1:

Created survey to identify areas of need within the Region and sent to Intergroup Chairs. As a result, topics of interest were identified and passed on for the 2020 Region One Convention.

Goal 2:

Personalized notes and letters were written to the Intergroups not in attendance at the 2019 Assembly and Convention. The purpose was to discover what obstacles to attendance existed. Follow up phone calls with the Intergroup Chairs were made. The most prominent obstacles were potential attendees felt intimidated and the individuals who could attend, back out at the last minute.

Goal 3:

A flyer was created to promote the Twelfth Step Within conference call and emailed to Intergroup Chairs. Follow up contact was made with Chairs who did not respond. Over 50 people attended this call.

Goal 4:

We brainstormed ways we could assist with Zoom integration, however Region One had already taken this on and moved forward.

Submitted by Leila L., Secretary

This page intentionally left blank.

Section 11:

Intergroup Reports

This page intentionally left blank.

Alaska Intergroup

General Geographic Area: Palmer, Alaska
Number of Groups: 4
Intergroup Chair: Randy
Website: alaska-aa.org



Placeholder for report.

Anchorage Intergroup

General Geographic Area: Southcentral Alaska
Number of Groups: 10
Intergroup Chair: Elizabeth M.
Website: oa-alaska.org



News from our Intergroup:

Retreat: Although it seems like a very long time ago, AAI hosted an OA retreat the weekend of October 25, 26, and 27 at a retreat center in Anchorage. Lawrie C. from Winnipeg, our guest speaker, shared his experience with the Big Book. We consider the retreat a great success on several fronts:

- 1) We had 40 people in attendance, which was more fellows than had gathered together in several years.
- 2) All of the 31 attendees who completed the evaluation form reported Lawrie's shared experience helpful and inspirational.
- 3) There was a renewed enthusiasm for OA.
- 4) Because attendance was twice more than budgeted for, there was excess revenue to add to AAI's operation account.
- 5) The first night of the retreat was a fundraiser. Between that and a silent auction during the weekend, \$1,400 was donated for outreach efforts.

Newsletter: For the first time in two years, the newsletter editor position was filled on our Intergroup Board. She published a quarterly electronic newsletter.

Region One Board Visit and Workshop: Two Board members from Region One visited Anchorage on January 31 and February 1. They met with AAI Board members to discuss outreach ideas and led a workshop with approximately 15 attendees on the topic "Each One, Reach One – Share the Hope." Participants in both events were inspired to connect/re-connect with one another and carry the message to others who still suffer from compulsive overeating.

How has your Intergroup adjusted to the changing public health environment? To meet the needs of fellows during the pandemic, AAI opted to take advantage of Region One's offer of a free Zoom license. We quickly set up 11 weekly meetings and one 14-week workshop via Zoom. Two were new meetings that did not get support, so those were discontinued. The meetings that had a solid, yet small, base have continued to meet via Zoom successfully. We now host nine meetings a week via the Region One Zoom license and have decided to extend the Zoom meeting schedule through at least September. However, with the changes that came with the pandemic, we have not been able to leverage the increased interest in outreach. Between additional work responsibilities and the COVID-related stresses of some AAI Board members, we have not implemented any outreach efforts.

We have researched online Seventh Tradition options, but due to cost of those platforms, the AAI Board voted not to offer such giving means. Groups promote manual options at Zoom meetings. To-date our Seventh Tradition totals are a bit higher than last year with only a handful of members giving.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Our meetings have retained their membership. However, because we haven't been able to do outreach the membership has not grown.

Retreats and/or Events we have offered this year:

Retreat, October 25-27, 2019 (see above for information)

Region One Workshop, February 1, 2020 (see above for information)

Other services our Intergroup offers: Our Intergroup rents a meeting room where literature is displayed for sale and four meetings a week are held. We call the space the OAsis. However, during COVID, we have closed the OAsis.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes, see above.

What we are doing to make OA known in our community: AAI maintains a website for the public which provides links to the Zoom meetings and many other resources. Because AAI shares rented meeting space with Al-Anon's bookstore, OA is more widely known within the Twelve-Step community. One of our groups meets at another facility used by several other Twelve-Step groups. AAI has information on the bulletin board there and has anecdotal evidence that those postings work. Some OA members post literature in their offices and take newsletters to personal doctors' offices.

What we're doing to strengthen our meetings and help our members recover:

Offering Zoom meetings.

We encourage members to give service by:

Our quarterly newsletter lists service opportunities.

Submitted by: Elizabeth M., Chair, Anchorage Intergroup

Date of Report: July 30, 2020

Big Sky Intergroup

General Geographic Area: Billings, Montana
Number of Groups: 5
Intergroup Chair: Rotating
Website: montana-overeatersanonymous.org

News from our Intergroup: We have much to tell you, please read below.

How has your Intergroup adjusted to the changing public health environment? We moved all our meetings to virtual by using Free Conference Call and Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Our Intergroup has been strengthened and expanded. We have added special out-of-town speakers to our Zoom meetings. We have added new members and more people are attending our virtual meetings than ever before. There are attendees from other states as well.

Retreats and/or Events we have offered this year: A fall retreat was held at Red Lodge. A speaker from Idaho shared on Shame and Body Image. It was very well attended. A Candlelight Meeting was hosted the first weekend in January. The theme of the meeting was “How Free Do You Want to BE?”

Other services our Intergroup offers: Our Intergroup offers a Twelfth Step Within meeting quarterly to help those struggling within OA. In an effort to connect better within our Fellowship we offer a quarterly speaker meeting in which members of our groups tell an in-depth account of their stories.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We had an Intergroup Renewal scheduled for March but unfortunately it was placed on hold because of the virus.

What we are doing to make OA known in our community: We are in the process of building a Montana OA web page. We update the Region One website meeting list regularly to make sure our meeting information is current. We have shared meeting information and pamphlets with our local treatment facility and our Public Health Service Office.

What we’re doing to strengthen our meetings and help our members recover: We make sure the newcomer feels welcomed. We deliver in person or by mail the “Where Do I Start” pamphlet along with a copy of *Lifeline*. We as an Intergroup make it a priority to make reach out calls to newcomers and each other.

We encourage members to give service by: Our enthusiasm for service and recovery seems to be contagious. We “personally ask” others and we are grateful for a great Fellowship that is service-oriented and shows a lot of willingness to volunteer.

Tips and ideas we’d like to share with other Intergroups:

- Openly volunteering encourages others to volunteer.
- We co-chair a meeting with a new sponsee.
- We make reach out calls. We do well with welcoming newcomers.

- To keep our recovery fresh we have speakers from other areas share their experience, strength and hope.
- We connected with a neighboring Intergroup by sharing a weekly Zoom meeting together and participating in each other's intergroup meetings.
- Rotating Intergroup Chair.

We'd like to hear ideas from other Intergroups about: Encouraging sponsorship.

Submitted by: Lynn K., Big Sky Intergroup

Date of Report: July 22, 2020

Bitterroot Intergroup

General Geographic Area: Western Montana
Number of Groups: 14
Intergroup Chair: Gail M.
Website: montana-overeatersanonymous.org



News from our Intergroup: Bitterroot Intergroup meets via Zoom on the 4th Wednesday of the month unless announced otherwise in advance. All of our Board positions are filled. Included are: Chair, Vice-Chair, Secretary, Treasurer, WSBC Delegate and Region One Representative. We have a Scholarship Coordinator, a new position since our last report, “Public Information and Outreach” Chair.

How has your Intergroup adjusted to the changing public health environment? Our monthly intergroup business meetings began to meet virtually in April. Previously, we used the Free Conference Call service, but when Region made Zoom accounts available to Intergroups, we took advantage of it so that we could see all of our faces. Most of our groups switched to Zoom meetings in mid-March when our Governor issued the stay-at-home directive. Some of our groups have returned to in-person meetings while most are still using Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? For the most part, our members like the Zoom format and we have had visitors from other parts of the country attend the meetings. In some ways, it has strengthened many areas around our part of Montana by having the benefit of different faces and experiences. One thing that may have suffered is our outreach to potential newcomers. We worry that people may not know where to find us.

Retreats and/or Events we have offered this year: Our annual spring retreat was postponed until May 2021. The annual Fall Retreat will be held virtually with a different format than we normally use.

Other services our Intergroup offers: We offer scholarships for members to attend our retreats. We also send our Delegate to WSBC and to Region One Convention when they are held in person.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We have not hosted one yet.

What we are doing to make OA known in our community: One example of this is that our Bozeman groups asked for bulletin board and literature display space in a community recovery center. Members update the information and pamphlets regularly. Some members also spread the word to the professional community about what OA *is* and what it *is not*.

What we’re doing to strengthen our meetings and help our members recover: We keep local Zoom meetings open for conversation after the regular meeting ends. Newer members can then ask questions, look for a potential sponsor, etc. during this time just as they would do after a meeting in person.

We encourage members to give service by: Opening meetings, making coffee, etc. At this time, hosting and chairing a virtual meeting is an alternative. We like to have as many people involved by serving as Intergroup Representatives, secretary, and other positions at the group level. With our small membership and large geographic area, it is sometimes work to get enough members to serve on the Intergroup Board or committees.

At our business meetings, we announce the Region One virtual sponsorship program and some of the groups have added it to their meeting format.

Tips and ideas we'd like to share with other Intergroups: We are collaborating with the Big Sky Intergroup, the Eastern half of Montana, on building an OA website for all of Montana.

We'd like to hear ideas from other Intergroups about: We would like to have more of our meeting Representatives attend our monthly business meeting. Most months, we have 1-3 attend out of 14. We send reminders and the agenda to all reps ahead of time.

Submitted by: Gail M., Chair, Bitterroot Intergroup

Date of Report: July 30, 2020

Catch the Wave Intergroup

General Geographic Area: Southern Oregon Coast
Number of Groups: 5
Intergroup Chair: Cynthia T.

News from our Intergroup: Our groups and Intergroup have been struggling along but we sent a Representative to Region this year. We have had three guest speakers via two Intergroup meetings and one in a combined meeting.

How has your Intergroup adjusted to the changing public health environment? We stopped having face-to-face meetings on the 13th of March. Two of us were to attend and had paid our fees to go to the Twin Rocks retreat, which we attend most years, but reluctantly cancelled due to the COVID orders and our own health issues which made us fear to travel so far and to partake of a weekend with others.

The closure of meeting venues helped make many creative alternatives. Several came forward to set up Zoom meetings, phone meetings, and staying in touch with each other. We have elections and a meeting outside at a State Park once a year. That was cancelled as the number of infections started to go up. We will have a Zoom Intergroup meeting in August or September.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Many of us would not normally travel to the meetings out of town more than once a week, but Zoom meetings enabled us to participate and spend time with other members in other communities. We also had a Twelve-Step study group which met twice a month. It was slow going if our leader was out of town or busy with other activities, since she spent so much time volunteering and also working. With things shut down, we set up a Zoom meeting and everyone was pretty committed to attending once a week. We have made leaps and bounds in our study and our relationships with each other.

Other services our Intergroup offers: We have tried to stay in touch, via our very efficient Secretary, with members in all groups.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes. The outcome was that we set up a phone meeting so we could reach each other, since we are so spread out. The intent was good, but the meetings were not well-attended and we stopped the meeting after about six months.

What we are doing to make OA known in our community: Right now without meetings to physically attend we have not done much promotion. We have continued to talk to people who are interested or call the outreach number in our newspapers and offer to meet with them in person with social distancing, or invite them to a Zoom meeting.

What we're doing to strengthen our meetings and help our members recover: Sponsoring a Twelve-Step workshop. Keeping in touch using electronic means. Attending other meetings and retreats in other areas by promoting via email notification or at meetings to all our members.

We encourage members to give service by: Asking them to do things for the good of the group, but there are still members who do not step forward.

Tips and ideas we'd like to share with other Intergroups: Rural areas require sharing with each other about what is going on and what is available that each can attend.

We'd like to hear ideas from other Intergroups about: Promotion of the Fellowship to others who might be interested in OA.

Submitted by: Cindy T., Chair, Catch the Wave Intergroup

Date of Report: July 26, 2020

Central Oregon Intergroup

General Geographic Area: Bend/Redmond, Oregon
Number of Groups: 4 official, 2 unofficial
Intergroup Chair: Robin R.
Website: centraloregonoa.org



News from our Intergroup: Our Intergroup meets monthly to support our five local OA groups. We continue to stay active and work to help our meetings be active and healthy during COVID.

How has your Intergroup adjusted to the changing public health environment? Our Intergroup meeting is conducted face-to-face, socially distanced with masks at an outside area adjacent to the Senior Center. A member of our Fellowship who has a Zoom account has offered to be the host for two meetings which need support. We are working toward opening a Central Oregon Intergroup Zoom account for those to transition to.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? The Fellowship has been strengthened through the creation of Zoom and conference call phone meetings. These are well attended and at the beginning of the lockdown, our member participation actually increased. During these summer months, attendance has fallen but those who participate consistently do so. Two unofficial socially-distanced meetings are located outside in public spaces in both Bend and Redmond. Once meetings resume inside public facilities, we want to include the phone-in option for members of Intergroups that need more support. We have really enjoyed virtual and phone access but there are some members who do not like this format and don't participate. Facility access is an issue as the three facilities we met in prior to COVID may not open in the near future. One facility asked us to move all our supplies, as the meeting room is too small for social distance. We are inquiring about the option of meeting in a larger meeting room in this facility.

Even though some members have been challenged by virtual or phone meetings, we have attracted one newcomer.

Retreats and/or Events we have offered this year: Before COVID shelter-in-place, we had planned for an overnight May retreat at a local retreat center. We decided to cancel and conduct a Zoom event instead. The retreat was a success, with several speakers from Region One and over 150 participants across the United States. We continue to have issues with creating our Zoom account. Due to the expansion of Zoom in the private and public sectors, Zoom has not been able to respond to our issue/ticket to billing. PayPal also has given us issues we hope to rectify soon. Both of these technical issues impact our capacity to offer effective events.

Other services our Intergroup offers: We share information we receive from Region One, other Regions and World Service with our membership. We have created a phone and email list for all members in our Intergroup who are interested in receiving information. We offer a way for members to send in funds by check to our Intergroup post office box for Seventh Tradition. Contributions by check can be associated with a specific meeting whereas payment by PayPal cannot.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Not this year.

What we are doing to make OA known in our community: We host and maintain a website that is easy to find if someone searches for “Central Oregon OA.”

What we’re doing to strengthen our meetings and help our members recover: We continue to check in with Intergroup meeting reps about what can be done to support meetings and our members and to make sure they have the support they need to continue conducting meetings virtually or by phone. We also have a monthly newsletter, *Food for Thought*, which goes out to all members by email. Several members send out information about virtual events in other Regions.

We encourage members to give service by:

- 1) Letting all know that Intergroup monthly meetings are open to ALL members interested in learning about the OA recovery program;
- 2) Planning to conduct an Intergroup meeting in Redmond once a quarter; and
- 3) Encouraging sponsorship.

Tips and ideas we’d like to share with other Intergroups: Zoom retreats have their challenges but participants are generally patient and forgiving when there are hiccups. We’ve learned that it can be done.

We’d like to hear ideas from other Intergroups about: How to get the word out to newcomers and conduct outreach.

Submitted by: Robin R., Chair, Central Oregon Intergroup

Date of Report: July 27, 2020

Eagle Cap Intergroup

General Geographic Area: Eastern Oregon
Number of Groups: 4
Intergroup Chair: Barbara S.

How has your Intergroup adjusted to the changing public health environment? The meetings have been happening by telephone. There was one meeting that was on the phone prior to COVID. The other three meetings then did that, too.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? No real change. The phone meetings have sometimes included members from other areas.

Retreats and/or Events we have offered this year: We had a presentation at the local health fair in Ontario and in Baker City. We gave out information and talked to many people.

Other services our Intergroup offers: Encouragement to members.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Attended Renewal in 2018. It helped the members to work together on the workbook.

What we are doing to make OA known in our community: Ads in the classified section of newspaper. Posters on store bulletin boards. Talk to people when appropriate.

What we're doing to strengthen our meetings and help our members recover: Telephone and text members to keep connected.

We encourage members to give service by: Asking for members to put up posters and reach out as possible. We have a bookmark with the meeting information that we try to give other people.

Tips and ideas we'd like to share with other Intergroups: Our Intergroup has been struggling. At this time, we have only three elected officers. There are no other members who want to serve. The only reason for the Intergroup to continue is to have a possible growth. Region officers have helped us and we appreciate that.

We'd like to hear ideas from other Intergroups about: What others are doing to attract newcomers.

Submitted by: Barbara S., Chair, Eagle Cap Intergroup

Date of Report: June 24, 2020

Emerald Empire Intergroup

General Geographic Area: Eugene/Springfield, Oregon and surrounding area
Number of Groups: 9
Intergroup Chair: Paul R.
Website: oeugene.org

News from our Intergroup: Our Intergroup meets monthly to support our local OA groups. We continue to stay active and work to help our meetings be active and healthy during COVID.

How has your Intergroup adjusted to the changing public health environment? Our Intergroup meeting is done virtually. Members of our Intergroup who have Zoom accounts have offered to be the host for meetings who need support.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? The Fellowship has been strengthened through the creation of Zoom meetings by our ability for members in the Roseburg OA group to “attend” Zoom meetings in Eugene (Roseburg is 70 miles from Eugene). The virtual meetings have also given former members who have moved further away the option to join in, which has strengthened our Fellowship. We have really enjoyed that and would like to keep that access going even after COVID is not such a problem.

The Fellowship has been weakened by some members no longer attending due to either disliking virtual meetings or not having strong (or any) internet connections. We have also wondered how easy it would be for a newcomer to find us (although access information for our meetings is clearly listed on our website, which is where people previously found the face-to-face meetings).

Retreats and/or Events we have offered this year: Before COVID shelter-in-place, we had started to plan for in-person events. Since COVID, we decided to not host any events or retreats because we are excited to attend events hosted by larger Intergroups (e.g., LA Intergroup) or Regions.

Other services our Intergroup offers: We share information we receive from Region, World Service and other Intergroups with our membership. We are creating a phone and email list for all members in our Intergroup who are interested in receiving information. We offer a way for members to send in funds by check to our Intergroup post office box for Seventh Tradition (some members do not feel comfortable using PayPal or giving their credit card information over the internet).

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Not this year.

What we are doing to make OA known in our community: We host and maintain a website that is easy to find if someone searches for “Eugene OA.”

What we’re doing to strengthen our meetings and help our members recover: Checking in with meetings to make sure they have the support they need to continue conducting meetings virtually.

We encourage members to give service by: Letting all know that Intergroup monthly meetings are open to ALL members interested in learning about the OA recovery program.

Tips and ideas we'd like to share with other Intergroups:

- We have proactively reached out to members and groups in our Intergroup when we have not heard from them.
- We offer to host their meetings on Zoom, if needed.
- We list on our website how to make contributions to Intergroup, Region, and WSO.

We'd like to hear ideas from other Intergroups about: How to get the word out to newcomers.


Submitted by: Paul R., Chair, Emerald Empire Intergroup

Date of Report: July 22, 2020

Greater Columbia Intergroup

General Geographic Area:	Central Washington
Number of Groups:	9
Intergroup Chair:	Deidre H.

Placeholder for report.



Overeaters Anonymous
Greater Seattle Intergroup
24x7 Phone: 206-264-5045

Greater Seattle Intergroup

General Geographic Area: Seattle
Number of Groups: 34
Intergroup Chair: Erin F.
Website: seattleoa.org

News from our Intergroup:

- We continue to offer and expand upon the Twelve-Day newcomer program.
- We welcomed a new men's focus meeting on Monday nights and added a virtual Saturday night meeting that will continue to be a virtual meeting, regardless of our ability to meet in person.
- We are financially solvent.

How has your Intergroup adjusted to the changing public health environment? We are getting systems in place during this unprecedented time. We just voted on holding our Intergroup meeting virtually, as was dictated by our Intergroup bylaws. We really leaned into Tradition Nine—"OA as such, ought never be organized...."

Most GSI meetings have moved to an online/virtual format. It was amazing to see how quickly we could pivot to virtual meetings when many of us had little to no experience with the different platforms. This unprecedented time has given GSI members the opportunity to visit meetings all over the world. We also welcome fellows from all over, including old friends we haven't seen for years as they had moved out of the area. We are getting opportunities during this time that are amazing.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Strengthened. While so many of us miss meeting in person, there are many who were unable to get to in-person meetings that are showing up online, after lengthy absences, and many, many newcomers. It is a hopeful time despite the adversity.

Retreats and/or Events we have offered this year: We started the year off strong with another successful winter retreat in January. We continue to see the partnership between "long-timers" and enthusiastic "newcomers" that make these events not only possible but also increasingly creative and diverse. This was followed by some of our special one-day events; our annual "Burn Party" and then "I Love OA" and "Unity Day" in February.

We did cancel our annual spring/summer retreat but we've been seeing so many virtual events and workshops showing up throughout the Regions; there has not been a dearth of recovery events.

We are getting ready for the 3rd Annual Sponstravaganza hosted by the Sunday night Ravenna OA meeting. A great speaker event/Q & A. Sponsors come and share their ES&H and those looking for sponsors have an opportunity to be in a room with many. Members with questions about sponsoring get a chance to ask their questions and receive support to become sponsors.

Other services our Intergroup offers: Inspired by last year's Region One Convention, GSI made an attempt at answering the dilemma of what to do when there is a lack of available funds, literature, or sponsors. Our response was our first 15-week group facilitated Step work workshop. The goal of this workshop was to help our fellows achieve or maintain abstinence through working the Steps, developing and strengthening our daily practice, and connecting with others. The workshop was comprised of a mixture of readings from the Big Book and the OA 12 and 12 alongside guest speakers and weekly reflection questions. While it was originally designed to be an in-person event, we were able to quickly adapt it to an online format. We were pleasantly surprised to welcome fellows from as far away as England and Antigua, as well as local members in the surrounding rural and suburban area that would not have been able to attend the in-person version. It ran from March to July and we already have asks to run it again.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Each year on December 12th we hold our annual Twelfth Step Within event. In 2019 we held this event at four locations simultaneously, two in the city, one in the North end, and to offer a South end option we partnered with a nearby Pierce County meeting. We would welcome any future possibilities of co-hosting events with other Intergroups or meetings outside GSI.

What we are doing to make OA known in our community: Prior to the pandemic we were starting to discuss how to be present on social media and what benefits that may have to the still-suffering compulsive overeater. We hope to continue this discussion with so much more information available virtually. We've had outreach place tear-away fliers around the community as well.

What we're doing to strengthen our meetings and help our members recover: Many meetings have reinstituted newcomer phone calls and staying after online to chat with newcomers. We also have meetings that have breakout "rooms" virtually to provide a newcomer meeting while the regular meeting is in progress. We have been holding monthly information meetings to keep meetings up-to-date with each other and ensure our meetings have the resources they need to continue on. We continue to maintain an active speakers list.

We encourage members to give service by: Hosting virtual meetings, sponsoring (temporary and permanent), Twelve Day Temporary Sponsorship, GSI Representative to Assembly (we are having the nomination meeting this month as I write this and we have several members interested).

Tips and ideas we'd like to share with other Intergroups: Welcoming newer members into service positions above the meeting level continues to bring surprisingly creative ideas.

We'd like to hear ideas from other Intergroups about:

- Updating/freshening our website

- events that were new and successful
- what other groups have been challenged by during this time
- new service positions that have come about directly due to the move to online meetings

We would welcome the opportunity to partner with other Intergroups on events, workshops, and other projects.

Submitted by: Erin F. and Cate O., Greater Seattle Intergroup

Date of Report: August 3, 2020

Jefferson State Intergroup

General Geographic Area: Southern Oregon and Northern California
Number of Groups: 10
Intergroup Chair: Vickie N.
Website: oasouthernoregon.org

News from our Intergroup: We are still thriving. We have some person-to-person meetings, but most meetings are Zoom Meetings. Our Intergroup purchased a Zoom account for our meetings.

How has your Intergroup adjusted to the changing public health environment? We are doing well, and our Intergroup is maintaining our monthly business. We use Zoom for our Intergroup meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? We don't see any newcomers that I know of. There is not much action searching for meetings. We also offer a telephone service for people seeking a meeting.

Retreats and/or Events we have offered this year: We have a yearly retreat, but this year it will be a virtual retreat. We have done all the events up to now in-person with great success, and we are planning a virtual sponsorship day.

Other services our Intergroup offers: We keep a sponsorship list and we have a phone service. We usually do fairs, but none this year.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We had one a couple of years ago. That was what helped us establish a sponsor list sheet for our meetings.

What we are doing to make OA known in our community: Attending health fairs etc. but not this year.

What we're doing to strengthen our meetings and help our members recover: We make sure we have literature and newcomer literature. We try to call them after meetings. We talk and ask them if they have any questions after the meeting.

We encourage members to give service by: Explaining how much it helps our program to be of service to keep our program working.

Tips and ideas we'd like to share with other Intergroups: It is very important to have an Intergroup to help support all your groups, to help when your group is struggling and to reach to Region and World Service. We have helped our groups with literature, speakers, and events to get everyone together.

We'd like to hear ideas from other Intergroups about: Rotation of service.

Submitted by: Vickie N., Chair, Jefferson State Intergroup

Date of Report: July 20, 2020

Lake Country Intergroup

General Geographic Area: Northern Idaho, far Eastern Washington, Southeast tip of British Columbia
Number of Groups: Around 20
Intergroup Chair: John B. (brand new)

How has your Intergroup adjusted to the changing public health environment? We cancelled this year's Spring Retreat and got our meetings up online. Most of our meetings are online, especially Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? We have been strengthened. Some of the meetings actually have more participants, and most of the meetings appear to be still functioning.

Retreats and/or Events we have offered this year: There was going to be a Spring Retreat, which was cancelled due to COVID. The committee is planning a retreat for next year. We had one short workshop from nine to noon using Zoom.

Other services our Intergroup offers: We do not offer any other services at this time.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. No.

What we are doing to make OA known in our community: We were attending the diabetes events in Spokane and had a booth there. Some members distribute pamphlets to doctors' offices.

What we're doing to strengthen our meetings and help our members recover: We helped each other set up the meetings in Zoom. One meeting was set in Microsoft Meetings, but has since switched to Zoom.

We encourage members to give service by: Attending meetings, doing service at Intergroup.

We'd like to hear ideas from other Intergroups about: Seventh Tradition. It is not happening in most of the meetings here.

Submitted by: John B., Chair, Lake Country Intergroup

Date of Report: August 9, 2020

North Cascade Intergroup

General Geographic Area: Northwest Washington
Number of Groups: 14
Intergroup Chair: Allen T.
Website: oa-nci.org



How has your Intergroup adjusted to the changing public health environment? Our Intergroup offers to pay the Zoom fee for any of our groups wishing to meet via Zoom. Some are paying their own way; some have suspended the face-to-face meeting; one is continuing to meet face-to-face with masks and social distancing.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Strengthened; there is more of a sense of togetherness as we meet the new challenges.

Retreats and/or Events we have offered this year: Our face-to-face retreat in April was cancelled due to the pandemic. We have since had two quarterly Intergroup meetings via Zoom including speakers' meetings with both in- and out-of-area speakers. We plan to continue this way for the foreseeable future. Our October Intergroup meeting will incorporate a sponsorship workshop; January will focus on recovery from relapse.

Other services our Intergroup offers: We send out fliers received from other Intergroups and Regions of Zoom events; we purchased 100 of the newcomer pamphlets and are providing them to our meetings; we are looking into virtual methods whereby individuals and groups may make Seventh Tradition contributions to Intergroup.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We had an Intergroup Renewal workshop in March 2019, wherein we determined several long-term goals. We are now focusing on and implementing those goals.

What we're doing to strengthen our meetings and help our members recover: Holding workshops and Step study program.

We encourage members to give service by: We continue to have difficulty in this area.

Tips and ideas we'd like to share with other Intergroups: We've found that having a recovery event along with the Intergroup meeting helps increase attendance.

We'd like to hear ideas from other Intergroups about: Encouraging service at all levels.

Submitted by: Allen T., Chair, North Cascade Intergroup

Date of Report: August 24, 2020

Northern Lights Intergroup

General Geographic Area: Northern Alberta, Canada
Number of Groups: 18 (16 face-to-face and 2 registered virtual)
Intergroup Chair: Bev S.
Website: oaedm.com

News from our Intergroup: Stay informed of our Intergroup events by checking out our website: oaedm.com.

How has your Intergroup adjusted to the changing public health environment? I'm grateful to share that NLI members have really adjusted well to attending Zoom meetings. We greatly appreciate Region One for taking the initiative to getting Zoom licenses out to Intergroups and having a workshop on Zoom for hosts.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengths: able to attend Zoom meetings that are located far away from each other, meeting members that we don't necessarily get to see outside of our "home" group meeting, our monthly Intergroup meetings are more inclusive to all members because they are being held through Zoom, able to plan events with speakers outside our territory with no travel costs etc., multiple events are being planned to keep members involved in OA and share our ES&H, virtual meetings have been registered to continue on after isolation.

Weaknesses: not all members have the capability to connect into Zoom meetings, members missing the emotional connection of having a face-to-face meeting, the uncertainty of what future meetings will look like, not able to have multiple hosts (not co-hosts, the host that is connected to the Zoom license) so that the hosting service can be rotated, not as many outreach calls being completed.

Retreats and/or Events we have offered this year: Body Image Workshop, Zoom Spring Retreat, Zoom "Road Trips" to meetings to encourage members to visit various meetings other than their home meeting, Zoom Jam Session (members shared their musical talents or read poetry), Service Marathon, Unity Day Marathon, multiple Step studies.

Other services our Intergroup offers: A Twelfth Step Within Committee was formally created for our Intergroup this year and is creating events to assist with having Zoom meetings.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. I believe it was in 2017 that Margie came to Edmonton and led an Intergroup Renewal workshop. Since that Renewal, I have noticed such growth both in membership and in service being done by members. We have more events taking place and there is a sense of community within our Intergroup, even with our group meetings being very spread out distantly.

What we are doing to make OA known in our community: Last year our Public Information position became vacant, but the outgoing member still assists members with PI. We do have "packages" created for professionals. (doctors, nutritionists, etc.) We were also able to get a free public announcement slot

on a radio channel. Unfortunately, with COVID our Intergroup has been challenged with carrying the message. One meeting has put an ad in their local coffee news and on their local newspaper website. (Due to it being a small community, the ad costs are minimal.)

What we're doing to strengthen our meetings and help our members recover: Keeping events going through Zoom. Hosting Step Studies and reaching out to newer members. Announcing available sponsors at meetings and sharing contact information. Trying to have many Zoom meetings available to work with members' schedules.

We encourage members to give service by: Co-hosting meetings, leading meetings, creating and leading events, having members do service in Board positions that they are not fully qualified for as of yet.

Tips and ideas we'd like to share with other Intergroups: Have a "We Care" feature where a member is asked to provide the service of calling any of the newcomers, struggling members or any members that add their name and number to the chat function requesting a "We Care" call.

We'd like to hear ideas from other Intergroups about: How to encourage members to do service at the group level as well as at the Intergroup level.

Submitted by: Bev S., Chair, Northern Lights Intergroup

Date of Report: July 18, 2020

Oregon Intergroup

General Geographic Area: NW Oregon and SW Washington
Number of Groups: About 50
Intergroup Chair: Liz S.
Website: oregon-oa.org



<http://oregon-oa.org/>

News from our Intergroup: Hosting last year's convention was a true learning experience and an enjoyable time for most of the attendees. We presented three keynote speakers for the first time—one each day—and that was met with very positive reviews. At least 18 workshops were given, along with a banquet and a variety show. Also, the Boutique was a huge success both in terms of the number of goods sold and with respect to revenue generated (~\$6,800). Had we had a bigger room for the Boutique, the numbers could have been higher!

Also we learned that we are adaptable and creative: one example was the Serenity Retreat that had no leader because of COVID, so each person pitched in and the retreat had a variety of volunteer speakers! It all went extremely well.

How has your Intergroup adjusted to the changing public health environment? Thanks largely to Region One support, we have successfully moved over to a majority of meetings on Zoom. While a growing number of meetings are now going to a “face-to-face” format, the majority remain virtual. Both formats have their advantages. The monthly Oregon Intergroup meeting is now permanently on Zoom.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Strengthened, I believe. We have had so many out-of-area visitors and speakers at our meetings that local folks are getting an understanding of how other OA members practice the Tools of the program and have abstinence that works for them.

Retreats and/or Events we have offered this year: Serenity Retreat in early spring at Twin Rocks.

Other services our Intergroup offers: Our website is undergoing a major revision and improvement that will permit interactive maps to show you where face-to-face meetings are being held.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. No, we have not.

What we are doing to make OA known in our community: We are currently learning from our experiences in reaching out to new members through Facebook ads. So far, we have gotten several new members for a relatively small outlay of cash.

What we're doing to strengthen our meetings and help our members recover: We are rotating our service positions to ensure fresh ideas are introduced when needed. We are making our meeting more accessible by Zoom and reaching out via Facebook.

We encourage members to give service by: Participating in meetings, making outreach calls, attending workshops and seminars, acting as Intergroup Representatives, and acting as hosts for Zoom meetings.

Tips and ideas we'd like to share with other Intergroups: Get more people to attend Intergroup meetings by having them on Zoom or another interactive site.

We'd like to hear ideas from other Intergroups about: Their own experiences with giving workshops on Zoom.

Submitted by: Liz S., Chair, Oregon Intergroup

Date of Report: August 2, 2020

Peninsula Intergroup

General Geographic Area: Olympic Peninsula and Kitsap Peninsula, Washington State
Number of Groups: 12
Intergroup Chair: Rosie S.

News from our Intergroup: We are a small Intergroup located in a spread-out and mostly rural area. Our meetings are mostly small but we have many recovering compulsive overeaters grateful for recovery and working to bring recovery to others. Some meetings are struggling with membership and we are excited to begin the Intergroup Renewal process to our area to better help the still-suffering compulsive eater.

How has your Intergroup adjusted to the changing public health environment? Most groups switched to a Zoom format right away. Some groups have grown because of this while others no longer meet. We miss the hugs and the in-person fellowship but we persist and are grateful for a chance to still attend meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Strengthened in many ways, weakened in others. The ability to get to other meetings easily on Zoom is wonderful for our rural area. Also, our May Zoom workshop was able to easily attract out-of-area speakers, as they did not have to travel for hours and take a ferry to get here! In fact, at least one meeting will continue to meet on Zoom even when the restrictions are lifted. We are weakened in that some groups no longer meet at all and face-to-face meetings can be very powerful.

Retreats and/or Events we have offered this year: In February we held a Unity Day workshop in Sequim. In May Bainbridge Island hosted a Zoom workshop: “Staying Calm and Focused on Recovery in Challenging Times.” We are planning an IDEA Day workshop for November hosted by Bremerton.

Other services our Intergroup offers: We have a hotline phone number.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We are beginning the Intergroup Renewal process. We are excited about the prospect of bringing new life and strength to meetings and compulsive overeaters who are suffering.

What we are doing to make OA known in our community: This is an area we need to work on.

What we’re doing to strengthen our meetings and help our members recover: We are starting Intergroup Renewal, we encourage service work and Intergroup participation in all groups, and we encourage members to attend each other’s meetings.

We encourage members to give service by: Attending meetings, taking a service position in your home group, calling newcomers, offering to chair a meeting, and attending an Intergroup meeting.

We'd like to hear ideas from other Intergroups about: The Intergroup Renewal process. In addition, I think it would be helpful to have a Zoom meeting of all Region One Intergroup chairs to share ES&H.

Submitted by: Rosie S., Chair, Peninsula Intergroup

Date of Report: August 7, 2020

Pierce County Intergroup

General Geographic Area: Central Pierce County, Washington
Number of Groups: Approximately 10
Intergroup Chair: Jill L.
Website: piercecountyoa.org

How has your Intergroup adjusted to the changing public health environment? We haven't met in several months. We have no future projects in the works as of now as nothing is open.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? The OA Fellowship in our area has been strengthened during this time due to the many Zoom meetings that are offered. While the in-person meetings are not available for the foreseeable future, being able to have face-to-face contact via Zoom is important.

Retreats and/or Events we have offered this year: We had a retreat scheduled for late May but the venue cancelled due to the ongoing pandemic.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We hosted a speaker workshop that was very well attended. The speaker was inspirational and motivational, injecting humor throughout. She was to be the speaker at our May retreat.

What we are doing to make OA known in our community: Our group provides current information through the Pierce County website that is managed by our webmasters.

What we're doing to strengthen our meetings and help our members recover:

- Keeping phone lists current
- Zoom meetings

We encourage members to give service by: Serving as reps for the PCI monthly meeting.

Tips and ideas we'd like to share with other Intergroups: Making the Rep positions for major meetings shareable.

We'd like to hear ideas from other Intergroups about: How they are surviving and thriving during this pandemic.

Submitted by: Jill L., Chair, Pierce County Intergroup

Date of Report: July 28, 2020

Regina Intergroup

General Geographic Area: Saskatchewan
Number of Groups: 9
Intergroup Chair: Candace M.
Website: oaregina.com

Placeholder for report.

Sea to Sky Intergroup

General Geographic Area: British Columbia (coastal mainland)
Number of Groups: 25 (13 currently on ZOOM)
Intergroup Chair: Lynne M.
Website: oaseatosky.com

SEA TO SKY INTERGROUP
"Inspire Recovery"

News from our Intergroup: At Sea to Sky, the Traditions are our focus. Whenever a member group raises a question or asks for input, we turn to the Traditions. We have ceased giving our opinions, for the most part. When an idea reaches the stage of a motion at Intergroup, we no longer use Robert's Rules and voting. We reserve those methods for special times when consensus has been sought, not found, and where a decision must be made quickly. There have been few times when we have felt this push to "counting." Mostly we have the time and the grace to seek HP's guidance and we are all the stronger for that. And we are all the healthier for this, I believe.

Member groups are continually at work spreading the message of recovery for newcomers and those still suffering. We have just completed two events: an Intergroup-sponsored Zoom marathon and one member group developed a Zoom-based weekend round-up of many speakers, many themes and much appreciation by members. The service that went into planning and executing both events was considerable and appreciated by all attending the events. More events are desired and being planned. June is our election month, and so begins another year.

How has your Intergroup adjusted to the changing public health environment? Members led the way in starting up Zoom meetings. Thankfully, our website administrator (a member) and a member who has served in the past as our Treasurer worked closely and quickly to facilitate member groups as they established their presence online. She also created a virtual meeting directory quickly. Intergroup never missed a regular meeting date and also went online quickly. Living in British Columbia, I think that our provincial Health Officer, a physician and an epidemiologist led all of us to "Be Calm, Be Kind and Be Safe." We Canadians are rule followers and, hence, OA and most of our citizens have followed her recommendations for safe physical distancing. Thus, our changing health environment had a provincial leader guiding us all and our program of acceptance within OA allowed members to view Zoom as the safest venue for fellowship, for now. Isolation or a fear of a return to isolation is mentioned in meetings as is the gratefulness we hold that we have the Zoom option. Thanks to Tim, April, Jamie and many others for our Zoom meetings.

Has the OA Fellowship area been strengthened or weakened by the current public health environment? Why? Yes, definitely, many hands have made for great work. Some digitally proficient members like Tim quickly identified the need for Zoom meetings. Our website administrator educated those who may never have used Zoom before by putting "how to" articles online and by offering 1-1 help.

I am of the opinion that we have been strengthened by all the Twelve-Step service that has gone on. Whatever the reason, we now have Intergroup members volunteering to consider and set up hybrid meetings as we enter Phase 3 in the pandemic.

Why have we been strengthened? Perhaps members stepping up to give novel service quickly is noteworthy to the membership. Perhaps the threat of a pandemic makes us all a little more grateful.

Perhaps we have many recovered souls who truly understand the importance of service to the Fellowship.

Retreats and/or Events we have offered this year:

Sea to Sky offered a speaker marathon on June 6, 2020. Speakers from our Intergroup area, Oregon and Iowa answered our request that they come and speak online.

In the last weekend of May, a member group offered a weekend of speakers (similar to a round-up).

In December, another member group held its Holiday Speaker Event. This is an annual event.

All events were well attended and appreciated. And we are thankful to the many servants it takes to put on such events.

Other services our Intergroup offers:

This past year of June 2019 to June 2020 saw the following services delivered to member groups and to individuals:

- 1) Our monthly meeting of Intergroup that is available to any Intergroup Rep or visitor who might have questions about how to use program in decision making. This year saw us rely more and more on the wisdom in the Traditions. We saw less “discussion” and less ego-filled efforts to help.
- 2) A bi-monthly member meeting directory (paper and online).
- 3) A bi-monthly newsletter until we had to suspend this for some months.
- 4) Our literature service is ongoing, though slowed because of the pandemic. This saves members money since we bulk order from OA.org.
- 5) A telephone listing that helps interested people learn a bit more about OA. A committee responds to these phone messages.
- 6) Marathons and retreats. A system of bi-monthly events is being planned on special topics in recovery.
- 7) We offer member groups an easy way to donate to OA beyond Intergroup. Groups let us know how they wish their Seventh Tradition distributed and the Intergroup Treasurer does this.

The following services were not delivered due to persons not standing forward to serve in 2019-2020:

- 1) Secretary - although we had Interim Secretaries, some work got set aside
- 2) PIPO - vacant all year
- 3) Twelfth Step Within - vacant all year
- 4) Vice Chair - vacant all year
- 5) Archives - vacant all year

I think we had much praying about these service positions this year but realized that we could do only what we could do. And we practiced letting go of that which we had no control over. I pray that HP will show us the way forward. I am sure my other Intergroup colleagues did the same. I am hopeful, in HP’s time, this will change.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We were asked to co-host a Region One event but declined because our efforts needed to be put on the elected positions we did fill last year. Now, several months

later, I am hopeful that member groups are feeling more like carrying the message of service. We are having members indicate they want to serve on committees this year, communicating, I think, the desire to serve and the hope they, too, hold.

What we are doing to make OA known in our community: Zoom, unintentionally, has proved to be a PIPO event. We are providing 17 opportunities per week, week after week, for visitors and newcomers to come to a meeting and learn about OA. Members made this happen. Very recently, members are thinking about (and bringing considerations to the Board) for an ongoing hybrid presence.

What we're doing to strengthen our meetings and help our members recover: Using the Traditions at Intergroup as the main method of decision making. In a variety of ways, we are replacing Robert's Rules when consensus and enquiry are what is asked about. We are using the language of OA to replace "decision making" and "voting" with consensus-seeking at ordinary monthly meetings. When a Rep asks for guidance on an issue, we turn to the Traditions and ask all to suggest one Tradition that might be of help to that Rep and his/her meeting.

I hope we are being more explicit about the two pathways for recovery within OA, valuing both and suggesting both work.

Since members tell us that they are more interested in learning more about Intergroup and volunteering more, we may be doing HP's footwork to build fellowship.

We encourage members to give service by:

- 1) Helping members know that Intergroup has supportive processes in place if/when an elected position holder may have a "slip" or relapse. Since the sponsor-sponsee relationship is the primary tool for help, we are careful not to replace this. We simply ask for honesty and follow-up, once abstinence has returned. We have defined Interim Positions that allow a member to continue in service with the support of the Fellowship.
- 2) Having more committee work possible, as our various elected positions again have servants. This year ('20-'21) we have invited people to consider volunteering on committees and members have themselves suggested new work they would like to be involved with.
- 3) We are staying open to possibilities.
- 4) Our online presence is leading us to many possibilities for outreach, for education and for Twelfth Step Within work.

Tips and ideas we'd like to share with other Intergroups:

- 1) Openness to new digital ways of outreach
- 2) Ad-Hoc committees that respond to new ideas

We'd like to hear ideas from other Intergroups about:

- 1) Hybrid meetings.

Submitted by: Lynne M., Chair, Sea to Sky Intergroup

Date of Report: July 25, 2020

Snake River Intergroup

General Geographic Area: Idaho
Number of Groups: 15 (including the monthly Twelfth Step Within)
Intergroup Chair: Genna A.

News from our Intergroup: Snake River continues to grow and develop through the challenging public health environment. Intergroup meets quarterly via phone via FreeConferenceCall.com, and that has worked out so far. We had a “Day in OA” scheduled for June, but it has been rescheduled to September 2020 in a virtual meeting format. That event is currently in the early development stages.

How has your Intergroup adjusted to the changing public health environment? Meetings have changed to phone or Zoom. Meetings have had business meetings to solicit group input regarding reopening their meetings, and most (if not all) have decided to continue with the current protocol until things settle. There was an initial “learning curve” with Zoom, but it has been very rewarding to watch folks adapt and grow, and in some cases, even attend MORE meetings and get to know more people than they did with face-to-face meetings.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? I would have to say BOTH. It has been strengthened, because I think people are becoming more willing to “pick up the phone” and reach out. In fact, some meetings have had an increase in attendance from the Fellowship because it is simple to just “dial-in” to a meeting from wherever you are. On the other hand, I think it has been weakened because we aren’t able to reach as many newcomers with the online/Zoom formats. I suspect there are a number of contributing factors for this: 1) no face-to-face meetings, 2) we are not publishing our Zoom/dial-in information on the website because some meetings have had problems with spammers (although we do list the person to contact for the virtual meeting info on the Region website), and 3) it can be difficult to “meet” people, find a sponsor, and work the Steps without traditional face-to-face connections.

Retreats and/or Events we have offered this year: Our “Day in OA” retreat was scheduled for June of this year, and then rescheduled to be hosted virtually in September. Normally, this full-day workshop consists of speakers, two or more individual tracks with different topics to choose from, and fellowship-building games, activities, and raffles. Our Sun Valley/Hailey groups plan to host this event virtually in September, and the specifics are currently being worked out.

Other services our Intergroup offers: We have a monthly Twelfth Step Within group that meets on the third Wednesday of each month. This meeting has evolved to an “open topic” format to allow each struggling member to receive individualized help specific to their current issues. Struggling members are encouraged to attend, as well as abstinent sponsors for an opportunity to share experience, strength and hope.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes, we did last year and it was wonderful to have time getting to know our Region One sisters in recovery!! We had a full day of speakers, sharing, making connections, and activities. The event was hosted with perfect weather (thanks HP) in Hailey, Idaho, a wonderful mountain community, with about 30 members in attendance. One of our members is a professional caterer, so we were able to enjoy a wonderful and abstinent catered lunch (for those that

wanted to partake). At the end of the day, we were all filled with a sense of fellowship, solution, purpose, and the knowledge that even though each of our journeys may be different, we share a common bond and we are never alone in this program.

What we are doing to make OA known in our community: One of our members has done an amazing job of keeping our online/Zoom phone list updated. Recently, she has included direct links in the document so that the members can quickly access the meeting with a simple click. This list is sent out to newcomers when they call each contact in hopes that we can reach them during this challenging time.

What we're doing to strengthen our meetings and help our members recover: In addition to the monthly Twelfth Step Within meeting (listed above), we encourage members to “hang out” after each virtual meeting for individual support/questions, etc. This is the time when people can get to know a potential sponsor, exchange phone numbers, etc.

We encourage members to give service by: Leading virtual meetings, taking care of the literature and arranging to drop off items to members as requested, updating the phone lists, being a meeting Representative, etc. We also encourage members to call and check on each other often, as so many are isolated right now.

Tips and ideas we'd like to share with other Intergroups: Be willing to adapt and explore other ways to connect. It wasn't easy (still isn't sometimes) to host virtual meetings for some groups, but it has been worth it. Periodically, we will do an informal “Zoom training” session for members who may be having a hard time navigating the application. Encourage participation in outside virtual events and workshops, too.

We'd like to hear ideas from other Intergroups about: How to get virtual meeting information online without giving out passwords, etc. What is working for others?

Submitted by: Genna A., Chair, Snake River Intergroup

Date of Report: July 31, 2020

South Sound Intergroup

General Geographic Area: Grays Harbor, Lewis, Mason and Thurston Counties in Western Washington
Number of Groups: 10
Intergroup Chair: Heidi BC
Website: oasouthsoundintergroup.org

News from our Intergroup:

- Adopted updated Bylaws and Policies & Procedures documents.
- Continue active public information campaigns to carry the message.
- LGBTQ+ friendly, newcomer, and recovery from relapse meetings continued.
- Quarterly speaker meeting produced four (4) podcasts.

How has your Intergroup adjusted to the changing public health environment? Most meetings have switched to a Zoom or conference call format. Four meetings have closed temporarily. We use our website to post links and meeting participation instructions for our community. Our Intergroup has subscribed to a Zoom account to share with meetings. We hosted an informal Zoom training to help attendees explore the platform.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? Many of our meetings continue to thrive. Some meetings that were struggling in attendance and recovery have closed.

Retreats and/or Events we have offered this year: Inspiration and action from our 2018 Intergroup Renewal event continued with quarterly speaker meetings and nearly quarterly workshops. The event we had planned for spring 2020 has morphed into a virtual event for fall 2020.

Other services our Intergroup offers: With assistance from a Region One grant, we purchased Newcomer packets for our groups.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. SSIG hosted an Intergroup Renewal workshop in early 2018. Four sub-committees were created and updates are provided at each SSIG monthly meeting:

- Quarterly Speaker Meeting – Four speaker meetings were hosted between June 2019-July 2020. Podcasts are posted on SSIG website.
- Workshops – One workshop was hosted over the past year.
- Newcomer Meeting – a monthly 30-minute newcomer meeting was created. This meeting closed temporarily during the public health emergency.

What we are doing to make OA known in our community:

- Flyers available to members to post in public places.
- Bookmark OA flyers in library books campaign.

What we're doing to strengthen our meetings and help our members recover:

- Focus on recovery, not on meeting size.
- Move speaker meetings to meeting dates with low attendance.

We encourage members to give service by:

- Serving as a Representative or Board member.
- Using talents of members for outreach and special committees (marketing, budget, etc.).
- Sponsoring.

We'd like to hear ideas from other Intergroups about:

- Outreach ideas

Submitted by: Heidi BC, Chair, South Sound Intergroup

Date of Report: August 10, 2020

Southeast Alaska Intergroup

General Geographic Area: Southeast Alaska
Number of Groups: 4
Intergroup Chair: Cassie J.

News from our Intergroup: Southeast Alaska Intergroup now has a six-month Zoom subscription we use for two regular meetings and our monthly speaker meeting. We also have two conference call numbers we used as our only venue for meeting during the first couple of months of the COVID meeting adjustments.

Members in Ketchikan use a conference call format three nights a week to have thirty-minute check in meetings.

We discontinued the answering service we had for many years. We now have an email address we will use for outreach/communications. The email address is also part of our Intergroup listing on the Region One website. We are moving to electronic communications slow and sure!

How has your Intergroup adjusted to the changing public health environment? Meetings went to conference call for a few months, and then went to Zoom for the last couple of months. We have decided to stick with Zoom through our six-month subscription. We have updated our meeting info at oa.org. One meeting is not meeting virtually and is suspended during the COVID adjustments.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

Strengthened: Members have been trying out and learning how to have meetings on Zoom and staying connected through conference calls, more calls outside of meetings and texts.

Weakened: Ketchikan meeting has lost some attendance. In Juneau the attendance has dropped at the Saturday meeting and one meeting is suspended. People are struggling with abstinence at this time, and it may be a direct result of the public health crisis.

Retreats and/or Events we have offered this year: We had a spring retreat which was held virtually. Region One Board members Margie and Avi were our guest speakers and facilitated several workshops. Attendance was between 5 and 15 throughout the weekend.

Other services our Intergroup offers: We have an Intergroup email address and are using that (instead of individual member accounts) to email members information for Intergroup meetings (including agenda and minutes) virtual events and news of interest.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Yes, the retreat involved Region One Board members as guest speakers.

What we are doing to make OA known in our community: We are placing PSA's on the public radio around Southeast Alaska. Ketchikan has notices in two papers as well as the online *Sitnews* paper.

What we're doing to strengthen our meetings and help our members recover: The Ketchikan meeting decided to return to face-to-face meetings in mid-summer. A new location for the meeting was found at St John's Episcopal Church as the previous location cannot allow any non-essential traffic. The group will continue to host the conference call line for call-ins to this meeting as well as the three weeknight check in meetings.

All groups are encouraging members to give service by ensuring everyone has an electronic copy of meeting formats and common readings so that we all can take turns leading meetings.

The SAIG Twelfth Step Within committee is holding one speaker meeting per month in 2020. Many members are sharing their stories. We are all getting to know each other better. Some of us have never met in person—only over the phone—as we have members in several remote locations.

We encourage members to give service by: We are inviting all members to attend the Intergroup meeting each month. We will have Intergroup elections in September (we rotate service positions each year) and are actively inviting members to stand for Intergroup positions.

We'd like to hear ideas from other Intergroups about: We'd like to hear what Intergroups are doing to strengthen recovery, meetings and their Intergroup activities.

Submitted by: Cassie J., Chair, Southeast Alaska Intergroup

Date of Report: August 8, 2020

Southern Alberta Intergroup

General Geographic Area: Southern Alberta
Number of Groups: 12
Intergroup Chair: Alanna C.
Website: oa-southernalberta.com

News from our Intergroup:

Some of the highlights of the last year include:

- Development of a thorough and substantive set of Policies and Procedures by our devoted P&P committee
- Monthly marathons and Big Book and Step Studies to keep the recovery spirit alive
- A very active Public Information Committee which has launched an exciting healthcare professional outreach campaign
- Involvement in Eating Disorders Awareness Week and Recovery Day to help spread the word and message to those we may not otherwise reach
- OA pens and business cards!
- We have only one vacancy on our Board. Commitment to recovery in Southern Alberta is strong!

How has your Intergroup adjusted to the changing public health environment?

Some of the amazing and unexpected things that have come about as a result of COVID:

- Collaboration within the service body to get our meetings onto Zoom, and quickly
- Successful delivery of our first ever Zoom retreat, complete with international speakers, workshops, and yoga
- The first ever virtual World Service Business Conference attended by our WSBC delegate, Jodi B. She is excited to be a part of the 24/7 OA Welcome Room initiative as part of her role on the PI/PO committee
- Impressive numbers of newcomers attending our Zoom meetings. This has led to the launch of a special-focus Zoom meeting for newcomers and returning members which has been well-attended and has featured a number of long-time members sharing their personal recovery stories
- Cost-saving

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why?

The OA Fellowship has been strengthened by the current public health environment because:

- The availability of Zoom meetings has brought more newcomers into the "rooms," and we have responded by starting a newcomers and returning members meeting
- We have had to pull together and work creatively to adapt to the new environment
- the availability of Zoom meetings has allowed members to attend meetings they ordinarily would not attend when meetings were face-to-face
- Regular attendees at meetings from inside and outside our Intergroup, in Canada and international
- Retreats, workshops, and conventions offered outside of our Intergroup area, that would otherwise require travel, are now easily accessible over Zoom

- We have had international guests speak at our Zoom Spring Retreat at no expense to our Intergroup

Retreats and/or Events we have offered this year:

- Annual Spring Retreat over Zoom
- Marathons with the following topics:
 - Surrender
 - Nothing Changes if Nothing Changes
 - Isolation
 - Sponsorship
 - Spring into the Steps
 - Holiday Challenges
 - Burning Marathon (for burning Step 4's, old journals, etc.)
 - Unity Day

Other services our Intergroup offers:

- Literature sales
- Updated Intergroup-wide phone list
- Listing events from other Intergroups, Regions and World Service on our local website

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. Ours is upcoming in September, we are excited!

What we are doing to make OA known in our community: A Professional Outreach initiative involving distribution of healthcare professional outreach packages which include OA business cards, the pamphlets *Is Food a Problem for You?* and *To the Health Care Professional*, the *Courier*, OA pens, and a personalized letter of introduction to local healthcare professionals. We are keeping track of the response we get to gauge the effectiveness of the initiative, and are providing the recipients of the material with the option of having OA members come and speak to them and their colleagues should they want to learn more. The OA Fellowship in Southern Alberta is very small proportionate to the population, and we are seeking the greatest return for our investment in terms of time, energy, and capital by reaching out to healthcare professionals who can help us carry the message and grow the Fellowship.

What we're doing to strengthen our meetings and help our members recover: At our Annual General Meeting Sarah M. was elected as our new Twelfth Step Within Chair, a position that has remained vacant for quite some time. Her enthusiasm for strengthening recovery within our local OA Fellowship is infectious, and she has many great ideas for how to achieve this with the help of a Twelfth Step Within Committee including:

- the initiation of a new Step Study which will ideally form the basis for a new meeting with a special focus on Twelfth Step Within
- development of a consistent and structured method of reaching out to OA members who no longer attend meetings

Future plans for our Intergroup:

- Devotion of time at each Intergroup meeting to discuss the 12 Traditions and 12 Concepts of OA Service

- A service body inventory to celebrate what is working and to identify areas where we can change and grow as a service body
- Intergroup Renewal, which we are excited to have Region One deliver over Zoom in September
- Every position on our Intergroup Board filled by members who love OA!

We encourage members to give service by:

- Speaking at our new meeting for newcomers and returning members
- Serving on the Intergroup Board or committees, and/or attending Intergroup meetings, just to see what it is all about
- Hosting Zoom meetings and leading them
- Qualifying at meetings to make OA a program of attraction
- Identifying their availability as sponsors

Tips and ideas we'd like to share with other Intergroups:

- See above

We'd like to hear ideas from other Intergroups about:

- Initiatives for Public Information/Professional Outreach and Twelfth Step Within with which you have had success
- Topics/themes for retreat and marathons
- How are meetings in other Intergroups collecting Seventh Tradition in the current public health environment?

Submitted by: Alanna C., Chair, Southern Alberta Intergroup

Date of Report: August 11, 2020

Southern BC Interior Intergroup

General Geographic Area: Southeast British Columbia (Kelowna)
Number of Groups: 11
Intergroup Chair: Willa (Acting Chair)

Placeholder for report.

Vancouver Island Intergroup

General Geographic Area: Vancouver Island, British Columbia
Number of Groups: 20
Intergroup Chair: Lauren N.
Website: oaviig.org

How has your Intergroup adjusted to the changing public health environment? We have ten Zoom meetings today. Three of the at-home meetings stayed open throughout. We have one meeting that closed in March and reopened June 13th with limited seating.

Has the OA Fellowship in your area been strengthened or weakened by the current public health environment? Why? The Zoom meetings were set up very quickly after the March 16 lockdown. That serviced those that were comfortable with online meetings as a replacement. Some members didn't go to any meetings as they didn't want to use the online option. So I would say the Fellowship suffered for those that didn't come to an online meeting, but for those that did come, it continued to be their lifeline. Most members I talked with discussed the isolation and loneliness of the situation and how that exacerbated their eating behaviors.

Retreats and/or Events we have offered this year: Our June retreat was cancelled and no other virtual retreats have been planned.

Other services our Intergroup offers: Currently, we don't have a literature person on our Intergroup. It is a large job and there wasn't anyone to take it on. We are not selling literature. We hoped to sell it at the retreat and other OA days that we likely would have hosted in the fall, but now that those are cancelled, we are just storing the literature until someone steps up to the position.

Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes. We hosted one of these workshops a couple of years ago. Some groups are still using the First Twelve Days in OA pamphlet/study sheet that came from the work on that team.

What we are doing to make OA known in our community: We currently don't have a public information committee. However, our website receives a lot of hits.

What we're doing to strengthen our meetings and help our members recover:

- Ensuring Zoom meetings are posted and easy to access
- Providing online meetings where possible in place of face-to-face meetings
- Providing e-transfers for Seventh Tradition donations

We encourage members to give service by: We mention the vacant positions as well as needing group reps at our meetings. It is posted on our website along with the job descriptions. At our last Intergroup meeting one of our members came forward to be our Newsletter Editor after hearing about the need for service at their meeting.

Tips and ideas we'd like to share with other Intergroups: Zoom Etiquette - This was modelled for us by many of the online workshops. Most of our local meetings were pretty good but still I think if Zoom meetings continue asking attendees to keep themselves muted unless speaking, turn off the video if moving around or doing other things that are distracting (eating, making tea, checking on the dog etc.) and conducting ourselves the same way we would at regular meetings will be helpful.

Submitted by: Lauren N., Chair, Vancouver Island Intergroup

Date of Report: July 14, 2020

Section 12:

Project Team Resources

This page intentionally left blank.

2020 Project Teams: Help Make It Happen!

What are your hopes for your meetings, your Intergroup, and your personal recovery this year? Is there a way that Region One can more effectively take care of “business” so that we have more time and energy to carry the message of recovery?

Let’s make it happen in our Region One Project Teams!

Teams have found it useful to use Zoom for their meetings. Google docs is another tool that makes tracking/viewing agendas and sharing documents easy.

Our 2020-2021 Project Teams are:

“Nuts-n-Bolts” Project Teams

Assembly Notebook

Budget/Finance/Delegate Support (including Ways & Means)

Bylaws

Nominations (this team will not be formed until spring 2020)

Recovery-Focused Project Teams

Nurturing Newcomers

Public Information & Professional Outreach

Sponsorship/Strong Recovery

Your Team can bring resources and strength to recovery in Region One. Project Teams will meet during Assembly to generate ideas and create an action plan for the coming year. Teams will share their plans with Assembly and make requests for funding their projects. The following pages offer some action plans and resources which your Team may find helpful. You can also look at reports in this year’s Assembly Notebook as a source of information and ideas.

Thank you for sharing your time, energy, and RECOVERY to strengthen Region One!

Project Teams: Purpose, Action Plan and Resources

The information on the following pages may be helpful to Project Teams as a “starting point” when setting goals, tasks and timelines for the coming year. The process for some of our Teams is set by our Bylaw and Policy documents; other Teams have more room to be creative.

Assembly Notebook Project Team

Purpose: Help our next Assembly run smoothly by providing a complete, accurate, and easy-to-use Assembly Binder. Include amazing resources to strengthen our meetings, Intergroups, personal recovery and Region One as a whole. Consider creating a resource section to go with the theme of Assembly.

Action Plan:

1. CREATE NOTEBOOK VISION, TIMELINE AND WORKSPACE
 - a. **Identify areas for improvement.** Review Assembly evaluations for comments about the binder.
 - b. **Create a new Google Drive space and grant edit access to Team members.** Use last year's content as a guide, but don't copy over or delete it. Create a folder for each binder section, plus folders to hold your goal sheet, timeline, outline, agendas and minutes. Hold a Google Drive session, if needed. Designate an official "uploader" of documents.
 - c. **Create a new outline and timeline.** Seek input from the Board, communicating proposed content and due dates for each section. Find out when the focus of next year's Assembly will be decided. Keep the timeline and outline updated with notes and status updates.
 - d. **Create proofing guidelines.** Designate a proofing coordinator, update guidelines if needed, and search for proofreading volunteers early.
2. SHARE DRAFTS, COMMUNICATE EXPECTATIONS, GATHER CONTENT
 - a. **Email draft sections to persons responsible for new content.** Email the final sections from last year for use as a starting point.
 - b. **Email report templates to Board, Intergroup Chairs and Project Teams.** Ask the Board for input on templates. Consider including a copy of reports from the previous year. Include expectations for format, etc.
 - c. **Request contributions for special focus and local resource sections.** Create a short writing prompt and a request for resources and ask members around the Region to contribute to the binder. (Review with the Traditions in mind.)
 - d. **Upload documents and sections when received.** Before uploading, check for obvious issues and resolve. Name the uploaded files as "DRAFT." All documents should be in Word format. Follow up as needed.
3. PROOFREAD
 - a. **Proofread materials as received.** Team proofing coordinator should email completed sections to volunteers for review according to established proofing guidelines.
 - b. **Review the edits made by proofreaders.** Upon receipt of proofed documents, compare DRAFT and PROOFED versions using Word's "compare documents" feature, accepting or rejecting edits. Upload proofed version and with PROOFED in file name.
4. COMPILE, REVIEW AND CREATE TABLE OF CONTENTS
 - a. **Compile proofed sections into one Word file.** Add headers, footers, title pages, section covers, etc. Use Word's search/replace feature to check items on proofing guidelines. Double-check your pick-up list for outstanding items. Ensure page breaks are appropriate and other formatting issues are resolved. Do one last check to be sure no last names or other personal information are included.
 - b. **Create Table of Contents (TOC).** Mark entries and generate TOC after all edits. Proof again for structural issues, ensuring all documents are listed in TOC. If content must be edited, re-

generate the TOC, as page numbers may change. Save file as a PDF and upload to Google Drive as both a Word and a PDF file, with “FINAL” in the file name.

5. PUBLISH

- a. **Publish on Region website at least 30 days before Assembly.** Provide binder as a PDF to the Region Chair. Upon approval, request that the Technology Coordinator post the PDF on the website and provide a link to the Chair and the Assembly Binder Team. The Chair may then provide the required 30-day notice to Intergroups and Representatives.
- b. **Publish on Amazon (Kindle Direct Publishing).** Upload final binder to the Region One account at kdp.amazon.com/en_US/. Follow instructions. Review product carefully before publishing.
- c. **Purchasing hard copies.** Provide Region Chair with a link. Chair may purchase “author copies” for Assembly at a significant savings, provided adequate time is allowed for shipping (author copies are not available for Prime shipping). Provide Chair with link for others to purchase non author copies through Amazon Prime. Request Technology Coordinator post purchase link on Assembly webpage.

6. BINDER INTRO AT ASSEMBLY, AND HELPING THE INCOMING TEAM

- a. **Introduce the binder at Assembly.** Ask the Chair for a ten-minute time slot at the Assembly Kickoff. Provide a short binder intro and a few highlights, especially of any special focus and resource sections.
- b. Provide a draft Goal Sheet, timeline, outline and Google Drive links to the incoming Assembly Binder Team. Sharing documents with the new Team will help them get started and have a successful year.

Resources:

1. This year’s Binder will be an excellent reference—be sure to keep your hard copy.
2. Ask last year’s Assembly Binder Team for information and help. Review their goal sheet, timeline, minutes, outlines and report.
3. Ask your Board Liaison for necessary emails and other contact information, and for help getting reports from their Project Teams and Intergroups, if needed.
4. Use the Region One Yahoo Group to ask for contributions to special focus or local resource sections.
5. Screen sharing is a great tool for Team meetings. Region One has a Zoom account.

Budget/Finance/Delegate Support Project Team (BFDS)

Purpose: To assist the Treasurer in the review and management of Region One's financial health and well-being, create and maintain a yearly budget, and support as much representation from our Intergroups at Assembly and WSBC as possible within the budget.

Action Plan:

1. Read the Region One Policies, making special note of all sections relating to finances.
2. Create a calendar for completing time-sensitive tasks for the year.
3. Work with the Treasurer in the quarterly review of the current budget.
4. Review Region One Policies related to finances each year, and submit motions to Assembly as needed.
5. Develop next year's budget proposal for presentation to the Region One Board and to Assembly for approval. The General Fund budget and Convention budget should be separate.
6. Encourage and assist with the Seventh Tradition and donations to any special appeal campaigns.
7. Help Region One's Intergroups apply for financial support from Region to send Representatives to Assembly and to send Delegates to WSBC. Provide applications for both support funds in a timely way. Ensure that Region One Intergroups are notified of the deadline to apply for Delegate Support Funding from OA World Service.
8. Decide how to allocate budgeted support funds based on Region policies and submit a recommendation to the Board.
9. Assist with offering Ways and Means items for Region One Convention and WSBC, and throughout the year. Note: Some projects, such as journal sales, are ongoing and will require minimal organization. Other projects, such as the Quilt raffle, are traditional, but require more work. Your Team may choose to create (or solicit) a quilt subcommittee if a quilt income is included in this year's budget.

Resources:

1. The past few years' BFDS reports are in the Assembly Binder.
2. The Treasurer can provide templates for necessary timelines, applications and budget spreadsheets. These are available on the Treasurer's laptop.
3. Budget documents are available on the Region One website documents page.

Bylaws Project Team

Purpose: To review and propose changes (if needed) to Region One Bylaws and Policies, and to assist those submitting motions to Assembly, ensuring that motions brought before the Assembly are clear and presented in proper form. If possible, serve on the Reference Committee at Assembly.

Action Plan:

1. Each member of the Team should become very familiar with Region One Bylaws and Policies.
2. Review Bylaws and Policies updated by the Secretary before they are posted to the Region One website.
3. Set a meeting early in the year for discussion of questions and concerns about these documents, noting areas that may need clarification, update, or correction.
4. Create a calendar for completing time-sensitive tasks for the year, based on notice deadlines contained in the Bylaws and Policies.
5. Create a Google Drive location for storage of Team documents.
6. Provide an electronic form and instructions for submitting motions to Region One Assembly. This form should be available on the Region One website and provided to the Region One Secretary for sending out with the annual notice of Assembly.
7. Encourage early submission of motions to allow for time to provide assistance to those submitting motions.
8. Submit motions from the Bylaws Team, if any are recommended.
9. Number motions in a clear and consistent manner (for instance, BL-1 for Bylaws motions, P-1 for Policies motions).
10. After ensuring that all motions are proofread, in order, and presented clearly, provide electronic copies to the Assembly Binder Project Team.
11. Ensure that required notice of motions is provided to Region One Intergroups and Assembly Representatives. Note: Current requirement per Bylaws is 30 days before the opening of Assembly.
12. If attending Assembly, be available to serve on the Reference Committee, if needed, to clarify motions referred by the Chair, motions which receive three or more amendments, or Emergency New Business motions.

Resources:

1. The past few years' Bylaws Team reports are in the Assembly Binder.
2. The Region One Parliamentarian is an excellent resource for your Team.
3. When in doubt about wording, check to see if the OA World Service has a similar Policy or Bylaw. You may not need to re-invent the wheel.
4. Check other Region websites for Bylaws and Policy documents to see if they have wording you can use.

Nominations Project Team

Purpose: To publicize Board positions open for election at Assembly, encourage nominees for those offices, and assist in the election process at Assembly.

Action Plan:

1. Each member of the Team should become familiar with the election requirements, notice requirements and job descriptions in the Region One Bylaws and Policy documents.
2. Create a calendar and an outreach plan for contacting Intergroup Chairs, Representatives, Delegates and others in Region One who may know, or be, potential nominees.
3. Update and post downloadable application forms on the Region One website at least six months prior to Assembly.
4. Review applications received for eligibility requirements and notify any applicants who do not meet the qualifications for office.
5. Provide electronic copies of applications received to the Assembly Binder Project Team.
6. Arrange to copy and distribute applications resulting from nominations from the floor at Assembly.
7. Obtain volunteers from guests attending Assembly to serve as scrutineers/counters of ballots.
8. When requested, announce applications received for each position open for election.
9. Gather ballots when required; count ballots with assistance of at least two non-voting volunteers.
10. Provide voting results to the Chair at Assembly.

Resources:

1. The past few years' Nomination Team reports in the Assembly Binder.
2. The voting instructions included in the Assembly Binder.
3. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.
4. When a person declines to put their name forward for office, be sure to ask them who else they would recommend you ask.

Nurturing Newcomers/Newcomer Retention Project Team

Purpose: To provide resources to assist newcomers in their first year of membership in OA. To increase newcomer retention in Region One.

Action Plan/Ideas:

1. Consider/discuss: What would cause a newcomer to keep coming back to an OA meeting?
2. Create an enhanced meeting format and explanatory flyer that allows for newcomers to be welcomed, acknowledged, and educated about OA. Make the format available to Intergroups.
3. Make “The First 12 Days in OA Sponsorship Program” available to Intergroups with a “how to implement” document for interested meetings.
4. Help Intergroups organize a once a month newcomer meeting (Pick one meeting location a month and advertise Intergroup-wide).
5. Design an “easy ideas for retaining newcomers” document (to include making sure newcomers are called by someone following that first meeting).
6. Check out the Newcomer Meeting Leader Kit at:
oa.org/files/pdf/Newcomer-Meeting_Leader-2016.pdf.
7. Many “newcomer” resources are available on the OA website.
8. Offer opportunities for members to “practice” welcoming newcomers and answering their questions.
9. Insert your wonderful ideas here!

Resources:

1. Contact information for Intergroup Chairs, Representatives, Delegates, etc. is available from your Board Liaison.
2. The First Twelve Days in OA Sponsorship Program is available at:
oa.org/app/uploads/2020/05/Temporary-Sponsors-1.pdf.

Public Information & Professional Outreach Project Team

Purpose: To share and generate ideas for carrying the message in newspaper, radio spots, television, and other media and to spread the word to professionals and help individual Intergroups do the same.

Action Plan/Ideas

1. Start a PIPO campaign encouraging OA members to do “One Brave Thing” to make OA known in their communities.
2. Contact Intergroups and Professional and Public Information Project Teams and help them with Information events.
3. Help locate newspapers and websites that will run ads or feature stories for compulsive overeaters.
4. Link-up groups and Intergroups, so that Professional and Public Information people can be shared within the Region.
5. Assist the hosting Intergroup of Convention to use the event as an opportunity to carry the message outside of the Fellowship. Current Region Policy 8.3.1 states that “newcomers and members’ guests shall pay no registration fees.”
6. Review and approve (within budget and guidelines) applications from Intergroups seeking Region funding for PIPO projects.
7. Insert your wonderful ideas here!

Resources:

1. World Service PIPO materials and/or World Service PIPO committee.
2. Audio and call notes from the Region One PIPO focus meeting: oaregion1.org/audio--speakers.html
3. Contact regiononetrustee@gmail.com.
4. PIPO funding from Region One.
5. Reduced-cost literature for health fairs is available from OA World Service.

Sponsorship/Strong Recovery Project Team

Purpose: To strengthen, support and equip sponsors in Region One, as well as assist in increasing the number of sponsors. To offer opportunities and resources for members to strengthen their meetings and their personal recovery.

Action Plan/Ideas:

1. Target potential sponsors with “The First 12 Days in OA Sponsorship” document.
2. Publish “Easy Ideas” to build sponsors for Intergroup newsletters and websites as well as through Region One OA yahoo group.
3. Create/distribute a Sponsorship workshop format (view one format on oa.org).
4. “Sponsorship on Demand” at the end of every meeting (assign a sponsor to volunteer to stay after the meeting to answer questions from new sponsors).
5. Contact Intergroup retreat organizers to suggest a sponsorship workshop during their retreat.
6. Work in cooperation with Region One Board, Intergroups and groups, utilizing and sharing the resources of the WSO Twelfth Step Within Committee.
7. Encourage formation of group and Intergroup Membership Outreach and Twelfth Step Within Project Teams.
8. Contact Region One OA groups requesting assistance with communicating with isolated groups.
9. Share ideas for Membership Outreach and Twelfth Step Within events.
10. Post articles with ideas for membership outreach and Twelfth Step Within events to the Region One Yahoo Group, and/or to the Region One website.
11. Using the Strong Meeting Checklist, design an interactive twenty-minute “mini workshop” for use during Intergroup meetings.
12. Create a calendar for outreach to small Intergroups, unaffiliated groups and remote groups in Region One. Enlist others to help you with this outreach.
13. Insert your wonderful ideas here!

Resources:

1. Refer to “Growing OA Recovery Worldwide: Building Healthy Service Bodies Workshop” oaregion1.org/uploads/1/4/0/4/14047174/building_healthy_service_bodies_2018_wsbc_workshop.pdf pages 59 – 62.
2. Audio recordings on Sponsorship, available at oaregion1.org/audio--speakers.html and on many other OA websites.
3. WSO Virtual Workshop: “Sponsorship Success.”
4. Sponsorship packet from OA World Service.
5. Many more sponsorship resources are available on the OA website.
6. Your Board Liaison can give you contact information for Intergroup Chairs and unaffiliated groups in Region One.
7. The Technology Coordinator can help you post information to the Region One Yahoo Group.
8. Many Twelfth Step Within resources are available on oa.org, as well as other Regions’ websites.

Project Team Goal Sheet

Team Name: _____

Team Leader: _____

Team Secretary: _____

Team Members: Name / Email / Phone


1. _____
2. _____
3. _____
4. _____
5. _____

Team email? _____


Follow-up: (next meeting details)

Note: Each section below can be used for separate goals, or for phases of a larger project.


Goal 1:

Action Item	Assigned to	Resources	Complete by	


Goal 2:

Action Item	Assigned to	Resources	Complete by	


Goal 3:

Action Item	Assigned to	Resources	Complete by	

Goal 4:

Action Item	Assigned to	Resources	Complete by	

Goal 5:

Action Item	Assigned to	Resources	Complete by	

fillable form at oaregion1.org/documents.html

This page intentionally left blank.

Section 13:

World Service Events and Resources

This page intentionally left blank.

2021 OA WSBC

Delegate Support Applications

April 19-24, 2021
Albuquerque, New Mexico

oa.org/members/events/world-service-business-conference/

Delegate Support Applications
are due to Region One by
October 1, 2020.
World Service applications are due by
November 2, 2020.

Intergroups must apply to their Region first to be
considered for Delegate Support funding from
World Service.

Email bfds@oaregion1.org for more information.

Don't miss this amazing service!!!

Region One Highlights from WSBC 2020

Because of COVID “stay safe” rules, the in-person sessions of World Service Business Conference 2020 were cancelled and replaced by email sessions that took care of two major pieces of business that could not be postponed – Election of Trustees and voting on literature submissions.

Thoughts and Reports from Delegates:

The WSBC opened on April 13 with the Delegates and leaders saying the Serenity Prayer in our separate homes. The theme of the conference was Looking to the Future, OA Celebrates 60 Years! There were 180 Delegates registered from thirteen countries (Australia, Brazil, Canada, Greece, Ireland, Israel, Italy, New Zealand, Russia, South Africa, Spain, United Kingdom, and the USA).



Two critical parts of business were completed: election of five trustees and review of four pieces of literature. All five candidates were elected:

- Margie G., Region One
- Karen B., Region Seven
- Ron P., General Service Trustee (GST)
- Meg M., Region Four
- Betty L. J., General Service Trustee (GST)

Another GST position is open. There are normally 17 Trustees.

All four pieces of literature were approved.

- One new pamphlet is Temporary Sponsors.
- To the Young Person is a reworking of a previous pamphlet (*To the Teen*).
- In OA Recovery is Possible: a compilation of A Program of Recovery, Compulsive Overeating an Inside View and Questions and Answers.
- Lifetime of Abstinence, One Day at a Time: a compilation of A Commitment to Abstinence, Before You Take That First Compulsive Bite, and Maintaining a Healthy Body Weight. Much work went into reshaping these pamphlets!

There were reports of the OA Chair, OA Treasurer, Managing Director, each Region Trustee, and committee chairs.

The OA Chair introduced the new book: Body Image, Relationships and Sexuality, the *Seventh Tradition* pamphlet, which is a free download, and the new *OA Handbook for Members, Groups, and Service Bodies* which is available as a download for \$1.

The Managing Director noted the Bookstore is in the process of being upgraded. In addition to the four new pieces of literature much work goes into the *WSO News Bulletin*, *A Step Ahead*, *Ask-It Basket*, and *Professional Community Courier*. OA has an official Facebook.com/Overeaters Anonymous account and

an official Instagram account. There are GIF's for members to use. A project in process is to develop a new platform for sharing member stories.

The Region One Trustee noted the theme in 2019-2020 was: *Each One, Reach One, Share the Hope*. The Region One website is: oaregion1.org. The binder under documents is resource rich.

The PI/PO Committee, which I am now a member of, has been very busy! There were three subcommittees: One Brave Thing; Lifeline stories on OA's social media platform; Foster support/meetings resources for men (OAMen.org). The committee report included dozens of these accomplished Brave things by intergroups from all over such as blurbs in church bulletins, contacting resident advisors at universities, Plaster the Town day (hanging OA tear strip posters and sticky notes at rec centers, clinics, church and other public places with permission), outreach to your doctor by opening an envelope with your doctor and explaining the pamphlet and showing the introductory letter.

The Twelfth Step Within (TSW) Committee had six subcommittees: 1) Contact intergroups to support TSW committee members, 2) Holiday event kits, 3) Recovery Looks Like workshop, 4) Spiritual Awakening through the 12 Steps one day workshop, and 5) Red Buttons on website.

Bonnie L., Chair, Board of Trustees, adjourned the 59th Annual World Service Business Conference of Overeaters Anonymous on April 29th.

The experience was mostly good. I appreciated how clear our schedule was as to when the votes were due. The one thing that threw me was that the binder was removed from availability ten days after the Conference and I was preparing my report for Intergroup and couldn't access it. I wish I had known that was going to happen. I also was disappointed that all the work reading through the suggested bylaw etc. changes were just tabled. I would have liked some sort of Zoom during the Conference. Or at least a call or phone meeting. They could have used the virtual retreat technique and had Zoom workshops and we could have met the Trustee candidates. I was grateful for the pre-Conference Zoom meeting set up by Region One. Very helpful! Thank you again for all that you do!

♥ Lesley K. - Southeast Alaska Intergroup

I am very impressed and grateful that the World Service board and staff made this virtual conference an easy, efficient and effective experience for me. I got to do my duty as a Delegate and give service to OA as a whole.

♥ Ev A. - Northern Lights Intergroup

I really thought the virtual conference was a success in terms of conducting the elections and voting on the literature proposals. There was plenty of time to review bios and answers to questions. Also reading the questions and answers really provided me with insights into the amount of time and effort that goes into OA service. I am inspired to be part of it all. The only thing I would suggest is a second reminder of the voting deadlines. Of course, I missed all the camaraderie that comes with the physical conference, but hopefully we can meet in-person in 2021. It will be interesting to see what the future holds.

♥ Theresa H. - Vancouver Island Intergroup

There were advantages to being able to do essential business via email in my own time, but I missed everyone and the wonderful experience of being at Conference. I certainly hope next year bodes better. I do think we learned that some element of wider virtual presence may be possible in the future.

♥ *Marjorie T. - North Cascades Intergroup*

I was impressed by the orderly way everything happened: explanation was very clear. I have a slightly different perspective than other Delegates because I was a Trustee candidate. Thus, it felt very slow – especially the first part. First they invited Delegates to submit questions for the Trustee candidates, next the candidates had several days to answer the questions, then more days to read through the answers and link to vote when Delegates were ready to do so with a deadline. I was very grateful that the Chair, Bonnie, called the candidates to let them know the results right after the voting was counted. The results were not released to the Delegates for several more days. The second week was more time for reading and voting.

I greatly missed the energy and enthusiasm I get through the in-person experience of committees, workshops, and visiting with others from all over the world. I usually am in awe of the reality of all these compulsive overeaters giving up time and energy to spend time for the good of OA as a whole, and I am grateful to be remembering that today.

♥ *Margie G. - Oregon Intergroup Delegate and newly-elected Region One Trustee*

I liked how orderly it was done. We addressed one issue at a time and dealt with it completely before we proceeded to the next item of business. It helped me to keep things straight and only have to work on one item before addressing another. The only thing I would have liked to have seen was that I wish they could have video recorded the Trustee nominees answering the questions we submitted. Then we could have seen the nominees and heard them react to the questions. If they were recorded, then we could choose when to review the recordings during a set time period before we voted. Otherwise, I was quite pleased with the way they had set up the process.

♥ *Rosanne K. - Oregon Intergroup*

Thank you Region One
Delegates—your service
makes OA strong!



2021 OA World Service Convention



oa.org/world-service-convention/

Join the email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory and country. Your information will be kept confidential.



WORLD SERVICE OFFICE

Board of Trustees Letter: Transitioning to Online Meetings

April 22, 2020

RE: Guidance for Transitioning to Online Meetings

Dear OA Fellows,

Our OA Promise says, “I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness . . .” Thanks to our Higher Power, we are witnessing that even these hectic, unprecedented times can be navigated through the experience, strength, and hope of our Fellowship! We are thankful for members who are jumping in with both feet to create telephone, online, and non-real-time meetings. This will help us to overcome today’s public health challenges and continue our communities of support so that we do not succumb to our cunning disease.

With the majority of the Fellowship transitioning to virtual meetings, including many who have limited experience with virtual meetings, we would like to offer suggestions and resources for groups to manage these transitions.

First, we suggest you let the Twelve Traditions and the group conscience guide you. [Guidelines for a Group Conscience Meeting](#) (found under “Guidelines” in the oa.org Document Library) can help you address a few key concerns: what time to meet, on what platform, and how to publicize the meeting so that others may join. For ideas on how to structure your virtual meeting, see the [Suggested Telephone Meeting Format](#), which can be found in the Document Library under the “Meeting Formats” category. Submit your updates to [Edit a Meeting](#) at oa.org **and** communicate any changes to your intergroup and the contact person for the meeting, since updates to Find a Meeting may be delayed while the World Service Office is closed.

When moving a meeting to a virtual platform and publicizing that meeting, be mindful of the Tool of anonymity and the Eleventh Tradition. Most online meeting platforms are public means of communication by default, so it is important to ensure that any meeting communication is protected by the platform’s privacy safeguards. See [Guidelines for Anonymity in the Digital World](#) (found under “Guidelines” in the oa.org Document Library) for general information or visit oavirtualregion.org for information about specific online platforms.

Similar to face-to-face meetings, the group will need to appoint a moderator for a virtual meeting. Moderating a virtual meeting often comes with its own set of challenges, such as “directing traffic” so that members can be recognized and share in turn. It is suggested that the group determine who the moderator will be, as well as their technical and facilitating responsibilities. Disruptive behavior is sometimes amplified in virtual meetings. For suggestions on how to deal with disruptive members or guests, please refer to our [Guidelines for Addressing Disruptive Behavior](#) (found under “Guidelines” in the oa.org Document Library).

Many have asked about how to include literature in virtual meetings. Our February 2019 [Trademark Letter](#), posted in the Document Library at oa.org under the “Copyright” category, states that “Members and groups may not reprint or post OA literature (in any digital medium) without written permission from OA, Inc.” The Executive Committee of the Board of Trustees further asks that members not share images or screen live video of OA literature but instead ask a member who owns the literature to read it aloud. For more information and a list of exceptions to this rule, see the [Copy Requests page](#) by clicking the “Copy Requests” link at oa.org/sitemap. Literature is an important source of income for OA, so thank you for honoring this request, which supports our Tradition of being self-supporting.

With respect to monetary contributions, the Seventh Tradition is vital for us to uphold right now. Though we may not be able to “pass the basket” in person, our commitment to being self-supporting has not disappeared. The WSO is dependent on monthly contributions, without which we could not survive. We encourage you to put money aside in a separate envelope for each meeting you attend. Envelopes can be given to the group once the quarantine is over, or write a check to give to your treasurer or even become one of our Automatic Recurring Contribution supporters by visiting oa.org/contribute and checking the box “Make this a recurring gift.” Of course, if the current economic situation makes this impossible for you, wait until things improve.

Our Fellowship has proved—as our virtual groups have long experienced—that we can support each other by sharing our experience, strength, and hope, even if we cannot do so face-to-face. As always, we are guided by the Steps, Concepts, and Traditions in managing any transition, however sweeping yet temporary this situation may be. We will be posting world service updates on the oa.org home page, so please keep up to date with any changes. Thank you for your service and for continuing to carry the message during this time.

Sincerely,

Executive Committee
OA Board of Trustees




6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA
Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA
Tel: (505) 891-2664 • Fax: (505) 891-4320 • E-mail: info@oa.org
Website: www.oa.org

Carry the Message: Keep Your Meeting List Up to Date!

Your meeting info on the OA website is how **newcomers** find your meeting! Update your meeting information whenever there is a change. Go to oa.org/add-a-meeting/edit-a-meeting/?type=0 and follow the prompts.

[Edit a Meeting](#) [Cancel a Meeting](#) [Manage a Service Body](#)


Edit a Meeting

Keeping your meeting information current not only makes it easier for newcomers and members to find you, but is also another way for you to practice the Twelfth Step, by carrying the message to compulsive eaters.

Enter meeting #

Or select your location



[Find a meeting](#) [Clear form](#)

Your local meeting list should match what is on the OA website. It is a good idea to compare these lists regularly to ensure everything is up-to-date.

For a list of all meetings affiliated with your intergroup, go to oa.org/find-a-meeting/?type=3 and enter your Service Body/Intergroup Number. You can save a link to your Intergroup's meeting list, and you can download your list to a spreadsheet.

Not sure of your intergroup number? All Region One Intergroups and their service body numbers are listed at oaregion1.org/intergroups.html.

LET PEOPLE KNOW ABOUT YOUR MEETING!

You can publicize your meetings in many ways. Here are a few. For more information, contact your local service body or region and get the *Public Information Service Manual* from bookstore.oa.org.

Group Registration: Register your group and keep that information current with the World Service Office (WSO) AND your intergroup/service body. Many people visit the oa.org website or call the WSO seeking information about meetings in their area. The WSO depends on you to make sure we have current information.

Bulletin Boards: Post notices of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals, and other public places (where permitted). You may use the *Bulletin Board Attraction Sticky Notes* (#440) available at bookstore.oa.org.

Classified Advertisements: Many websites, newspapers, and neighborhood “shoppers” offer free listings to nonprofit organizations. Post or send notices to the appropriate departments and include a meeting contact-name when possible. Publishers may require that ad copy be sent in weekly, usually by email. Length is often limited to a specified number of words or lines. Many groups prepare a month’s worth of notices in advance and send one each week on the same day.

Public Service Announcements (PSAs): A PSA is usually a 15-, 30-, or 60-second radio or television spot with a short message about OA plus the phone number and website of the World Service Office and/or the local service body. Many stations do air PSAs as a community service and to fill space between programs.

Tips for using Public Service Announcements:

- Use the OA radio PSA “Start Living the Life You Deserve” —Downloadable audio files in 15-, 30-, and 60-second spots are available from the “Public Information Suggestions” page at oa.org/resources. When you contact radio stations, include an emailed cover letter with a link to these resources.
- Use the OA video PSA “*Many Symptoms, the OA Solution*” —Provide a link to oa.org/psa when reaching out to television stations. Once they’re interested in airing the video PSA, contact the WSO for broadcast-quality video files in 15-, 30-, and 60-second lengths.
- Use live copy —Some stations prefer live copy that they will produce or announce on the air (see sample below).

Sample Classified Ad Copy

30 words

Do you worry about the way you eat? Overeaters Anonymous may have the answer for you. No weigh-ins, dues, or fees. Call [contact name and phone] for a meeting location in your neighborhood or visit oa.org.

25 words

If food rules your life, call Overeaters Anonymous. No dues, fees, or weigh-ins. Call [contact name and phone] for the nearest meeting location or visit oa.org.

15 words

Are you a compulsive eater? Overeaters Anonymous can help. For more information call [contact name and phone] or visit oa.org.

Sample Live Copy PSA [30 seconds]

“Is your eating out of control? Is your life unmanageable? You may suffer from a progressive disease known as compulsive overeating. Help is available in Overeaters Anonymous. It’s not a club of dieters; it’s a Fellowship of people who don’t want to suffer anymore. There are no fees or dues for membership. All you need is the desire to stop eating compulsively. Call 505-891-2664 or go to oa.org.”

Ongoing meeting notices: Some websites and papers have special sections for community meetings. The type of notice you post depends on the individual policies of each website, paper, or newsletter. Some require that you resubmit a notice periodically. Others will run one submission indefinitely.

Tips for submitting meeting notices:

- Double-check names, titles, times, and places. Type your notice and submit it online, or email it with a cover letter.
- If your notice will be running indefinitely, check the listing periodically for errors.

Sample Meeting Notice

[day, date, time, location]

OVEREATERS ANONYMOUS

No dues, fees, or weigh-ins. Everyone welcome!

[Include a contact name and phone number, plus oa.org and/or the service body’s website.]

Press Releases: Press releases are submitted when there's something newsworthy to tell the public. If your service body is planning a special event (such as a PI/newcomers night, presenting a copy of the newest OA book to a library, or starting a new meeting), inform the media and the public through a press release. Include the name of the sponsoring service body; the exact time, date, and location of event; purpose; cost (if any); a contact name, phone number, and email; and links to local OA websites and oa.org. Include additional information about OA (see samples below).

Tips for submitting press releases:

- Check online or call your local newspapers and broadcast stations to find who to send your release to and what guidelines there are for submissions.
- Type the name, address, email, and phone number of your group's contact in the lower left corner. Indicate that this information is for media use only; it must not appear in the final story.
- Tell who, what, where, when, why, and how in the first few sentences or paragraphs. Place the most important information first and continue in decreasing order of importance.

- Keep sentences and paragraphs brief and to the point. If writing in hardcopy, include a few details about the OA program; one page is ideal, but don't use more than two. If emailing, insert links to local OA websites and oa.org/media.
- Proofread carefully.
- End the release with "# # #" centered on the page; this indicates the end of the press release.
- Email, fax, or mail your release to all editors on your list, even if two or more are from the same publication or station—this can lead to feature stories. Do not hand-deliver your press releases.
- If your release is not used, contact the editor(s) to ask why. Use this information the next time you submit a press release. If your release is used, send a thank-you note and consider following up in the future. Share your success story with the Fellowship.

Be prepared for newcomers at your meetings.

Stock up on OA literature and, if possible, compile a list of abstaining members who can help callers with questions about OA.

Sample press release announcing a new meeting

FOR IMMEDIATE RELEASE

A meeting could save a life. Is food a problem? OA can help.

Compulsive eaters and those suffering from compulsive food behaviors are invited to a new weekly meeting of Overeaters Anonymous beginning next [day, date, time] at [location].

Overeaters Anonymous is not a diet club. There are no dues, fees, or weigh-ins. The only requirement for membership is a desire to stop eating compulsively.

OA views compulsive overeating as a physical, emotional, and spiritual disease that can be arrested but not cured. Members seek recovery on all three levels by following a Twelve Step program patterned after that of Alcoholics Anonymous. To find out more, go to oa.org [provide links].

There are [number] meetings in the [location area]. For information, visit oa.org, [service body's website], or call [member's first name, phone].

FROM: Overeaters Anonymous CONTACT: [Member's name]
[service body]
[phone, email]
[address]
[city, state, zip]

#

Sample press release announcing a public information night

FOR IMMEDIATE RELEASE

Is food a problem? OA can help.

Overeaters Anonymous (OA) is a fellowship of people who share the common problem of compulsive overeating and compulsive food behaviors. A special Public Information Night will be held on [day, date, time] at [location]. All are welcome, including those who think they may be compulsive overeaters and those who are concerned about a friend or relative.

The OA recovery program will be explained. Members will be present to share their own experiences and to answer questions.

OA has meetings in more than eighty countries worldwide. There are no dues or fees for membership; one becomes a member simply by having a desire to stop eating compulsively. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. Find out more at oa.org/media.

There are [number] meetings in the [location] area.

For more information about this special meeting or other OA meetings in the area, call [phone]. Interested people can also visit oa.org [and service body's website].

[Provide links.]

FROM: Overeaters Anonymous CONTACT: [Member's name]
[service body]
[phone, email]
[address]
[city, state, zip]

#

**Order the *Public Information Service Manual* (#762) from the WSO:
1-505-891-2664 or online at bookstore.oa.org.**

Just a Few of the Many Resources on the OA Website

Check out the new OA “Document Library” at [aa.org/document-library/](https://www.aa.org/document-library/)

Meeting Formats

- [Abridged Tools of Recovery](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Lifeline Meeting Format](#)
- [Newcomer Meeting Guidelines and Format](#)
- [Recovery from Relapse Meeting Format](#)
- [Suggested Meeting Format](#)
- [Suggested Reading and Writing Meeting Format](#)
- [Suggested Step-Study Meeting Format](#)
- [Suggested Telephone Meeting Format](#)
- [Suggested Young Persons' Meeting Format](#)

Guidelines

- [Budget Guidelines for Service Bodies](#)
- [Carrying the Message](#)
- [Fundraising and Prudent Reserve Guidelines for Groups and Service Bodies](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings](#)
- [Guidelines for Anonymity in the Digital World](#)
- [Guidelines for Health Fair Participation](#)
- [Guidelines for Locally Produced Literature](#)
- [Guidelines for Membership Retention](#)
- [Guidelines for OA Events](#)
- [Guidelines for OA Newsletters](#)
- [Guidelines for Public Information Events](#)
- [Guidelines for Writing the History of Your Local Area](#)
- [Guidelines for Professional Outreach Committees](#)
- [OA-Approved Literature List](#)
- [OA CARES Inmate Correspondence Program Guidelines](#)
- [Small Meeting Guidelines](#)
- [Treasurer Guidelines](#)
- [Website Development Guidelines](#)

Resources for Members who are Struggling or at Risk of Leaving OA

This list developed by the 2019 Strong Recovery Project Team of OA Region One.

The links were updated since the Spring update of the OA.org website. 5/31/20

RESOURCE	LINK TO RESOURCE
12 Steps to a Slip - Idea that Work	oa.org/app/uploads/2019/12/Twelve%20Steps%20to%20a%20Slip.pdf
A Plan of Eating	bookstore.oa.org/pc_product_detail.asp?key=E78AA3E5774847B6ADFE059B15AE2258
At Meetings and Between Meetings	oa.org/app/uploads/2019/12/At%20Meetings.pdf
Been Slipping & Sliding? A Reading and Writing Tool	oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf
Call 5 Keep 'Em Alive	oa.org/app/uploads/2019/12/Call%205.pdf
From Slip or Relapse to Recovery	oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf
Fun and Fellowship	oa.org/app/uploads/2019/12/Fun-and-Fellowship.pdf
Keep It Simple - Ideas that Work	oa.org/app/uploads/2019/12/Keep%20It%20Simple.pdf
Pamphlet: Person to Person	oa.org/app/uploads/2019/12/108-Person-to-Person.pdf
Pamphlet: Together We Can	oa.org/app/uploads/2019/12/together_we_can.pdf
Podcast: A Commitment to Abstinence and Maintaining a Healthy Body Weight	oa.org/oa-literature/

RESOURCE	LINK TO RESOURCE
Podcast: Plan of Eating and Dignity of Choice	oa.org/oa-literature/
Podcast: Think Before You Take that First Compulsive Bite	oa.org/oa-literature/
Preventing Relapse - Ideas that Work	oa.org/oa-literature/
Relapse Prevention	oa.org/working-the-program/relapse-prevention/
Strong Abstinence Checklist and Writing Exercise	oa.org/app/uploads/2019/12/strongabstinencechecklist.pdf
The Simplicity Project	oa.org/app/uploads/2020/01/tsw_simplicity.pdf
Tools of Recovery	bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8
Traveling Hopefuls - Ideas that Work	oa.org/app/uploads/2019/12/traveling%20hopefuls.pdf
Twelve Stepping a Problem	oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf
Video: Breaking Out of Relapse	oa.org/podcasts/
Working the 12 Steps - Ideas that Work	oa.org/app/uploads/2019/12/Working%20the%20Steps.pdf



Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

CHECKLIST

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

WRITING EXERCISE

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

© 2014 Overeaters Anonymous, Inc. Board-approved.

Strong Meeting Action Plan

Excerpts from WSBC 2018 “Building Healthy Service Bodies” Workshop

How does my meeting welcome and retain newcomers?

- ✓ Acknowledge newcomers with a Welcome coin and a special reading
- ✓ Anyone returning to OA or visiting from another area is acknowledged and welcomed
- ✓ When newcomers are present they go to a Welcome to OA session
- ✓ Conclude the meeting with Rosanne’s Promise
- ✓ Use the 12 Days of Sponsorship and provide a 12 Day sponsor

How does my meeting encourage giving service and rotation of service?

- ✓ Break big tasks into smaller, manageable pieces to more easily get work done
- ✓ Service coordinators – some people are natural recruiters
- ✓ Set term limits to encourage rotation
- ✓ Anyone returning to OA or visiting from another area is acknowledged and welcomed.
- ✓ IG published an “All About Intergroup” info sheet for distribution to meetings to help fill IG rep positions.
- ✓ Empower others to give service (offer to serve as mentor)
- ✓ 1:1 ask (general appeal for service work doesn’t work)
- ✓ “What talents can you share?” skills list
- ✓ Sponsors tell their sponsees to volunteer for service

How does my meeting encourage and support abstinence?

- ✓ Have fun! Fellowship after the meeting (Region 2)
- ✓ Weekly newcomer meetings
- ✓ Newcomer friendly phone list
- ✓ Everyone call one person on the 12th day of the month
- ✓ Share personal abstinence (Region 1/Vancouver IG)
- ✓ Hold an “ABC’s of Abstinence” workshop
- ✓ Meeting asks for a volunteer to stay after the meeting for anyone who wants help working out a plan of abstinence for the day
- ✓ Recognize abstinence (coins, etc.)

How does my meeting encourage and grow sponsors?

- ✓ Hold a Sponsorship Workshop during normal meeting time; make sponsorship kits available (Region 2/Silicon Valley IG)
- ✓ “Sponsorship Training On Demand” held after regular meeting; whenever it’s requested
- ✓ Use the First 12 Days sheet to encourage new sponsors and retain newcomers (Region 10)
- ✓ Do a 15-week step study with sponsorship training on the last week
- ✓ Contact list should include what step completed and whether you are available to sponsor (Region 9/Thessaloniki IG)

How does my meeting encourage working the Steps and honoring the Traditions?

- ✓ Special focus meetings
- ✓ SKYPE or Zoom special speakers into meetings
- ✓ Hold a step meeting prior to the regular meeting
- ✓ Back-to-Basics themed meeting with focus on the steps and traditions
- ✓ Quick step study meeting (4 weeks)

Strong Meeting Checklist

The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist.

- 1) Does the meeting start and end on time?
- 2) Are all attending, including newcomers, greeted and made to feel welcome and accepted?
- 3) Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
- 4) Do we offer our own experience, strength, and hope, sharing the solution we have found?
- 5) Are cross talk and advice-giving avoided?
- 6) Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions?
- 7) Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting?
- 8) Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
- 9) Does the group follow a meeting format based on OA's Suggested Meeting Formats?
- 10) Is only OA-approved literature on display and for sale?
- 11) Are group conscience meetings held regularly?
- 12) Are all service positions filled and is rotation of service practiced?
- 13) Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting?
- 14) Is the meeting a safe place for all members?

OA Board-approved
Overeaters Anonymous®, Inc.
Mail Address: P.O. Box 44727, Rio Rancho, NM 87174-4727
USA Tel: 1-505-891-2664 • Fax: 1-505-891-4320 info@oa.org • www.oa.org
© 2008 Overeaters Anonymous, Inc. All rights reserved. Rev. July/2019

Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

- 1) I admit I am powerless over _____. How does this make my life unmanageable?
- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO. If no, explain why not. What would recovery look like in relation to this problem?
- 3) Have I made a decision to turn over to the care of God/Higher Power? YES or NO. If no, explain why not.
- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?
- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.
- 6) Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO. If no, explain why not.
- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO (Refer to fears, resentments, harms in number four above.)
- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?
- 9) How and when will I make amends?
- 10) Continue to take a personal inventory. What specific actions can I take today?
- 11) What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?
- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

oa.org/files/pdf/twelve_stepping_a_problem.pdf
© 2015 Overeaters Anonymous, Inc. Board approved

Unity with Diversity Checklist

The following checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' Third Tradition and the [OA Unity With Diversity Policy Statement](#). This checklist is not meant to be exhaustive, nor can it be. As we continue to grow, so does our understanding of diversity. These questions are only a starting point for reflection and discussion. We hope that newcomers who are used to “closed doors” can find not only a welcome in OA, but also a home if they wish. As OA's responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

- 1) In what ways do we welcome all who share our compulsion, regardless of race, ethnicity, language, culture, religion, gender identity, sexual orientation or any other attribute?
- 2) What measures do we take to provide meeting access to OA members who have challenges such as mental or physical disabilities or illnesses, or those who have allergies? What about those who have small children or those who rely on public transportation?
- 3) How do we welcome members such as anorexics, bulimics or those who have had weight-loss procedures? Do we welcome OA members in relapse as authentically as we welcome newcomers or any other members?
- 4) Does our group meeting format use the Diversity Statement included in OA's current [Suggested Meeting Format](#)?
- 5) Do we avoid suggesting that *all* OA members have the same issues with food, such as addiction to specific foods, a need to weigh and measure, and so on?
- 6) How do we communicate to newcomers—and reinforce to all members—that Higher Power means a God of our individual understanding and is not specific to any particular religion, faith or concept?
- 7) Do we respect each member's way of practicing the OA Twelve Steps and Twelve Traditions in a manner best suited to his or her own needs?
- 8) Do we emphasize all three aspects of recovery (spiritual, emotional and physical) equally, or do we focus only on one or two?

- 9) Does our OA literature table stock items that highlight our common solution through diversity, such as:
- A Common Solution: Diversity and Recovery;
 - Black OA Members Share Their Experience, Strength and Hope;
 - Dignity of Choice;
 - Focus on Anorexia and Bulimia Packet;
 - Many Symptoms, One Solution;
 - OA Members Come in All Sizes;
 - To the Teen;
 - To the Man Who Wants to Stop Compulsive Overeating, Welcome;
 - Welcome Back, We Care! Packet; and
 - Young Person's Packet
- 10) How do we reflect diversity when we conduct business meetings, elect trusted servants or choose speakers and workshop leaders?
- 11) In what ways do we carry the OA message to groups who are currently under-represented in the rooms? Speakers? Workshops? Special focus meetings? Other methods of attraction?
- 12) Having completed this checklist, what other areas can we examine in order to better "extend the hand and heart of OA" to all who share our compulsion?

For guidelines on how to hold a Group Conscience Meeting, go to www.oa.org/pdfs/groupconscience.pdf. More information is also available in the *OA Handbook for Members, Groups and Service Bodies* in the *OA Bookstore* (bookstore.oa.org).



Unity with Diversity Checklist
© 2014 Overeaters Anonymous, Inc.
World Service Office
PO Box 44020 • Rio Rancho, New Mexico USA • 87174
(505) 891-2664 • www.oa.org • info@oa.org

Section 14:

Region One Resources

This page intentionally left blank.

Region One Resources for Personal Recovery and Service

oaregion1.org has many resources for recovery!

Audio from Convention and Other Events – Check out our growing virtual speaker collection
oaregion1.org/audio--speakers.html

Board Blog – The Region Board is blogging! Go to oaregion1.org/board-blog.

Board Outreach Visits – We want to visit your intergroup! Two Board members will lead your workshop, marathon, or retreat on a topic chosen by your intergroup. Travel costs are paid by Region One. Fill out an application at oaregion1.org/documents.html



“Connections for Recovery” – We want to help you CONNECT to others in recovery and service. Don’t work your program in isolation or feel you have to “go it alone” at your intergroup or meeting. Contact your Region One Liaison or email board@oaregion1.org to ask for help.

Convention – This annual event is a fantastic weekend of connection and recovery inspiration, with keynote speakers, OA meetings, topic workshops and FUN!

Events – List your OA event or get information about other events in Region One at oaregion1.org/events.html

Facebook – Like “Region 1 Overeaters Anonymous” to get event reminders, links to recovery inspiration, and program wisdom on your newsfeed.

Intergroup Liaisons – Each intergroup and Project Team has a Board Liaison, who shares information and resources to help your Intergroup or Team thrive. Liaisons are listed at oaregion1.org/contact--liaison-list.html.

Intergroup Renewal – The purpose of an intergroup is to provide support for its groups and members in carrying the message of recovery. Learn more about this simple and amazing process of focusing intergroups on Tradition 5 work at oaregion1.org/intergroup-renewal.html

Journals – Daily writing prompts for morning and evening review, using the Big Book as a guide. Available at oaregion1.org/store/c1/Daily-Journals-for-Compulsive-Eaters

PIPO Funding – Region has money to help your intergroup with Public Information and Professional Outreach projects: oaregion1.org/documents.html.

Region One Trustee – Our Trustee is available to answer questions or lead workshops about OA Service, Traditions & Concepts and provide resources and information from World Service. Email regiononetrustee@gmail.com.

Speaker List – Would you like to be on the Region One speaker list? Need a speaker for your OA event? Email mal@oaregion1.org for more info and a copy of our current speaker list.



Recovery Resources – We’re building a page on our website with recovery resources, arranged by topic! Check it out at oaregion1.org/recovery-resources.html

Representative Support for Assembly – Our goal is to have ALL of our Intergroups represented at Assembly. There is financial support available from Region One. All Intergroup Chairs will receive an email about Representative Support. Email treasurer@oaregion1.org.

Virtual Sponsorship – Are you looking for a sponsor or sponsee, but can’t find one in a face-to-face meeting? Fill out an application at oaregion1.org/sponsorship.html.

Website – our website is FULL of information and resources for personal recovery and service. Explore at oaregion1.org

Website Support – contact webmaster@oaregion1.org if you’d like to be part of our Intergroup Website Tech Support Team. We meet once or twice a month on Zoom, or as needed, to help with website tech and to give feedback on overall look and function of your intergroup website. Beginners and experienced webmasters welcome!

WSBC Delegate Support Funding – Be a part of the group conscience of OA as a whole—send a Delegate from your Intergroup to World Service Business Conference! Applications for Region One support to WSBC 2020 are available on our website and are due by October 1, 2020. Email bfdsoaregion1.org.

Yahoo Group – This email group is for sharing news that will benefit all members of Region One. Get “in the loop” by sending a blank email to: oaregion1-subscribe@yahoogleroups.com.

2021 Application for Region One Board Outreach Visit

Let's Get a Date on the Calendar!

The Board has enjoyed visiting many of our intergroups in the past several years, offering Intergroup Renewal presentations and recovery workshops. It has been wonderful to share recovery and service with our members, and we're ready to set dates for next year!

Has your intergroup participated in Intergroup Renewal? If not, we'd love to lead you through this amazing process of discovering and meeting the needs of your local membership. We can also offer an "Each One, Reach One: Share the Hope!" workshop or a topic of your choice.

Here's what we can offer:

- Help creating a timeline, structure and content for the event
- Two Board members will visit for the weekend (Friday arrival, Sunday departure) OR we can be available on Zoom
- We can include these topics in our presentation:
 - **Intergroup Renewal (IGR) or an IGR "refresher"**
 - **How each member, meeting and intergroup can "Share the Hope"**
 - **And/or any recovery topic chosen by your intergroup**
- Region covers Board travel costs to and from the event
- Proceeds from any Intergroup raffles, registration, etc. are retained by the Intergroup.

We ask the Intergroup to:

- Provide meeting space
- Create a flyer to get the word out about the event (we can help with this)
- Help us plan and tailor the event to your members' needs
- Invite members from nearby intergroups to attend
- Allow Region One to offer journals for sale.

Intergroup _____

Preferred dates (month, day, year):

City/State/Prov _____

First choice _____

Contact name _____

Second choice _____

Email _____

Third choice _____

Phone _____

Zoom/in-person/either? _____

Last year your IG hosted R1 _____

Preferred topics _____

Comments _____

Please return this form to board@oaregion1.org or Region One, P.O. Box 23235, Tigard, OR 97281, USA.

Electronic fillable form available at oaregion1.org/documents.html

Audio Resources: Region One Speaker Recordings

Instant Experience, Strength & Hope!

Check out our growing collection of speaker recordings at oaregion1.org/audio--speakers.html

Topics as of August, 2020:

100 Pounders

Abstinence

Body Image

Food Plan

Gratitude

Guilt and Shame

Keynote Speakers from Region

One Conventions & Assemblies

Living in Program/Maintenance

Prayer and Meditation

Principles

Public Information & Professional

Outreach

Recovery Stories

Relapse

Spirituality

Sponsorship

Surrender

Tools

The Twelve Steps



Experience, Strength & Hope for Intergroup Chairs

Informal Shares to Help You in Your Service

- Ask the previous chair to serve as an ex-officio chair for a period of time to ease the transition.
- Get a copy of *How to Be an Effective Trusted Servant*: oa.org/pdfs/trusted_servant.pdf.
- At each intergroup meeting, spend a few minutes reading from the pamphlet "*OA Handbook for Members, Groups, and Service Bodies*." By reading a few pages at each meeting we finish the whole pamphlet about once a year, and each month we learn something new.
- Be familiar with your intergroup Bylaws and Policies. These are often referred to and should be available for all attendees.
- Don't be afraid to ask for help! Just like our recovery, we won't always know what to do.... ASK! Ask the previous intergroup chair, ask your region officers/trustee, ask your sponsor.... just ASK!
- OA websites have lots of awesome ideas. Check out oa.org/documents/, as well as other region and intergroup websites!
- Build your OA Community! Reach out to other intergroups in your region to see what they do. Contact another region's chair and ask to be connected to a couple of experienced intergroup chairs.
- Often the Serenity Prayer will get you past some tricky moments.
- Have basic bylaws, perhaps drafted from the WSO website:
 - oa.org/pdfs/bylaws_overview.pdf
 - oa.org/pdfs/sample_ig_bylaws.docx
- Keep your intergroup details up to date with WSO: oa.org/intergroup-registration-change-form/
- Familiarize yourself with the basics of Robert's Rules of Order. These come in handy when running business meetings—they'll help you stay on time and get through agenda items faster.
- Make sure your intergroup is CONNECTED to your region and to World Service! Send Reps to Region Assembly and Delegates to World Service Business Conference. Your intergroup's participation with strengthen OA as a whole, AND it will strengthen your intergroup.



MEETING BASICS

- Have reports and minutes due and sent out in advance, so meeting time doesn't have to be taken up with these items. **Use meeting time to discuss projects or for committee breakout meetings!**
- A good agenda:
 - Is published in advance of the meeting
 - Is clear about what will be discussed, and the time allotted to each item
 - Allows for group input/interaction
- Respect members' time by starting and closing the meeting on time.
- Use the Traditions and a simple system of Robert's Rules to keep the meeting focused and peaceful.

- Be patient, flexible, honest, and open-minded. Know that everyone there has the good of OA in their hearts. Listen well. Let go of your ideas and let others "do it their way." Guide rather than direct. Suggestions go a long way.
- Have a time when intergroup reps can bring up questions or share about their groups.
- Create a one-page summary after each meeting, with the "bare bones" info you want to be conveyed to the groups. Catchy colors/clipart etc. are useful.
- Live and breathe by the Traditions! Ask your region board to present a Service/Traditions/Concepts workshop.

RECOVERY, RECOVERY, RECOVERY!

- Remember our Primary Purpose in all things you do. Ask yourself and the group frequently if what you're doing or thinking about doing will help the still-suffering compulsive eater. Don't get bogged down in administrative tasks and lose focus of the bigger picture of why we exist as an organization.
- Keep the focus on personal recovery. Work on your own recovery. Encourage your officers and committee chairs to work on their recovery. The intergroup won't be effective or attractive if recovery is not present among those in leadership positions.
- Concentrate on what intergroup can do to help meetings carry the OA message of recovery.
- A good way to learn how the intergroup can help foster recovery is by doing an inventory and a member survey. It's important to discover the unique needs of YOUR intergroup. (Check out the R1 Intergroup Renewal Handbook at oaregion1.org/intergroup-renewal.html).
- Don't do things because "that's the way they've always been done" or because that's what your predecessor did—keep putting all actions through the litmus test of "does this help us carry the message?" You may encounter resistance if you decide to change things. Refer to the Traditions, especially Tradition 5, to help guide your actions and responses.
- Do make abstinence important; do create abstinence requirements for service. Abstinence requirements should be stated in the bylaws.
- Don't fill the agenda with business! It's wonderful to have program-focused presentations, as well.
- Bring recovery to the intergroup meeting to help you lead by example: have a speaker share their story before or after the meeting, pair the intergroup meeting with an OA meeting or workshop, etc.
- Hold a recovery event on the same day as the intergroup meeting. This brings service and recovery together and sends a very basic message that service is part of our recovery. Members who want the workshop may attend the intergroup as a visitor—this is good way of introducing them to service. Try to cover the Traditions and Concepts as part of some of these workshops.
- Spend five minutes of the intergroup meeting having your officers share on what they are doing to strengthen their personal recovery.
- Spend a few minutes in prayer and meditation before chairing the intergroup meeting.

**It's all about
Primary
Purpose!**

ENCOURAGE PARTICIPATION & SERVICE

- Approach your role with a sense of pride and enthusiasm! You play a key role, and members look to you for meeting consistency and support. Be the cheerleader—make people feel welcome and glad they came to the meeting!
- Ask members for help in setting up the room prior to the meeting.

- Ask sponsors to expect/recommend/ask their sponsees to give service at the intergroup level. At least try. Or go to a meeting, just to check it out.
- Ask members to give others a lift to the meeting – this encourages participation and fellowship.
- Recruit your OA buddies at the meeting level to come support your intergroup efforts. This will be especially important if you are trying to implement changes.
- Acknowledge and appreciate everyone who comes to intergroup, AND those who are not able to attend, but take other service positions and help keep groups going strong! We are ALL part of intergroup!
- Make intergroup meetings interactive, rather than just the board talking. Ask for input, ideas and solutions.
- Ask for help with small tasks. Our intergroup has a listing of “Service in Small Packages” on the agenda, with the last item being “Does anyone else need help?” Offering small service opportunities allows people to feel a part of and try service, even if they’re not up to holding an office.
- How to fill empty service positions: Ask people personally. Encourage them to use their ES&H and let them know others are available to help them as they learn. Let others know that giving service is AMAZING for your recovery!
- Be as inclusive as you can: oa.org/group-resources-list/unity-with-diversity-checklist-2/
- Give everyone who wishes a chance to share. Some are reluctant—try to find ways to help them feel safe speaking up. That’s not always easy.

WORK AS A TEAM WITH YOUR BOARD

- Support one another in personal recovery.
- Work with your board to create a vision or theme for the year. Will you choose the Principles, Traditions or a one-word theme of “Unity?”
- Check in with people in service positions—ask them how it’s going and if they need help. If someone is overwhelmed, get them help, even with small parts of their job. Make sure people know they have backup and they will have an alternative to stepping down.
- Remember—you’re not alone. Learn to delegate!
- Meet with your fellow board members to discuss how things are going and what new directions you want to explore.
- Have regular board meetings prior to the intergroup meetings to share updates and ideas.



MAKING DECISIONS

- Use Robert’s Rules more or less depending upon group size. When it gets contentious, use them a bit more. Remember that a group conscience deliberation and decision includes HP.
- Look for solutions in the “grey area” rather than in the “black and white.” Ex: “Let’s try this for two months and see how it works,” rather than “Let’s make a new Bylaw about that right now.”
- Look for the spiritual solution to issues.
- Check out the consensus guidelines: oa.org/app/uploads/2019/12/consensus.pdf
- Be enthusiastic about service, carrying the message, and resolving issues with the Traditions.
- Don’t make a decision until you hear all sides.
- Help the group move along to a decision, especially on minor items. Sometimes we can debate even the smallest issues for a long time, and that can get frustrating. However, sometimes issues are very important to people, and there are strong feelings involved. It’s important to know when

something needs more time, thought and discussion. It's usually okay to postpone an item of business until next month.

- Sometimes we run out of time to reach consensus at one intergroup meeting. Very few decisions need to be made urgently. A long-time member suggested that a close vote means there is no consensus. It does take more time, but it is well worth it in the long run.

EASY DOES IT!

- Don't be scared! We're all in this together and none of us is in charge! Just because you're the intergroup chair doesn't mean you know more than the person next to you. We can't do this perfectly, but you were willing to take on a leadership role...it may be new to you, but that's how we develop new skills.
- Handling the time commitment: God put you in this position to use your talents, but also to keep it simple and in balance. Ask yourself "How important is this?" or "Are babies dying over this?" Watch the time commitment and learn to say "no" nicely.
- Don't forget Rule 62 – never take yourself too seriously!
- Ask for help when you need it.
- Don't let your service work replace your recovery work.
- Don't despair when others do something differently or "not as well" as you do. Learn to let go and let others do tasks their way.
- Remember why you stepped up to do this awesome service and know that HP equipped you with what you need to lead.
- HAVE FUN!!!



Experience, Strength & Hope for Intergroup Secretaries

Informal Shares to Help You in Your Service



RESOURCES & SUPPORT

- Read the minutes section of Robert's Rules.
- If there a manual or binder for your service position, use it to follow timelines of tasks for which the secretary is responsible.
- Have a proof-reader for content and grammar.

DO THIS BEFORE THE MEETING

- If you must miss a meeting, find a sub to do the minutes.
- Keep all important papers in a binder, but don't keep every piece of paper your group produces!
- Ask the Chair for an agenda, and use it to prepare a template for the minutes.
- Keep the Secretary's binder up-to-date with updated Bylaws, Policy & Procedures, etc.
- Streamline your service—take the minutes from the last meeting and “save as” the new date, then change the names of people who attended, etc. It only takes a few minutes to do the minutes that way. Why reinvent the wheel?
- Keep things organized and easily accessible for members. Set up a Google Drive with folders for each meeting so that board members and intergroup reps can grab the minutes and PDF handouts from those meetings on their own.
- Keep updating an attendance spreadsheet so that when it's time for nominations for board members and World Service and Region Reps, it is clear from the spreadsheet who is eligible to run and who is not (example: needing six meetings attended in the last two years). This will greatly help the Nominating Committee with their task of seeking out volunteers to serve on the board.

THE BASICS OF TAKING MINUTES

- Doing minutes in real-time on a computer word processor helps get the job done quickly.
- You can take minutes by hand or with a computer, but using a computer is generally quicker than writing and you can have everything completed by the end of each meeting.
- If you have to, record the meeting, but don't try to type it all in real-time.
- Take brief notes during the meetings, capturing all decisions and action items.
- Listen well at the meeting, and be patient.
- Ask for clarification at any point during the meeting to make sure you have recorded correctly.
- Highlight action items so they stand out: **Action item for Jenny: Order 12 copies of the Big Book.**
- Record the wording of motions accurately, as your minutes are the memory of your intergroup. Repeat the motion to make sure it is worded correctly before it is voted on. Record the name of the person making a motion.
- Summarize long discussions—every word does not need to be recorded, only key information.

- If there was a long discussion with a conclusion that did not end in a motion/vote, verbally summarize the conclusion for the group so everyone can be on the same page.

ASK FOR WHAT YOU NEED

- Ask for clarity at the meeting for any motions presented so that these can be accurately recorded.
- If folks are speaking over one another, get the attention of the Chair and ask her to stop all discussion, or call for the Serenity Prayer.
- Ask for a twenty-second pause between topics.

DO THIS AFTER THE MEETING

- Don't wait until the night before the intergroup meeting to prepare the minutes because (a) your clear memory of the meeting will help you prepare accurate minutes, (b) your Chair needs the minutes to help prepare the agenda for the next intergroup meeting, and (c) you'll save yourself from stress knowing that you've fulfilled your commitment on a timely basis.
- Send your draft minutes to the board and other key members for edits. Send an updated copy after making corrections, this time copying all group reps and intergroup committee members.
- Publish in PDF or html format; not everyone will have Word or whatever program you use.
- Keep a copy of the minutes, finance report, and other important documents each month. Keep an electronic copy of minutes.
- Usually "taking notes" is different from "writing minutes." Take notes during the meeting and write up minutes afterward. Notes are just memory joggers. **Minutes, in contrast, need to communicate what happened to people who weren't present.**
- Don't flood intergroup reps with emails; collect information in a folder and send out all information at once, unless it is urgent. Aim for two emails a month; one a week before the intergroup meeting to send the agenda and minutes, and announce the meeting; the second email includes the draft, unapproved minutes as soon as possible after intergroup.

CORRECTIONS TO THE MINUTES

- Be sure the Chair has reviewed the minutes in advance.
- Don't take corrections personally—it's okay if your minutes need edits.
- Set aside ego when it is time for the vote to approve the minutes. Remember your job is one of service, so if there is a better way of capturing a topic in the minutes, concede. On the other hand, if someone wants to change history, remember that you have responsibility for the meeting record and you must stand your ground (politely and without ego) if you are certain of your minutes.
- Sometimes members will disagree with what was written. Remember that you are recording what occurred and not editing based on what people believe should or should not have happened.



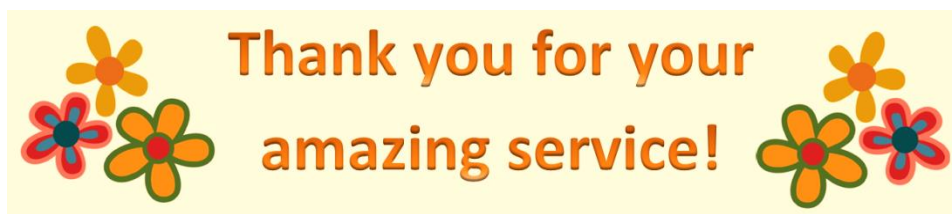
HOW TO HELP YOUR INTERGROUP CHAIR...FROM THE PERSPECTIVE OF THE CHAIR

- Secretaries make a real difference in helping a meeting run smoothly, so that we can focus on the agenda. You can help me by:
- Sending out reports, minutes, reminders, etc. a few days in advance of the meeting, so that everyone can read in advance and be prepared.

- Keeping minutes short—record motions exactly as stated/passed, and include the term of service for any election (I promise we'll have to go back and look for this!)
- Arriving at the meeting 15 minutes early to ensure materials are available to attendees.
- Sending out draft minutes within a few days of the meeting to a small group of people who have agreed to help proofread, then, after corrections, sending the new draft out to the whole group.
- Sit next to me during the meeting, so you can let me know if you need clarification--if you need it, you're probably not the only one.
- Help ensure that our documents are up to date -- when we hold elections, please update the list and include the terms of service; when we update the bylaws, please ensure the document is updated and the webmaster receives a PDF to upload.
- If we're not already doing so, help us establish an online place to store our records, such as Drop Box or Google Drive.
- In short -- help us be organized! 😊

TAKING CARE OF YOURSELF

- Be ok with not participating in the meeting
- Don't procrastinate in writing up the minutes after the meeting.
- Stick to your service term length. It's a commitment to be a secretary, and training a new secretary every month or two can cause stress and confusion within the group. Likewise, going beyond your term will not allow the position (and associated growth) to be available to other members. Mentor your group's next secretary! Work alongside them for their first two meetings so that they can ask questions and get familiar with how things are run and where papers can be found.
- Don't strive for the "perfect" minutes. Just do them.
- Don't try to do absolutely everything yourself. Ask for help when needed! We're only human! 😊
- Don't be afraid of making a mistake—it can be corrected easily!



Experience, Strength & Hope for Intergroup Treasurers

Informal Shares to Help You in Your Service

RESOURCES & SUPPORT

- Spend time with the previous treasurer to learn the system, and call them with questions.
- Avoid hauling around a box of old files—scan and store documents in the Cloud.
- The OA website offers excellent resource pages for treasurers:
 - oa.org/app/uploads/2019/12/Treasurer_Guidelines.pdf
 - oa.org/app/uploads/2019/12/ig_treasurer_guidelines.pdf
 - oa.org/service-bodies/budget-guidelines/
 - oa.org/groupsservice-bodies/guidelines/
 - oa.org/app/uploads/2019/12/Fundraising_Guidelines-Rev-2017.pdf

REPORTING

- Go to all intergroup meetings during your tenure, and report financials at each meeting.
- In addition to your spreadsheet, include a “narrative” report that gives an overall picture of the intergroup’s financial status. Communicate concerns, if appropriate, but also share gratitude for the financial support of groups which have donated.
- Publish a monthly or quarterly list of donations received from groups. This provides a receipt, increases transparency, helps catch any errors made in crediting deposits to the appropriate group, and raises awareness of contributions to service bodies. You can publish this list in your local newsletter, your intergroup email loop, or (at least) have it available at intergroup.
- Don’t take questions about money personally. Sometimes being the guardian of the funds makes that person a bit prickly. It helps to remember that the money is not solely the responsibility of the Treasurer.



ORGANIZATION and TRANSPARENCY

- Don’t panic—it doesn't take that much time to be a Treasurer, contrary to popular belief.
- Have a budget! It may be very simple, but it keeps track of your income and spending plans. At the end of the year, review spending and income and adjust next year’s budget accordingly. Check out oa.org/service-bodies/budget-guidelines/
- Keep records up to date, daily, if possible. Make deposits as soon as possible. Pay bills and reimbursements even sooner. Keep all receipts and statements reconciled weekly at the very least. Keep double records as a safety net. Treat monies carefully, it's important.

- Make being treasurer a part of your OA program: set aside a time each week to record Seventh Tradition contributions and pay bills -- don't wait to balance the account until the day before intergroup.
- Carry envelopes. People often want to give checks or cash to Treasurers, and it is easy to get confused. If someone wants to give you money for intergroup, give them an envelope and have them write the amount, meeting number, and any other relevant information on the outside of the envelope. Always double-check amounts when you're given cash.
- Use QuickBooks or similar software.
- Use a simple Excel spreadsheet to create the monthly report. Do a spreadsheet for the whole year. That way, it is easy to fill out each month.
- Organize and document as if there were a possibility you might not be available for the annual audit.
- Keep your landlord happy. Don't be late on rent.
- Always make copies of all checks and deposits.
- Make all money as transparent as possible. Record all transactions in the check register.
- Give the chair a copy of the ongoing check registers every month.
- Don't skip doing a bank reconciliation monthly. Mistakes are picked up when the check book balance and the bank balance don't match.
- Keep a spreadsheet of member group contributions for accuracy and efficiency.
- Every monetary transaction should be identified by group number, as well as group name. Make sure all checks written to Intergroup, Region and World Service have the correct meeting or service body number written on the check. Otherwise, the donation will not be credited properly, which will cause confusion and extra work for others in OA service. Double-check group numbers at oa.org/find-a-meeting/.



BUDGETING & AUDITS

- Have a budget!
- Communicate budgeted amounts to members about to incur expenses on behalf of intergroup.
- Ask for volunteers to audit the books once a year. Don't assume everything is correct; confirm it! This is an easy and relatively painless experience, and lets everyone know the status of the funds.

SECURITY & BANKING

- Check with your bank to assure that the signatories on the account are current. Remove folks who are no longer authorized to sign checks from the account.
- Be sure to have the intergroup's incorporation papers or other paperwork on its existence and structure, like bylaws, when changing signatories on accounts. Call ahead to the bank to find out what they need to change signatures. They often need both the outgoing and new treasurer present to complete the change.
- Don't assume the bank is always correct; question the bank if you find a problem.
- If you accept Seventh Tradition via PayPal, deposit the money into your intergroup checking account right away. Don't keep a PayPal balance. It's not necessary, and can lead to confusion. When you transfer funds, check the online bank account a few days after making a transaction; don't assume the transaction went through.
- Get a liability insurance policy for your intergroup.

ENCOURAGING SEVENTH TRADITION

- Encourage the Seventh Tradition—read articles on the importance of sustaining the Fellowship and carrying the message of recovery, become familiar with the Seventh Tradition in the OA 12&12, write an article about the Seventh Tradition in the local newsletter. Contact groups who have not contributed in a while to see if there is anything you can do to help encourage contributions for all levels of the Fellowship. Offer a Seventh Tradition workshop.
- Don't use regular OA meeting time to discuss intergroup money issues.
- Encourage members to set up an Automatic Reoccurring Donation (ARC) to World Service. This is easy to set up at oa.org/contribute/.
- Members can also use their own online banking to set up a regular contribution to OA World Service, Region, or Intergroup.
- Acknowledge and express gratitude for donations received.

ROTATION OF SERVICE

- When a treasurer is going to rotate out, start "grooming" a qualified candidate or two several months before the election on how to be a Treasurer and on how easy it is to do the work. Let them know you will be available to help.
- Be positive about your service position – it is easy for people to feel that the Treasurer position is very difficult and that they would never be able to take on this service. You have an opportunity to encourage and mentor someone in this service when your term is complete.

Experience, Strength & Hope for Intergroup Event Coordinators

Informal Shares to Help You in Your Service

RESOURCES & SUPPORT

- Look at other intergroup websites to find ideas for events.
- Find speakers by listening to online audio, or ask your region for a list of speakers.
- Follow the OA Event Guidelines at oa.org/app/uploads/2019/12/OA-Events-Guidelines_2017.pdf
- Find event resources at oregon-oa.org/event_calendar/event-resources/
- Ask your intergroup or service body to provide "seed money" for events.
- Check out the event formats at oa.org/document-library/ . Use the filter (by category) drop down menu and pick *Workshops and Fellowship Ideas*.

THE “EVENT BOX”

- Plan to attend events and offer to help with setup, etc. Bring a bin with extra supplies.
- Let the hosting group know they don't have to purchase XX and XX because you'll be bringing these items with you. Give them a list of supplies already in the event box.
- Consider asking your intergroup to purchase a sound system. It's hard to have a successful event if the speakers cannot be heard. Sound systems intended for the spoken word don't need to be expensive. Train a few people to run the sound system and ask them to help with this at events.
- Consider purchasing a device to record speakers. Ask for a volunteer to edit the recordings using a program like Audacity.

ENCOURAGING GROUPS TO HOST EVENTS

- Keep electronic resources on your intergroup website -- checklists, past event flyers, workshop outlines, etc. Let hosting groups know they don't have to “start from scratch.”
- Help the group publicize their event, remind them to bring flyers to intergroup and other events leading up to their workshop.
- Help groups say “yes” to hosting by asking at least six months ahead of the desired date. That way they know they have plenty of time for planning.
- Ask meetings to host events, and then be a “resource person.” Support the group in any way you can and be responsive when asked for input, but allow them to take ownership of their event.



CHOOSING A LOCATION

- Choosing a venue must happen *early* in the event planning—all other details are moot until you have a place to hold the event!
- Make sure the location is easily handicapped accessible. Ask someone with mobility issues to help you create an accessibility checklist.

- Consider food needs—will it be necessary to travel a distance to obtain food? That will slow down return from lunchtime.
- Consider parking availability and public transportation access.

BIG EVENTS!

- Divide tasks between numerous groups or intergroups; identify the major categories of help needed, and ask groups or intergroups to take on an area of need.
- Consider using an event planning company to negotiate hotel contracts to get you the best rate. They are paid by the contracted hotel.
- Don't rent things like easels from hotels -- a one-day rental for these items will often cost more than purchasing the item outright.
- Do some research online before negotiating hotel contracts. Google the phrase "how to negotiate an event contract with a hotel." Many items that are standard in hotel contracts are routinely negotiated out, but you have to know to ask. Ask for extra concessions, such as event planner points, which you can use toward another event.
- For reoccurring events, develop an RFP (Request for Proposal) form outlining your requirements, and get proposals from a number of hotels. Create a manual to help others who will host this event in the future.
- Ask for a late checkout for your event planning staff—they're the ones who will still be at the hotel at 2 pm on Sunday afternoon! ☺
- Get lots of helpers for your OA event -- this not only lets people feel useful, it will keep you from doing everything yourself. Ask for help EARLY in the event planning process. **If someone offers to help, say YES! :)**
- Expect that the team putting on the event may become stressed and feel overwhelmed -- everyone wants very much to do a great job, but most of us are not professional event planners. Check in with your team to see who needs help, say thank you often, and let them know that things don't have to be "perfect" for the event to be helpful to OA recovery. Consider holding a meditation meeting before the event to help everyone get centered.
- Utilize the tool of Action Plan, and use it to set clear actions and completion dates.
- Seek out someone who has chaired a similar event and ask them to share their experience, strength and hope.
- Nothing is more important than your abstinence. If it doesn't support your recovery and abstinence, turn it over and let others do the service.
- Hold regular planning meetings, with an agenda and notes for each meeting. That way people can review what was accomplished and what is yet to be done. Ask people to volunteer for each item on the to-do list, then gently ask them to report their progress. That way leadership is shared and more people can own the process.
- Consider telling people they don't have to attend committee meetings once they have their assignment and are working on it. This helps people not feel over-committed.
- Don't forget to attend the event yourself! Especially for conventions, it's easy to get so involved in managing the event and forget to attend any of the workshop sessions. Ask team members which workshops are most important to them, and arrange coverage so that everyone gets to participate in the recovery portions of the event.



TIPS FOR A FUN EVENT

- Ask for volunteers to be “greeters,” to give a warm welcome to participants as they arrive.
- Adults learn by doing, not by listening. How can you engage people? Small groups? Writing? Shy people or newcomers may share at their table, but not in a larger setting.
- Offer a variety of activities that will be helpful for different styles.
- Set an interactive tone with “pop-up” sharing—ask a question and ask people to just call out their one word or short phrase answers. This can get people engaged quickly and is easier for many people than coming up to the microphone.
- Involve people by asking them to do a reading.
- Consider a short, humorous skit at the start of your event.
- If you want people to mingle, give every person a number when they arrive, with their table assignment. This will help people get to know their OA fellows from other areas.
- Include newcomers in planning an event, but keep their contribution limited to one area, so they are not overwhelmed.
- Don’t expect everything to be perfect!



“The principle of *service*, which underlies OA’s Twelfth step, can now guide our actions both inside and outside the program. Here, we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength.” *OA 12&12, Second Edition, page 86.*

Intergroup Renewal: What is It?

The following information is an excerpt from the Region One Intergroup Renewal Handbook, available online at: oaregion1.org/intergroup-renewal.html.

Simply put, Intergroup Renewal (IGR) is the process of turning Intergroups into training organizations to supplement sponsors—providers of opportunity for strengthening personal recovery. **In essence, Intergroup Renewal moves Intergroups toward being primarily focused on Tradition 5 work.**

Tradition 5: “Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.”

This refocus on helping members with their recovery has a “ripple-effect” throughout OA as a whole. Here’s why:

Increased personal recovery

= more sponsors, more service

= more newcomers attracted and retained

= OA growth

= carrying the message to more suffering compulsive eaters

The value of intergroup is measured by its usefulness to members and meetings. Usefulness is our main product.

Intergroup Renewal Model

Basic requirement for getting started: A dedicated **leader or core of leaders** living in recovery; people who walk the walk and talk the talk and attract through their physical, emotional and spiritual recovery.

1. Intergroup **inventory**.
2. Membership **survey**.
3. Create the “cause” based on results of inventory and membership survey.
4. **Recruit**. Go out and talk to other members in physical, emotional and spiritual recovery to get them to buy into the cause; one-on-one conversations with people in recovery from as many different meetings as possible.
5. Kickoff meetings to talk about what to do about the cause. As many members as possible.
Everyone has a voice. Common cause.
6. Establish a clear **vision** (based on inventory and survey and other information).
7. Establish a clear set of **goals/priorities** (to work toward vision).
8. Set a clear set of **activities** to accomplish the goals.
9. Set **responsibilities/commitments/accountability** – with a budget for each.
10. Through this process a “team” has been created. Individuals have “ownership” because they have been involved. Individuals have a high stake in carrying out their commitments as well as the team meeting its overall objectives.
11. **Distribute information** (newsletter/email) to ALL members and meetings explaining group conscience determined vision, goals and activities planned, appealing for everyone’s involvement. One possible theme: Freedom isn't free.
12. Set a clear beginning and clear ending of the plan, for example the calendar year.
 - **Review progress** at each intergroup meeting/articles in newsletter/other channels.
 - Celebrate achievements -- have fun!

Intergroup Renewal: Refocus Example

Vision: High Value Intergroup that:

1. Serves Membership and Attracts
2. Strengthens OA as a Whole

Strategic Plan: Priorities:

1. First Priority: Create training/educational activities/opportunities to help members recover or strengthen their recovery. Supplements sponsorship. Helps close sponsor gap. From more personal recovery comes more sponsors, more attraction, more retention, stronger Intergroup and OA.
2. Second priority (but required): ongoing Intergroup administrative tasks, e.g., meeting lists, hotlines/answering service, PI/PO, representatives to Region & WSBC, Unity Day, IDEA Day, etc.
3. Third priority: Proactively train/teach/assist meetings on administrative matters, e.g., formats, organization (job descriptions), group conscience, job descriptions, treasury, inventories, etc. This would facilitate and increase member service at the meeting level, strengthen meetings, and facilitate ease of movement from group service to Intergroup service.

Goals:

1. Help members strengthen their personal recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Inspire people to give more service
7. Increase outreach and public information activities

Action Plans to Achieve Goals:

1. Working and living the steps workshops
2. Create local literature booklet: "How I Got Abstinent and Stayed Abstinent"
3. Marathons events – IDEA Day and Unity Day
4. Quick Step Study groups
5. Retreat on sponsorship training
6. Monthly one-hour sponsor training meeting

Intergroup Renewal: Good Leaders in OA

- Create an atmosphere for honest communication. We need to be able to courteously tell each other what we are thinking about the issue at hand -WITHOUT FEAR. This is a value system set by the leader. The leader's patience, tolerance, kindness and love sets the tone. Without this, people are always worried about looking stupid or being criticized.
- Motivate by creating a compelling vision.
- Facilitate, but don't micro-manage, within the framework of the Intergroup's vision and goals and OA's Steps and Traditions. All activity should in some way be related to the vision and goals.
- Allow for mistakes, and are available to help an individual or committee overcome obstacles when they need help. Be an ex-officio member of every project team, but a member of no project teams!
- Take no credit. It's always the group. "I help organize and energize, but other people do all the work, not me!"
- Always wear their recruiting hat, on the lookout for recovery and skills that could be useful to Intergroup.
- Help people volunteer to do things they love. They will give their time to do things they love, or which they feel could be really useful to OA or to members.
- Treat intergroup meetings as an event, focused on helping groups and members, where there is a high return-on-investment for attendees.
- Are PASSIONATE! Enthusiasm breeds enthusiasm. Leaders cultivate gratitude in themselves and others that is just waiting to be paid forward! OA leadership is about waking up and organizing the gratitude in grateful people.

*OA leadership is about waking up and organizing the
gratitude in grateful people.*

Public Information/Professional Outreach - Application for Funding

See Region One Policies & Procedures, Section 5.5 (printed on the back of this sheet) for full guidelines.
Email application to board@oaregion1.org or mail to Region One, P.O. Box 23235, Tigard, OR 97281.

Intergroup(s):

Contact Person (name, phone, email):

1. Complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices:

2. Target audience and projected number of people to be reached:

3. Project timeline, including starting and proposed ending date:

4. Proposed method of measuring results:

5. Will any project materials be useful to other Region One intergroups?

6. Total cost of project: \$
Less Intergroup/other funds available: \$
Amount requested from Region One: \$

Intergroup Chair Signature: _____ Date: _____

Electronic application available at oaregion1.org/documents.html

5.5 PUBLIC INFORMATION/PROFESSIONAL OUTREACH GRANTS

- 5.5.1 The Region One budget shall include a line item for Public Information grants, the amount to be voted on at each year's Assembly.
- 5.5.2 A single Intergroup, or coalition of Intergroups (service bodies), may make application for grant funds by submitting a request for such funds through the Public Information/Professional Outreach Committee.
- 5.5.3 Proposals shall be in accordance with the Twelve Steps and Twelve Traditions of Overeaters Anonymous.
- 5.5.4 Written proposals shall be submitted to the Public Information/Professional Outreach Committee and must include the following:
 - 5.5.4.1 The identity of the proposing service bodies, including the signature of the Chair(s) and contact information for the person responsible for the project.
 - 5.5.4.2 A complete description of the proposed project, including how the proposal was developed, any research done on locations, demographics, and prices.
 - 5.5.4.3 The target audience and projected number of people to be reached.
 - 5.5.4.4 The projected total cost of the project, including direct and indirect costs, the amount the service body intends to cover or receive from other sources, and the amount of the grant requested.
 - 5.5.4.5 A projected timeline, including the starting and proposed ending date of the project.
 - 5.5.4.6 A proposed method of measuring results.
 - 5.5.4.7 Whether any of the project materials may be useful for other Region One service bodies.
- 5.5.5 When written proposals are approved by the Public Information/ Professional Outreach Committee, they will be forwarded to the Treasurer.
 - 5.5.5.1 Requests of under \$200 which fall within the line item budget for Public Information/ Professional Outreach grants may be approved by the Treasurer.
 - 5.5.5.2 Requests of over \$200, or if the request would exceed the budgeted amount for Public Information grants, shall be forwarded to the Board for approval, and, if necessary, a budget override.
 - 5.5.5.3 Receipts for all monies spent shall be forwarded to the Treasurer in accordance with Region One policies.
- 5.5.6 The project's Chair will keep the Public Information/Professional Outreach Chair advised of the progress and status of the project. The Public Information/ Professional Outreach Chair will include this information in their quarterly reports to the Board. Within 30 days of the close of the project, a final report shall be submitted to the Public Information/Professional Outreach Chair and the Board, and all remaining funds will be returned to the Region One treasury.

Public Information/Professional Outreach - Conference Call Notes

Members were asked to share their experience, strength and hope on the following questions:

1. What is one action you have taken to carry the message that has worked for you, and that you felt good about doing?
2. What opportunities do you see in your area for carrying the message?
3. Can you share your "thirty-second elevator pitch" about OA?



Here is a summary of the information shared:

1. The leader introduced Public Information and Professional Outreach resources. There are many on OA.org. She suggested using a search engine to find them more easily. She will post the list of PI resources on Region One Yahoo groups. There is a Professional Outreach Manual available from the OA bookstore.
2. One area has a local spirituality newspaper. They run community groups ads monthly for free. OA is included.
3. One member looks for opportunities everywhere she goes and she is ready with the "OA WORKS" business card to which she has added local info and OA.org.
4. One person's elevator speech (timed to coincide with how long it takes the elevator to reach the floor of the person who just asked you "what is OA?"): *"I had a lifelong problem with food but I have found a solution and recovery in OA."*
5. Another member in Canada connected with the local Eating Disorders Resource Group. OA was offered as an option for therapists to offer to their patients who struggle with food related issues.
6. Step Studies for members, but especially newcomers to focus on the Steps more directly so they can understand what people are talking about at meetings more readily. This has helped newcomers stick around.
7. Another member has sent letters directly to the five dietitians practicing in their town, introducing OA and offering OA as a resource.
8. Another member noticed that the AA magazine The Grapevine was carried by the local library. They have put in a request to include OA's Lifeline in the periodicals collection.
9. In another location, PI/PO meets with six mental health counselors to offer OA as a resource. Additionally, they presented to the local college's Social Work students about how OA works.
10. The follow-up approach using The First 12 Days in OA flyer is helping retain newcomers. It makes sense to do the work to get people to walk in the door if we help them stay around for their recovery.

11. Another member (and brand new PI/PO chair) is a new mom. She has joined a number of Facebook groups for new moms who share support and info to navigate this brand new role. When a mom shares such comments as "I can't stop eating," this member *private messages* her to offer the help of OA.
12. In another area, the mental health community has been very receptive to outreach from OA members.
13. Good old fashioned but helpful bulletin boards in grocery stores and new ideas like placemat ads are being checked out in another Intergroup.
14. Greater Seattle was recently involved in IG Renewal. They decided to take the IG on the road and visit their more remote meetings, bringing Professional Outreach and PI resources to help these meetings thrive. They have been well received.
15. There are two loops that have been set up by the PIPO conference committee. They are meant to share info among all OA service bodies on what's working in this vital area.

For Public Information (PI): To join, just go to groups.google.com/ and search for 'OA PI' to find the group. Then follow the instructions on screen. If you have any difficulties, you can click on the link to contact the group owner for help. Please note, you do not need to have a Google account in order to join the group.

For Professional Outreach (PO): It is a two-step process. Kindly email: infoandinvites@gmail.com to ask to join. Then, once you are added to the group, you can then post your news and info.

The PO Loop address is: oa-profoutreach@googlegroups.com

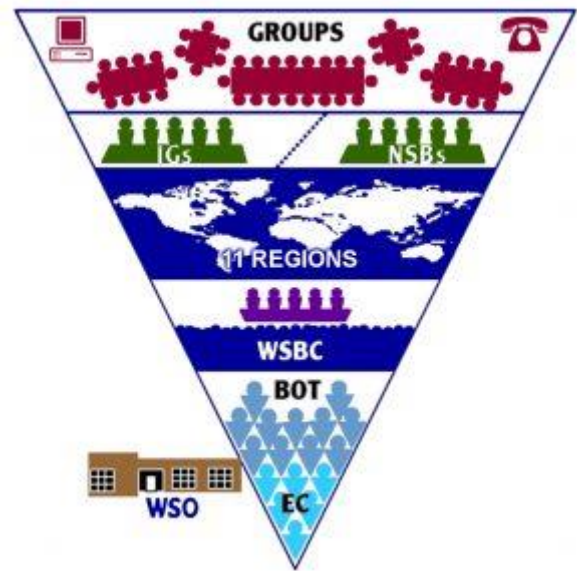
Need more ideas for PIPO?

Email carryingthemessage@oaregion1.org.

Ask your intergroup to discuss PIPO projects to help carry the message in your area!

The Remarkable OA Service Structure and our Primary Purpose

“OA’s “Inverted Pyramid” describes our unique service structure. Unlike a traditional business that has tiers of managers directing those “below” them, OA’s Board of Trustees is accountable to those at the region, intergroup/service board, and group levels. Therefore the “higher” the position a trusted servant holds, the more people to whom the trusted servant is accountable. Our primary goal is to serve those in the Fellowship as we progress in the recovery process.” – OA Handbook for Members, Groups and Service Bodies, p. 65. Note: At the 2018 WSBC, Delegates voted to add a Virtual Region – Region 11 – to OA!



Interesting...but what does that mean for me, my group, intergroup and region?

Look again at that last sentence: “Our primary goal is to serve those in the Fellowship as we progress in the recovery process.” That means that the purpose of every one of those service bodies—and the goal of the OA members in those service positions—is to help those above it on the diagram progress toward recovery!

Wow! That’s a lot of people pulling for me in my recovery!

Yes! Have you heard about OA’s Strategic Plan? It’s completely focused on bringing recovery resources to the entire Fellowship. The Strong Abstinence Checklist, Twelve Stepping a Problem Worksheet, Working the Steps Workshop book, and those *amazing* podcasts on oa.org are all results of a Strategic Plan dedicated toward strengthening OA for all of us.

What can I do to help the Fellowship?

You absolutely *do* help the Fellowship by abstaining and carrying the message of recovery in your meetings, family and community. You play a vital role by being a sponsor, helping others abstain and work the Steps.

Awareness of our Primary Purpose and the inverted pyramid service structure tells us what we can do whether we are participating in our home group’s monthly business meeting or sitting on the Board of Trustees. *Most of the work we do in OA should be focused on providing recovery opportunities and resources to our members—carrying the message.* And, that’s exciting, fulfilling work!

Service Mentoring and Avoiding “Burnout” - Conference Call Notes

Members were asked to share their experience, strength and hope on the following questions:

1. What got me involved in OA service, and what is the most fun I've ever had in service?
2. How can those in service positions maintain balance and enjoy the service they are giving?
3. How can I assist those giving service in my meeting, intergroup, region and OA as a whole?



Here is a summary of their shares:

1. When I came into OA four years ago, I saw an example in others who were doing service. They seemed to have strong programs, and that made service very appealing to me.
2. I was asked to do something, and it was hard to say no. That got me in the door and started with service.
3. What got me involved? My first service at intergroup was Event Coordinator, which I took because I wanted events. At first I said no because the job description was very intimidating, but the intergroup chair invited me to “write my own description” and email it to her. I did, and she accepted what I offered. That was my first intergroup position, and from there it seemed I learned more all the time and service took on a life of its own. I really enjoyed the job of event coordinator because I like things that are concrete -- I put in time helping a workshop happen, and then got to see it help people. That felt good to me! The most fun I've ever had in service? I could name a lot of things, but helping create a funny, space-themed skit for our 2013 Convention was a total blast!
4. Balance has been important in my service. Sometimes I will say no. Some of us have always heard that when you're asked to do something, you should say yes, but sometimes I will say no. Service does play an important role in my recovery, but I need to honestly look at how my recovery is going, and part of that recovery is having balance. There is a lot of joy in service, but not if I am consistently feeling overwhelmed. What energizes me about service is getting to play any part in assisting others in becoming happy, joyous and free. And to see the light bulb turn on when people are beginning to recover and their lives are being transformed.
5. A phrase I've heard is “stick with the winners.” I really like to be around people who have what I want, and often I find that those people are involved in service. Service is a good way for me to connect one-on-one with people while doing service tasks. This is helpful. Co-chairing Convention is the most fun I've had in service – getting to know people in service has been really important to me.
6. For years, I was a person who said yes to everything, and I had to learn to say no sometimes. But, I've learned a better way to avoid burnout, and that is by taking service positions for a specific length of time. Too many of us, especially at the meeting level, will go on being secretary, treasurer, or intergroup rep year after year. We step down when someone comes forward to take the job. I've found that by stepping down, people do step up. If I keep doing the job, it can take a long time for someone to step forward.
7. I'm in a small intergroup, where we basically rotate positions among five people. It's difficult to avoid service! It became necessary for me to say no, and for several years we didn't have a full board. One thing I've had to do for myself to maintain balance is to take on no more than one service position at any one time. If you're not doing service at all, YES is the answer, but if you are already doing service, it's important to maintain balance.

8. If someone hadn't *asked* me to do service, I wouldn't have started doing service.
9. I discovered recently that I had replaced my spiritual program with a service program. I felt like I was doing the "program" because I was doing "service." I am challenging myself to not try to find my worth in volunteering for everything so that people will "like" me. I'm learning boundaries, choosing how to spend my time, and checking my motives before taking on new service.
10. Maintaining balance is difficult for me. I have a million great ideas and limited capacity. It's easy for me to get excited about new projects, but better for me to be focused. When I come up with a new, great idea, it might be better for me to see if there is someone else who is interested in taking on that project. I can also struggle with not asking for help. I'm capable of a lot, but that doesn't mean I shouldn't be asking for help. I should be sharing service with others. Service can be broken down into pieces that can be shared with others. That helps me, and it helps another person get involved.
11. Procrastination can make it so I don't enjoy my service. I need to work my program around this, and ask for help. "Slow and steady" helps me maintain balance in service and helps me enjoy what I'm doing.
12. A lot depends on my attitude, in service as well as the rest of life. I'm grateful to OA and want to give back, but I can get busy and crabby sometimes. I can work my program around my involvement in OA service. What attitude am I bringing to my service?
13. I was recently feeling that I was "spread too thin." I had more than one service position, and knew I should give up something. I realized that pieces of one service really fed my soul. I needed to hold on to that service and let go of the other. It felt good to make that decision based on what is best for me.
14. I've held many different service positions over the years. I believe lots of OAers can do positions they aren't sure they can do, and I've spent a lot of time over the years mentoring people so that they can see they can do particular jobs.
15. It's important to know when to let go. Sometimes it's ok to leave a position open. Sometimes we are surprised that people *will* step up and help.
16. I have to remind myself that I alone am not running the show. Sometimes I get a wild notion that if I don't do something, nothing's gonna happen! But my Higher Power is always there, working with me. That means to me that if it's my HP's will that a meeting continue after I've stopped a particular service, then it will continue. If it doesn't, that's my HP's will. It's been helpful for me to let go of the results in OA service.
17. Why I got into OA service? I wanted to know how OA worked, and to be around committed members.
18. Balance? I keep reevaluating my priorities. When I feel burdened or resentful, I think of some way to re-balance my tasks.
19. How to help others in service? I watch for overworked members and support them if they tell me they can't keep up. I ensure members know what is expected of their role, especially in terms of time, and get help for them wherever possible. I encourage members who are fearful of service to try it out in "baby steps."

Thank you, everyone, for your shares on this topic!

Need more ideas on SERVICE? Please email chairr1@gmail.com--I would love to hear from you!

Let's Talk about Strong Meetings!

We can be intentional about strengthening our OA meetings. Here are some “conversation starters” for your next group conscience meeting:

1. What is a "strong meeting" for you?
2. If someone told you their meeting was struggling, what specific suggestions would you offer to help them strengthen their meeting?
3. What actions might you be willing to take to help a struggling meeting or to strengthen a meeting you attend?



Resources for Building Strong Meetings

The Strong Meeting Checklist - oa.org/app/uploads/2019/12/strongmtgchecklist1.pdf

Ask your meeting to set aside time to review this checklist and create an Action Plan for strengthening the meeting, based on your observations. Review the list again, but this time ask members to think about their personal contribution to the meeting. For example, “Does the meeting start and end on time?” becomes “What can I do to make sure our meeting starts and ends on time?” Revisit the checklist and your Action Plan, looking for progress, in three months.

The OA Handbook for Members, Groups and Service Bodies - bookstore.oa.org/. Get a copy of this invaluable pamphlet, which covers topics such as “What Does a Group Secretary Do?” and “How do Good Groups Get Better?” and “How to Keep Them Coming Back.” (Newcomers, that is!) It may seem at first that some of the ideas are intended for larger meetings, but read the pamphlet with an eye toward what is possible for your group. Think you don’t need a group Secretary? Try it for a while! You might be surprised to find how much having a Secretary strengthens your meeting.

The OA website – oa.org/ is full of amazing resources! Check out the Group Support page at oa.org/group-resources-list/. Bring a new voice into your meeting with an OA podcast from oa.org/podcasts/. Make sure your meeting information is *always* up-to-date so that World Service can send you important information AND so newcomers can find your meeting. If something changes, edit your meeting details at oa.org/add-a-meeting/edit-a-meeting/.

Other Ideas for Making Meetings Stronger

- Help your intergroup put on a workshop about building strong meetings.
- Go to a meeting you’ve heard is strong....watch for things you could bring back to your meeting.
- Go to one more meeting than you “need” to per week, just to share HOPE and carry the message.
- Be part of your meeting’s “core group.” Show up early and attend the business meetings.
- Read the Traditions in the OA 12&12, then answer the italicized questions at the end of each chapter.
- Set aside time each October – the 10th month – to do a 10th Step on the strength of your meeting.
- Focus the meeting on a strong topic by providing each member with a slip of paper on which the Promises, Principles, Serenity Prayer or other short quote is copied. Ask for shares on that topic.
- ...What ideas do you have for strengthening your meeting?

Strong Meetings - Conference Call Notes

Members were asked to share their experience, strength and hope on the following questions:

1. What is a "strong meeting" for you?
2. If someone told you that their meeting was not doing well, what specific suggestions would you offer to help them strengthen their meeting?
3. What actions might you be willing to take to help a struggling meeting or to strengthen a meeting you attend?



Here is a summary of their shares:

1. Meetings I consider strong are fully self-supporting. There is rotation of leadership, long-term abstinence and lots of sponsors. If your meeting is not doing well, I'd say get connected – if you're not connected to intergroup, get connected. If you're not connected to region, get connected. An action I could take to help a meeting is to go and share my experience of service, because I know how important it is to me in having a strong program. And the strong meetings I attend are the ones where lots of people are involved in service. There are lots of different ways to do service, but I think what's especially important is sponsorship and service above the meeting level.
2. A strong meeting for me always has to do with people willing to be honest with themselves, and to tell the truth about what's going on. It's been my experience that the more someone is speaking up to say what's going on, where they are, which requires a lot of humility and willingness – on a spiritual level it seems to go out in some waves and other people end up calling them. I was involved with a meeting that was always just two or three people for several years. We were always teetering on the edge. We talked about wanting to do public information, reaching out to doctors and others that might encourage people to come to the meeting, but I believe it's always a spiritual thing, a God thing. There's a reason why some meetings don't make it. But one of the issues is having people who are willing to commit. In our meeting, for years there were just three of us. We came no matter what. We hung in there. One thing that strengthened us was that we got on a text string. We were always communicating with each other – "who's going to be there today?" or "I'm running late." We texted each other with what was going on during the week. The more we kept this up, and the more we kept being willing to show up – the waves went out there. Our meeting now has six to eight people on a regular basis. You keep doing what you can. You need people with good abstinence, too, and strong sponsorship.
3. My home meeting is rural, with a growing elderly population and people have moved away. The meeting is dwindling. One of the things I started just today was to have it be a call-in meeting through freeconferencecall.com as well as a face to face meeting. I'm hoping that will strengthen our meeting.
4. At our meeting, what is helping us is that everyone participates. At each meeting everyone reads, everyone shares. We have ongoing contact with each other, we work our programs together. I think if anyone needed help they would find people willing to get together so they could open up. We have this strength in our group, the action of listening to each other really helps. Participation is the biggest thing. It's working for our group, we're getting better and better. We've also tried to rotate things that we do – right now on the fifth meeting of the month we have a speaker meeting, not

necessarily someone from outside the meeting. It can be someone from our group. The idea of keeping something going here is really a big privilege for us.

5. We have about a 300-mile wide intergroup. I became Chair in February, and my goal was to get to every meeting. So far I've made it to ten, so there are a few left. I try to bring another OA member along with me on these visits, and now some people from the Mountain meetings are coming down to the Boise meetings that I recommended to them. Their meetings are only two or three people. But I think that that cross-pollination has been really positive. We're having a workshop next week, and I'm going to encourage our meetings if they're going on vacation, or making a day trip, go to one of our other meetings. It has been such fun to get to and encourage the smaller meetings. Now they feel they have a face and a name from intergroup. People are driving two to four hours now to get to a different meeting. So we're getting fresh faces, fresh stories.
6. For meetings not doing well, I'd suggest that you host a Skype speaker meeting. It will connect you with the rest of the region and you'll get an opportunity to see what it is that you have to offer. I know that the meeting that recently hosted the Region Skype meeting is benefiting from that experience.
7. If your meeting is a "hybrid" (face-to-face with call-in option) meeting, you can go to the OA website and edit your meeting details at oa.org/add-a-meeting/edit-a-meeting. Add the call-in number and access code into the meeting notes. This would make it visible to everyone. You could also ask Region One to put this information on our website, and you can post a notice on the Region One Yahoo Group. Use the "Tupperware Bowl" method to help hear people who have called in on a cell phone – put the phone in a bowl and it will amplify the sound. You can also have sharing around the circle, in order, passing the phone so that the person on the phone can hear all the shares. Put the caller on speaker phone so the meeting can hear them share.
8. We have a secretary who has lent some structure to our meetings, and for some reason, this has really helped. We now have a sign-up calendar for leading the meeting, so the leader has (hopefully) given a bit of thought and preparation to their share. The leader shares for five minutes, and the format asks that they share specifically on how they use the steps, traditions and tools to abstain from compulsive eating. Sponsors are identified. The format asks those willing to stay five minutes after the meeting to help someone work out a plan for abstinence for the day.
9. I read an article in Lifeline that suggested actually assigning a person to follow up with newcomers. We realized that none of our meetings were doing that – we had no plan for follow-up. We gave them our phone numbers, but we know that ninety percent of the time they didn't call. At one of my meetings, we now have a person assigned to call that newcomer during the week. When we all had the responsibility, no one called. We were missing the opportunity to encourage them.
10. One thing that I find myself saying sometimes when I don't think a meeting is very strong, is "Geez, I don't hear anyone sharing about xxx. Then one day I realized that I was saying that, but that I wasn't making those kinds of shares, either. If I thought that people should start sharing more about recovery or how they worked through specific problems, instead of being critical of others, that I should be sharing that kind of thing, and that other people would probably follow. Maybe I should do the thing I'm being critical of others for not doing. And, about newcomers, sometimes I've called newcomers in their first week, they don't have a question. I just offer to share my experience if they do have any questions. People have been very receptive.

11. We go over the Strong Meeting Checklist in my meeting every six months.
12. My home meeting got stronger when we started doing a Big Book study the 2nd and 4th Tuesday during the meeting time. When we finished the study, we started over, listening to tapes of Joe and Charlie's Big Book study every 2nd and 4th Tuesday leaving half an hour of the meeting for group sharing. (This share was received via email).
13. Here is another suggestion I have especially for small meetings, in small towns. I suggest using a rotating format – do a step study one meeting per month; a Tradition study one meeting per month, a podcast speaker meeting once a month, and a literature meeting - check out the pamphlets or Lifeline magazine to read and share about. If there is a 5th meeting of the month have it be leaders choice or something else. I attended a very strong 3 person meeting for years with a podcast speaker at every meeting – all 3 of the people had more than 10 years in program but just couldn't seem to grow. Then due to some unforeseen circumstances we changed the location and all of a sudden this meeting has grown to having 7 – 10 people on a regular basis. Those of us who used to come, still come and sometimes we sit back and marvel at the growth.

Want more ideas on strong meetings?

Ask your meeting to set aside time to discuss these questions or the Strong Meeting Checklist.

Posing these questions can raise awareness and be a 10th Step for a meeting.

Strong Recovery and Member Retention Checklist

Developed by the 2019 Strong Recovery Project Team of Region One OA.

Links updated August 2020

- ___ Ask a newcomer if it would be alright to call them.
- ___ Make 3 outreach calls to struggling members or a newcomer.
- ___ Ask a newcomer or struggling member to coffee.
- ___ Apply to be a Virtual Sponsor. form.jotform.com/92486823939171
- ___ Start a speaker meeting to help encourage newcomers.
- ___ Speak or share your story at a meeting.
- ___ Thank 3 people for their hard work at helping “carry the message of strong recovery”
- ___ Do the From Slip or Relapse to Recovery Worksheets with someone.
oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf
- ___ Encourage someone to do service.
- ___ Share your experience, strength and hope with a newcomer.
- ___ Help on a retreat or workshop committee.
- ___ Hold a 12 Step Workshop with a small group or sponsee.
bookstore.oa.org/pc_product_detail.asp?key=D7B6AEEA18764C6F9C7CF1CDDAF80866
- ___ Do the 12 Day Temporary Sponsorship with a newcomer. oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/
- ___ Read Carrying the Message - Do's and Don'ts Guidelines. oa.org/carrying-the-message/
- ___ Do the Strong Abstinence Checklist and Writing Exercise with struggling member or newcomer.
oa.org/app/uploads/2019/12/strongabstinencechecklist.pdf
- ___ Go through the Slipping and Sliding 30 Days with a sponsee or someone struggling.
oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf
- ___ Call a newcomer, an old-timer or someone you haven't seen at meetings.
- ___ Share the Simplicity Project with someone. oa.org/app/uploads/2020/01/tsw_simplicity.pdf

Virtual Sponsorship

Do you need a sponsor?

Are you an available sponsor willing to help someone via phone, email, Zoom, or FaceTime?

To help members unable to find a local sponsor, Region One offers “Virtual Sponsorship.”



How does it work? Submit an application as a sponsor or sponsee. We will try to find a “match” and share contact info so you can talk and decide if you’d like to work together.

For more information or to fill out an application, visit:

oaregion1.org/sponsorship.html

Or email VirtualSponsorship@oaregion1.org

Together We Can!

Section 15:

Local Resources: Ideas that Work

Resources from Retreats, Conventions and Workshops

For more resources visit:

oa.org

(search for “ideas that work”)

and

oa.org/document-library

This page intentionally left blank.

12 Steps to Abstinence

1. I admit I am powerless over abstinence. If I am powerless, where am I going to find the power that seems to elude me? How has being powerless over abstinence made my life unmanageable in the past? Does admitting powerless sound negative to me? (If so, read OA 12&12 page 6,7)
2. Do I believe there is a power greater than I am that could restore me to sanity? How have my attempts at abstinence been insane?
3. How do I understand God? Is this a power I would feel comfortable turning the care of my life over to? If not, what would I like my HP to be for me? Can I act as if it were just that way?
4. How has my eating affected my life:
 - Physically:
 - Mentally/Emotionally:
 - Spiritually:
5. Can I admit to God, myself, and another sometime over the next 48 hours what I have written in Step 4? If not, why not?
6. Can I see how the following were present in my life: selfish (I wanted my way), self-seeking (not getting the results I wanted), dishonesty (denial), fear (worrying about what was, is, will be)?
7. Can I ask God to remove these things from my life? If not, review steps 1-3.
8. Who have I harmed when I haven't been abstinent?
9. Can I make amends to these people? If not, review steps 1-3. I will make non-harmful amends to those I listed in Step 8, discussing as necessary with my sponsor.
10. When I see selfishness, self-seeking, dishonesty, and fear appearing in my life, can I follow the process in AA Big Book pp 84, 85?
11. How can I implement Prayer/Meditation in my daily life in a way that is meaningful to me?
12. How can I practice these principles and carry the message of abstinence to others?

Jan E., Oregon Intergroup

96 “Musts” in the Big Book

1. Convincing testimony must surely come from medical men who have had experience with the sufferings of our members and have witnessed our return to health. (xxiii)
2. "Doctor, I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!" (xxvii)
3. Faced with this problem, if a doctor is honest with himself, he must sometimes feel his own inadequacy. (xxvii)
4. Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians must admit we have made little impression upon the problem as a whole. (xxvii)
5. In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation he (Bill W.) commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others. This has become the basis of a rapidly growing Fellowship of these men and their families. This man and over one hundred others appear to have recovered. (xxiii)
6. In this statement he (Dr. Silkworth) confirms what we who have suffered alcoholic torture must believe that the body of the alcoholic is quite as abnormal as his mind. (xxiv)
7. More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. (xxiv)
8. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves if they are to re-create their lives. (xxvi)
9. I simply had to believe in a Spirit of the Universe, who knew neither time nor limitation. (10)
10. I must turn in all things to the Father of Light who presides over us all. (14)
11. Particularly was it imperative to work with others. (14)
12. Of necessity there will have to be discussion of matters medical, psychiatric, social and religious. (19)
13. Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs. (19)
14. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. (25)
15. There was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. (25)
16. It is only by fully disclosing ourselves and our problems that they will be persuaded to say, "Yes, I am one of them too; I must have this thing." (29)
17. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. (30)
18. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol. (33)
19. But after a while we had to face the fact that we must find a spiritual basis of Life - or else. (44)
20. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. (45)
21. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. (47)
22. Many of us have been so touchy that even casual reference to spiritual things made us bristle with antagonism. This sort of thinking had to be abandoned. (48)
23. We had to ask ourselves why we shouldn't apply to our human problems this same readiness to change our point of view. (52)
24. When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did. (52)

25. When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we **had to fearlessly face** the proposition that either God is everything or else He is nothing. God either is, or He isn't. (53)
26. Sometimes **we had to** search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us. (55)
27. **The first requirement** is that we be convinced that any life run on self-will can hardly be a success. (60)
28. Above everything, we alcoholics **must be** rid of this selfishness. **We must**, or it kills us! (62)
29. We **had to** have God's help. (62)
30. First of all, we **had to** quit playing God. (62)
31. Our liquor was but a symptom. We **had to** get down to causes and conditions. (64)
32. If we were to live, we **had to be** free of anger. (66)
33. We saw that these resentments **must** be mastered. (66)
34. Whatever our ideal turns out to be, **we must** be willing to grow toward it. **We must** be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. (69)
35. **We must** be entirely honest with somebody if we expect to live long or happily in this world. (73)
36. Those of us belonging to a religious denomination which requires confession **must**, and of course, will want to go to the properly appointed authority whose duty it is to receive it. (74)
37. The rule is **we must** be hard on ourself, but always considerate of others. (74)
38. It is important that he be able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan. But **we must** not use this as a mere excuse to postpone. (75)
39. We have emphasized willingness as **being indispensable**. (76)
40. **Under no condition** do we criticize such a person or argue. (77)
41. **We must** lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them. (78)
42. We may lose our position or reputation or face jail, but we are willing. We **have to be**. **We must** not shrink at anything. (79)
43. Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated **we must** not shrink. (80)
44. Sometimes we hear an alcoholic say that the only thing he needs to do is to keep sober. Certainly **he must** keep sober, for there will be no home if he doesn't. But he is yet a long way from making good to the wife or parents whom for years he has so shockingly treated. (82)
45. Yes, there is a long period of reconstruction ahead. **We must** take the lead. (83)
46. The spiritual life is not a theory. *We **have to** live it.* (83)
47. **We must** remember that ten or twenty years of drunkenness would make a skeptic out of anyone. (83)
48. Every day is a day when **we must** carry the vision of God's will into all of our activities. (85)
49. "How can I best serve Thee -Thy will (not mine) be done." These are thoughts which **must** go with us constantly. (85)
50. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But **we must** go further and that means more action. (85)
51. But **we must** be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. (86)

52. To watch people recover, to see them help others, to watch loneliness vanish, to see a Fellowship grow up about you, to have a host of friends-this is an experience you must not miss. (89)
53. The family must decide these things. (90)
54. To be vital, faith must be accompanied by self-sacrifice and unselfish, constructive action. (93)
55. Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. (95)
56. If he is sincerely interested and wants to see you again, ask him to read this book in the interval. After doing that, he must decide for himself whether he wants to go on. (95)
57. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire must come from within. (95)
58. Never avoid these responsibilities but be sure you are doing the right thing if you assume them. (97)
59. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be. (97)
60. Argument and fault-finding are to be avoided like the plague. In many homes this is a difficult thing to do, but it must be done if any results are to be expected. (98)
61. But we must try to repair the damage immediately lest we pay the penalty by a spree. (99)
62. If their old relationship is to be resumed it must be on a better basis, since the former did not work. (99)
63. Both you and the new man must walk day by day in the path of spiritual progress. (100)
64. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so. (101)
65. But some of us think we should not serve liquor to anyone. We never argue this question. (102)
66. We are careful never to show intolerance or hatred of drinking as an institution. (103)
67. Besides, we have stopped fighting anybody or anything. We have to! (103)
68. Wait until repeated stumbling convinces him he must act, for the more you hurry him the longer his recovery may be delayed. (113)
69. But sometimes you must start life anew. (114)
70. While you need not discuss your husband at length, you can quietly let your friends know the nature of his illness. But you must be on guard not to embarrass or harm your husband. (115)
71. You will no longer be self-conscious or feel that you must apologize as though your husband were a weak character. (115)
72. These family dissensions are very dangerous, especially to your husband. Often you must carry the burden of avoiding them or keeping them under control. (117)
73. Never forget that resentment is a deadly hazard to an alcoholic. (117)
74. Your husband knows he owes you more than sobriety. He wants to make good. Yet you must not expect too much. (118)
75. Though it is infinitely better that he have no relapse at all, as has been true with many of our men, it is by no means a bad thing in some cases. Your husband will see at once that he must redouble his spiritual activities if he expects to survive. (120)
76. We never, never try to arrange a man's life so as to shield him from temptation; The slightest disposition on your part to guide his appointments or his affairs so he will not be tempted will be noticed. (120)
77. The family must realize that dad, though marvelously improved, is still convalescing. They should be thankful he is sober and able to be of this world oncemore. (127)
78. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could

not place money first. For us, material well-being always followed spiritual progress; it never preceded. (127)

79. We know there are difficult wives and families, but the man who is getting over alcoholism **must** remember he did much to make them so. (127)
80. We have come to believe He would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on earth. That is where our fellow travelers are, and that is where our work **must be** done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness. (130)
81. Whether the family goes on a spiritual basis or not, the alcoholic member **has to** if he would recover. **The others must** be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker. (135)
82. State that you know about his drinking, and that **it must stop**. You might say you appreciate his abilities, would like to keep him, but cannot if he continues to drink. (141)
83. For most alcoholics who are drinking, or who are just getting over a spree, a certain amount of physical treatment is desirable, even **imperative**. (142)
84. Though you are providing him with the best possible medical attention, he should understand that **he must** undergo a change of heart. To get over drinking will require a transformation of thought and attitude. We all had to place recovery above everything, for without recovery we would have lost both home and business. (143)
85. While on the subject of confidence, can you adopt the attitude that so far as you are concerned this will be a strictly personal matter, that his alcoholic derelictions, the treatment about to be undertaken, will **never** be discussed without his consent? (143)
86. When the man is presented with this volume it is best that no one tell him **he must** abide by its suggestions. **The man must** decide for himself. (144)
87. An alcoholic who has recovered, but holds a relatively unimportant job, can talk to a man with a better position. Being on a radically different basis of life, he will **never** take advantage of the situation. (146)
88. For he knows **he must** be honest if he would live at all. (146)
89. The old pleasures were gone. They were but memories. **Never** could we recapture the great moments of the past. (151)
90. I know **I must** get along without liquor, but how can I? Have you a sufficient substitute?" Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. (152)
91. They will approach still other sick ones and fellowships of Alcoholics Anonymous may spring up in each city and hamlet, havens for those who **must find** a way out. (153)
92. But what about his responsibilities-his family and the men who would die because they would not know how to get well, ah-yes, those other alcoholics? There **must be** many such in this town. He would phone a clergyman. His sanity returned and he thanked God. (154)
93. He saw that he would **have to** face his problems squarely that God might give him mastery. (155)
94. Both saw that **they must** keep spiritually active. (156)
95. Though they knew **they must** help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others. (159)
96. God will determine that, so **you must** remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave. (164)

Addiction vs Spirituality

ADDICTIVE CHARACTERISTICS	SPIRITUAL CHARACTERISTICS
Addicted to relief-seeking – Life is Unmanageable	Satisfied with “enough.” Seeks Balance-Physical health
Self-Absorbed / Reactive / Hyper-Sensitive	Life is a journey that comes with ups & downs
Little defense against physical temptation	Able to rise above physical urges and desires
Driven by Self-Will and High-Emotion	Closeness to and reliance upon a Higher Power
Scattered / Confused / Without direction	Singleness of Purpose / Sticks with “the plan”
Rationalization – Denial – Lies to self (and others)	Practices honest, accurate self-assessment
Tends to see the “cost” rather than “the value”	Sees the benefit, silver lining, opportunity in adversity
Can’t sit still – fidgety – hard to endure feelings	Seeks answers in stillness, Meditation & Prayer
Narrow-Minded / Defects new ideas	Open-Minded, willing to embrace new ideas
Black & white thinking / All-or-nothing attitude	Humble – more objectivity – sees nuances in things
Willful – Has to “know why” before trying	Trusts Intuition – that answers will come
Fear-based / Doesn’t adjust well to change	Flexible – Able to “go with the flow”/ Go to “plan B”
Suspicious / Cynical / Jaded	Trust others / will give the benefit of the doubt
Depression / Disillusionment / Shame-based	Seeks happiness – finds reasons to be grateful
Immature / Codependent / Low self-esteem	Comfortable with Self, Circumstances, Adversity
Overvalues Intellect – Doubt – Self-Pity	Has Faith – Optimistic – Has hope for the future
Restless / Irritable / Discontented	Calm – Not easily shaken – values “the challenge”
Selfish – Conditionally gives, manipulates others	Freely gives – Generous – outwardly focused
Judgment / Resentment / Envy / Arrogance	Respects people / boundaries / limits
More likely to withhold affection – be jealous	More open-hearted / Loving / Vulnerable
Lives FOR the moment – satisfy urges & desires	Lives in the moment – Mindful - Present
Lives in cycles of Expectation & Disappointment	Sees things objectively, sets achievable goals
Economic insecurity - miserliness	Money secondary to inner peace - frugality
Comfortable playing “victim” or “aggrieved party”	Empowered by accepting personal responsibility
Knowingly tells lies or shades the truth	Lives with integrity – is Truthful, Consistent, Reliable
Stubborn individuality, uniqueness, separate from	Comfortable being part of a whole, living in conformity

Body Image Amends Worksheet

“Many of us found that our own name belongs somewhere near the top of our eighth-step list... We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been essential to our recovery.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69)

What parts of my body have I disliked or been ashamed of? What are two unkind things I have thought or said to myself about those parts or about my body as a whole? Have I engaged in self-hatred because I haven’t looked the way I wanted to, or the way I felt I needed to?

How would I feel if I heard someone saying such things to a child?

What are three positive ways my body has taken care of me?

What two ways might my Higher Power suggest to me to become more loving and supportive of my body?

What are three things I could begin to do (or stop doing!) that would help my body be loved the way it deserves to be?

(Suggestion only, by Penelope S., September 21, 2013)
OA Region One Convention - 2013

Body Image Recovery and the OA Slogans

ACT AS IF	
<p>How can I act as if I'm in acceptance of my body today?</p> <p>Can I act as if I love my body? Can I act as if I'm grateful for my body?</p>	<p>"...we may visualize ourselves as the people we will be when we no longer have each particular defect. How will we think and act? We may find it helpful to rehearse what we'll say and do when tempted to act in the old self-destructive ways...if we persist in visualizing and practicing better ways of life, they will, with our Higher Power's help, eventually become second nature...we repeatedly affirm to ourselves the truth about ourselves—that we are becoming honest, caring, nurturing, wise, effective human beings as we practice our new behaviors, day by day." (OA 12x12, 64)</p>
EASY DOES IT	
<p>Can I ease up on my shaming self-talk? What do I like about my body today?</p> <p>Would I ever use this language to speak to a child about their body?</p> <p>What one single action can I do today to ease myself into positive body awareness?</p>	<p>"Many of us had moral and philosophical convictions galore, but we could not live up to them even if we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help! This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are his agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom." (Alcoholic Anonymous, 62)</p>
JUST FOR TODAY	
<p>Just for today, I am willing to accept my body as it is.</p> <p>Just for today, I am willing to have the body that God gave me.</p> <p>Just for today, I am willing to make amends to my body.</p>	<p>"For Today: Acceptance also comes in its own time, and I do not berate myself for not having it on demand." (For Today, 6)</p> <p>"For Today: I open myself to God's will by putting out of my mind something I want but don't need and can't get." (For Today, 224)</p> <p>"For Today: There is more to be experienced in surrendering my life to a Higher Power than I can ever imagine." (For Today, 325)</p>

LET GO AND LET GOD	
<p>Do I still believe that my body and my view of it are mine to control?</p> <p>Am I willing to give my body entirely to God as I understand God?</p> <p>What would complete release of body obsession look like? Have I done this before?</p>	<p>“When we look back, we realize that the things which came to us when we put ourselves in God’s hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!” (<i>Alcoholics Anonymous</i>, 100)</p>
PROGRESS NOT PERFECTION	
<p>Where have I been in regards to my body image, and where am I now?</p> <p>Is “perfect” body image even possible for any OA to have?</p> <p>What of my experience, strength and hope could I share with a newcomer who is struggling with body image?</p>	<p>“If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in ourselves and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.</p> <p>Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.” (“9th Step Promises,” <i>Alcoholics Anonymous</i>, 83-84)</p>

Body Image Writing—Part 1: History

Write down your body image history. Start as far back as you can remember. The following are some prompts to help you start writing.

- ✓ the first time you looked at your body in the mirror
- ✓ the first time someone commented about your body (positive or negative)
- ✓ getting a pretty dress/buttoning the top button on your collar
- ✓ playing sports or other activities
- ✓ injuries/ailments (minor or major)
- ✓ bumping into things/tripping/falling
- ✓ developing breasts/getting facial hair
- ✓ wearing deodorant for the first time
- ✓ wearing boxers instead of briefs
- ✓ beginning menstruation/first erection
- ✓ being the shortest or the biggest or widest or tallest
- ✓ sexual experiences
- ✓ embarrassment about your body
- ✓ not fitting into clothing
- ✓ tucking in your shirt
- ✓ physical fitness test/class
- ✓ chronic pain
- ✓ messages from family and friends about body image
- ✓ messages/comments from family and friends about your body
- ✓ Were you ever scared of or angry at your body for anything?
- ✓ Did you ever harm your physical body in any way?
- ✓ What nice things did you do to your body?

Body Image Writing—Part 2: Present

On another sheet of paper, write down what your experience of being in your body is now.

- ✓ How does living in the body you are in now serve you?
- ✓ How do you see yourself?
- ✓ What things do you like about your body? What things do you not like about your body?
- ✓ Are you present in your own body?
- ✓ What would you like to see change about your body image?
- ✓ What beliefs or ideas do you hold about body image? What beliefs do you hold about your own body?
- ✓ Do you have a hard time speaking up when it comes to your body? (e.g. asking for what you want or need at the hair dresser or physical therapy or massage therapy, how someone touches you?)
- ✓ What are some nice things that you do to your body? What are some not nice things that you do to your body?
- ✓ What fears do you have about your body?
- ✓ Are there things you don't like about your body that you can change? What is stopping you from changing?

Character Defects and Contrasting Assets

Contrasting Positive Attributes for Reflection and Complementary Ways to See Ourselves

Anger: contentment, calm / calmness, amiability, kindness, enjoyment, good will, ease, joy, quiet, patience, delight, peace / peacefulness, pleasure, happiness, gentleness, love.

Arrogance: polite, unpretentiousness, modesty, simplicity, nonresistance, quietness, humility, patient.

Critical: undemanding, honoring, approving, thanking, unconcerned, appreciating, complimentary, praising, easy-going, grateful, courteous, forgiving, fair-spoken, well-wishing.

Cynical: hopeful, positive, trusting, optimistic, cheerful, positive, idealistic, believing, undoubting.

Fear: believe, accepting, confidence, love, enheartened, understanding, faith, intuition, patience, courage / encouragement, optimism, brave, strength of purpose, breath of life, joy, content, trust, calm.

Hard: temperate, peaceful, compassionate, good humored, gentle, mild mannered / sweet tempered / good natured, softly, ease / easily.

Impatient: unhurried, calm, understanding, tolerant, kind, willing, caring, easy / tempered / easy-going.

Irritable: gracious, loving, friendly, patient, complimentary, good humored, big hearted, joyous, pleasant, friendly, tolerant, gentle, amiable, kindly, relaxed, cheerful, easy.

Jealousy: trust, respect, goodwill, compassion, kindness, admiration, contentment, comfort, confidence, unconcern, patience, friendliness, loving, forgiveness, understanding, sympathy

Judgment: connect / communicate, reality, truth, praise, approve.

Moody: amiable, cheerful, warm-hearted / good natured, steady, composed / calm balance, settled, even, up-beat, sunny side up.

Not good enough: honorable, enough, ok, satisfactory, valuable, present, appropriate, worthy / worthwhile, suitable, perfect, acceptable, good, sufficient, adequate.

Perfectionism: self-loving / self-worthy, courageous, realistic expectations, challenge your inner critic, self-care, invest in yourself, practice saying no (if that is what is needed), time off is not time wasted, trust, recharge.

Pouty: cheerful / cheery, kind, pleasant / nice, relaxed, gentle, beaming / happy / joyful / sunny, friendly, easygoing, good-humored, agreeable, gladsome, carefree.

Self-centered: appreciative / appreciating, polite, tactful, attentive, kind, grateful, open-minded, settled, modest, unselfish, humble, caring, giving, considerate.

Self-loathing: loving, liking, fondness, acceptance, understanding, regard, marvel, approval, valuing, respect, enjoy, recognition, admiration.

Self-pity: cheer, kindness, happiness, blessing, joy, miracles, penalty, wonder.

Set myself up for failure (lose a pound a day): gift of the program, contentedness, state of grace, understanding, changes, reflection, blessing, happiness, realization, metamorphoses, making progress, recovering, going forward, joy, loving, way of life, bountifulness, reawakening, abundance, rebirths, growth, process.

Cultivating Compassion for Myself and Others

Start with the realization that most people don't set out to cause hurt, anger or other problems. Use these questions to cultivate compassion for self and others in order to let go of resentment.

Compassion is the opposite of resentment.

I thought

I believed

I was trying to

I was trying to help/contribute by

I didn't know that

I didn't expect that

I felt / I was afraid that

Sometimes I struggle with

I wish I would have

She / he thought

She / he believed

She / he was trying to

She / he was trying to help/contribute by

She / he didn't know that

She / he didn't expect

She / he felt / She was afraid that

She / he may struggle with

She / he may wish she / he would have

Lies the Addict Brain Uses to Keep Us Eating Compulsively

Lie:	“Whenever I feel empty (Physically/Emotionally/Spiritually), food will make things better.”
Fix:	Emptiness is not hunger. We learn to fill an emotional hole with emotional support, a spiritual deficit with a loving source of spiritual energy, and physical hunger with <i>just enough food</i> . We develop healthy defenses to combat a sudden urge or desire.
Lie:	“I’m not hurting anyone else with my eating.”
Fix:	Compulsive eating affects our moods, priorities, our ability to think critically and our ability to show up for life . If we want proof, ask a loved one, confidante at work, or our therapist to tell us honestly what they see and how our eating impacts them.
Lie:	I already broke my abstinence. I might as well go ahead and have an all-out binge.”
Fix:	“Rat on your disease,” ASAP. Pick up the phone. Share what you’ve already done and ask for help to STOP THE CYCLE. Making calls is an act of service for both people.
Lie:	“I know nothing has worked, but I’m not willing to work a more structured program.” “That’s just compulsion in another direction. That’s a diet mentality”
Fix:	Stop looking at portion control, working the tools or being accountable to a sponsor as a setup for failure (That’s perfectionism in action). Living within boundaries can be clear evidence of our willingness to surrender. Take positive actions to avoid setbacks.
Lie:	“My eating is not really “that bad.” I’ll just “take what I need and leave the rest” from OA.”
Fix:	Take an honest inventory of your food behaviors. What is our eating costing us? Build in more transparency and accountability. Do we think that we have to do this alone? Emphasize community over isolation, action over avoidance and/or procrastination.
Lie:	“I have emotional and spiritual recovery. The physical recovery will just come by itself.”
Fix:	Take an <u>honest</u> inventory of what <u>actions</u> we take to safeguard our abstinence each day. Are we fully invested in our physical recovery? Why not? Are we asking for help?
Lie:	“My life is too busy and I just don’t have the time to work a structured OA program.”
Fix:	Redefine priorities. Use an <u>action plan</u> to reduce unmanageability caused by unrealistic expectations. <u>How much time is being wasted</u> or being spent worrying or obsessing?
Lie:	“I’m afraid of what will happen if I put the bite down. My feelings are “too big.”
Fix:	We seek out sensitive, trustworthy people who will believe in and support us, but will also <u>hold us to our commitments</u> and expect us to do the work. The tools and the steps are a proven process that allows us to grow while gradually moving beyond our comfort zone.
Lie:	“I still get too much pleasure from food to give it up. I feel deprived when I’m abstinent.”
Fix:	Reassess the consequence of eating vs. the perceived pleasure. (Physical, mental, spiritual) Our victim mentality and fantasies of good times are keeping us from working a program of action. <u>Having just enough food</u> brings a kind of pleasure that too much food never will.
Lie:	“If you had my life, you’d eat too.”
Fix:	<u>Make small changes TODAY</u> . Cultivate gratitude. Keep track of how often we drift into projection, negativity and worry. Avoid repeating mistakes. Set achievable goals.

Lie:	"I'm too broken; I don't deserve to be abstinent." ("HP doesn't believe in me!")
Fix:	Work with a sponsor on developing balance. Get enough rest. Actively strive for calmness. Avoid emotional triggers, but <i>stay in the game</i> . Get outside help if needed. Emotions can be seductive and addictive, just like the food. Add regular journaling, affirmations and other checks and balances designed to replace impulsive decisions with reasoned, positive actions
Lie:	"I've been coming to OA for a long time. I know what I'm supposed to do. I just have to "tighten things up."
Fix:	Forget what we <u>think</u> we know, or things that might have worked once, but aren't anymore. Is too much ego or a lack of humility preventing us from getting abstinent or making more progress in recovery? What's the root cause of our complacency or denial?
Lie:	"When I'm in relapse, if someone says "How are you doing, I just say "Well, I'm <i>abstinent today</i> " – even though I haven't been abstinent in days/weeks/months."
Fix:	Be willing to admit your current circumstances. Tell the truth. Share honestly and don't "dump" at meetings. It's humbling, but if we have to vent negative emotions, we can do that someplace else. Schedule regular time to write and meditate <u>and stick with them</u> . Our OA friends truly understand, and HP often speaks to us through them.
Lie:	"I'm a grown man/woman. It's silly to have to call someone up and "report" my food. I should be able to take care of this. I'm not a child."
Fix:	No, <u>we're addicts</u> . <u>Powerlessness overwhelms logic or reason every time</u> . Addictive thinking <u>is</u> our problem. We don't have free choice as much as we think we do. Have we fully taken Step One? We NEED other people to help get abstinent. It's OK to be needy in this way.
Lie:	"I can't stay abstinent because my sponsor is too strict/lenient."
Fix:	The tools say "Find a sponsor <i>who has what you want and ask how he/she is achieving it.</i> " Why did we ask our sponsor to help us? A sponsor isn't a boss, parent or Higher Power. A sponsor is a partner. Do we negotiate, or abide by their suggestions? Is our desire to stop eating a true commitment or just a child-like wish? The opposite of powerlessness can be <u>compliance</u> . Are we willing to trust the person with whom we're working?
Lie:	"Being abstinent <u>most of the time</u> is just as good as being abstinent <u>ALL of the time</u> ."
Fix:	Stop underestimating the disease. Every act of compulsive eating is an act of violence we perpetrate against our spirit, mind and body . Abstinence isn't a punishment. Learning to avoid and overcome any obstacle to my abstinence today is an act of self-love.
Lie:	"If I work the steps, I can eat like a normal person."
Fix:	Ours is a mental illness, as well as a spiritual and physical one. What is my track record? Has normal eating been possible? Have I been able to put structure around my eating and continued to eat binge/trigger foods? If I had another illness and needed medicine in order to get well, would I go without treatment in order to appear "normal?" Sixty-five per cent of Americans are overweight/obese. "Normal" is overrated.
Other popular lies:	"It'll be different this time...I'll start tomorrow...I can do this myself...I can't tell my sponsor that I picked up, they'll "fire" me...I won't make phone calls. I hate disturbing other people...I don't need to write down my food. I'll just keep track of it in my head...I'm getting thin, I must be in recovery...I've been "good," I deserve a reward."

Living in the Solution, One Day at a Time—Workshop Outline

1:00 - 1:15pm	Serenity Prayer Welcome & Housekeeping Announcements Reading of Steps Special Readings related to “Living in the Solution, ODAT” (see handout)
1:15 - 2:15pm	Speaker Panel – Sharing on how they “Live in the Solution, One Day at a Time” (4 speakers, 15 minutes each)
2:15 - 2:30pm	Speaker Q&A
2:30 - 2:35pm	Conscious Contact / Guided Meditation
2:35 - 2:55pm	Deepening Gratitude Exercise (see handout)
2:55 - 3:15pm	Living in the Principles of the Steps Exercise (see handout)
3:15 - 3:25pm	Sharing Solutions: Imagine an OA member calls you, asking for help. They are struggling with their program, and need suggestions of how to get back on track. What <u>ONE</u> suggestion would you make? Share it – in one sentence or less!
3:25 - 3:45pm	Sharing on “Living in the Solution, One Day at a Time” or experiences with any of the exercises today.
3:45 - 3:55pm	Standing in circle, each person in turn sharing/responding to the following questions: Is there something I am <u>not currently willing</u> to do in my program? Is there one idea have I heard today that I <u>am willing</u> to add to my program?
4pm	OA Promise: I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Thank you for coming to our workshop, and we hope that you heard some experience, strength and hope to help your recovery! We would greatly appreciate help putting away tables and chairs. Thanks!

Living in the Solution, One Day at a Time—Quotes from Our Literature

For Today, page 47, February 16:

"Prayer should be the key of the day and the lock of the night. - Thomas Fuller

"Instead of directing the show for my benefit and letting self-will run riot, I will stop today and put aside thoughts of what I want and listen to God's word for me. God's will for me is not greedy or envious, dependent or complaining. To be free of the clamor of the world, its vanities and egos, I put myself in God's hands and my path is secure. I need not waste time on worry and fear, but find a new joy in living.

"Prayer is the only means of truly opening my mind and spirit, once clamped shut by pain and self-pity. A once grim and stony path is now lightened by love.

"For Today: I begin and end this day in conscious contact with God as I understand God."

OA 12&12, pp 69, 70 (Step 10):

"If we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing.

Through the first nine Steps of our program, we have made a beginning on an entirely new way of life, one of sane eating and successful living. Step Ten calls for daily repetition of the actions we took in the first nine Steps. As we do so, these actions become patterns for us to follow in the future—patterns that will enable us to thrive, grow spiritually, and be happy without excess food or compulsive food behaviors."

AA Twelve Steps and Twelve Traditions, page 90:

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*."

AA Big Book, Chapter 2 (title):

"THERE IS A SOLUTION"

Living in the Solution, One Day at a Time—Gratitude Exercise

List ten people, things, experiences, concepts, institutions or attributes of yourself you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Choose one item from the above list on which you'd like to deepen your gratitude. WHY are you grateful? Write a paragraph about why it/they make life better for you and/or others.

Suggestion: Deepen your gratitude even further by sharing it with another person.

Living in the Solution, One Day at a Time—Record of Recovery

Keeping a “Record of Recovery”

It is encouraging to notice and celebrate our recovery in OA. A personal “Record of Recovery” can help us see how far we’ve come and provide evidence if we ever find ourselves thinking we haven’t made any progress.

The Spiritual Principles of the Steps

As we work the Steps, we are learning Principles to “practice in all our affairs.” Listed below are the Principles of the Steps. The next section gives a few examples of how those Principles might show up in our lives as we progress in our recovery.

Step 1 – Honesty	Step 7 – Humility
Step 2 – Hope	Step 8 – Self-Discipline
Step 3 – Faith	Step 9 – Love
Step 4 – Courage	Step 10 – Perseverance
Step 5 – Integrity	Step 11 – Spiritual Awareness
Step 6 – Willingness	Step 12 – Service

One member’s “Record of Recovery” (with Principles noted)

- I have a history of advice-giving, but when my son told me about his frustration with his girlfriend, I just gave him my undivided attention and empathy. He didn’t ask for advice, so I didn’t give it. **This is HUMILITY and LOVE.** And, frankly, a MIRACLE for me!
- I really didn’t feel like making the dinner I had planned tonight. I wanted to go out! However, I stuck with the plan, which is better for my abstinence and my budget. **This is SELF-DISCIPLINE.**
- I worked on my 4th Step this afternoon. **This is COURAGE and WILLINGNESS.**
- I was impatient with my husband this afternoon. I stopped and sent up a quick prayer for God to change my thinking. Then I apologized for snapping and admitted that I was the one who had made us late. **This is HONESTY, HUMILITY, LOVE, and SPIRITUAL AWARENESS.**
- Phone calls are hard for me, but today I called a newcomer. I answered her questions and shared some of my story and recovery with her. **I shared HOPE, and also demonstrated COURAGE and SERVICE!**

Start Your Own “Record of Recovery”

List the PRINCIPLE(s) which might apply to a new behavior or attitude you’ve noticed in yourself. (Hint: If you’re sitting here with paper and pen, looking for an example of your recovery, that is already a demonstration of WILLINGNESS!)

Powerlessness & Unmanageability (And You)

Step One requires us to review our destructive relationship with food and identify other areas where our lives have become unmanageable. We write about ways that our physical, emotional and spiritual health have declined as a direct or indirect result of our compulsive eating.

Describe specific behaviors with food, food secrets, binge foods that are selfish or dishonest. Did we lie to get the food we needed? Did we steal time or money from others to feed the disease? What opportunities did we lose by becoming dependent upon food (the joys of dating, athletics or physical endeavors, academic excellence, building healthy friendships, career success, etc.)?

How did it affect our self-esteem, our standing at work, our attitudes towards institutions and authorities, or towards life in general? What about spiritual beliefs, or our belief in G-d?

Have we suffered from chronic negativity, worry, depression, jealousy anxiety, rage or apathy?

How has our destructive relationship with food affected our physical bodies or limited our daily activities? List any health issues that have become chronic or increasingly worrisome.

Other ways that our addictive tendencies have expressed themselves: People with addictive tendencies often manifest them in multiple areas of life that don't actually relate to food. The more we try to control our lives, the more we end up proving how far out of balance they've become. Eventually, we wear down and become depressive and unhappy.

Some addicts may be able to temporarily put down one addiction to "prove a point," but they are quite unlikely to do so without picking up another one to compensate. Identifying these substitute addictions early in our recovery process can be extremely helpful in preventing distractions or impediments to us making a more complete surrender to the fact that we are going to need a lot of help to learn how to live a life without addictive relief-seeking.

Unmanageability Checklist: Here are some common ways addicts "stir up" unmanageability.

Avoidance/Procrastination	Over-exercising
Being controlling or playing the victim	Over-scheduling (spread too thin)
Changing prescription drug dosages (for effect)	Peer/family pressure
Cleaning	Poor sleep hygiene
Compulsive activity/busy-ness	Relationship dependencies/porn/sex
Computer gaming, web-surfing	Smoking/drinking
Debting/overspending/shopping (even without buying)	Speeding/breaking laws or rules
Fiscal irresponsibility	Using caffeine
Media addiction (TV, movies, YouTube)	Workaholism

Step One asks us to admit and accept that we have become powerless and that our lives have become unmanageable. Once we have that level of acceptance, we will find the internal motivation to seek out and begin to rely upon a Higher Power. We don't have to do this alone.

Questions Worth Asking About My Plan of Eating

This literature reflects the experience, strength and hope of local OA members. It is not OA Conference approved.

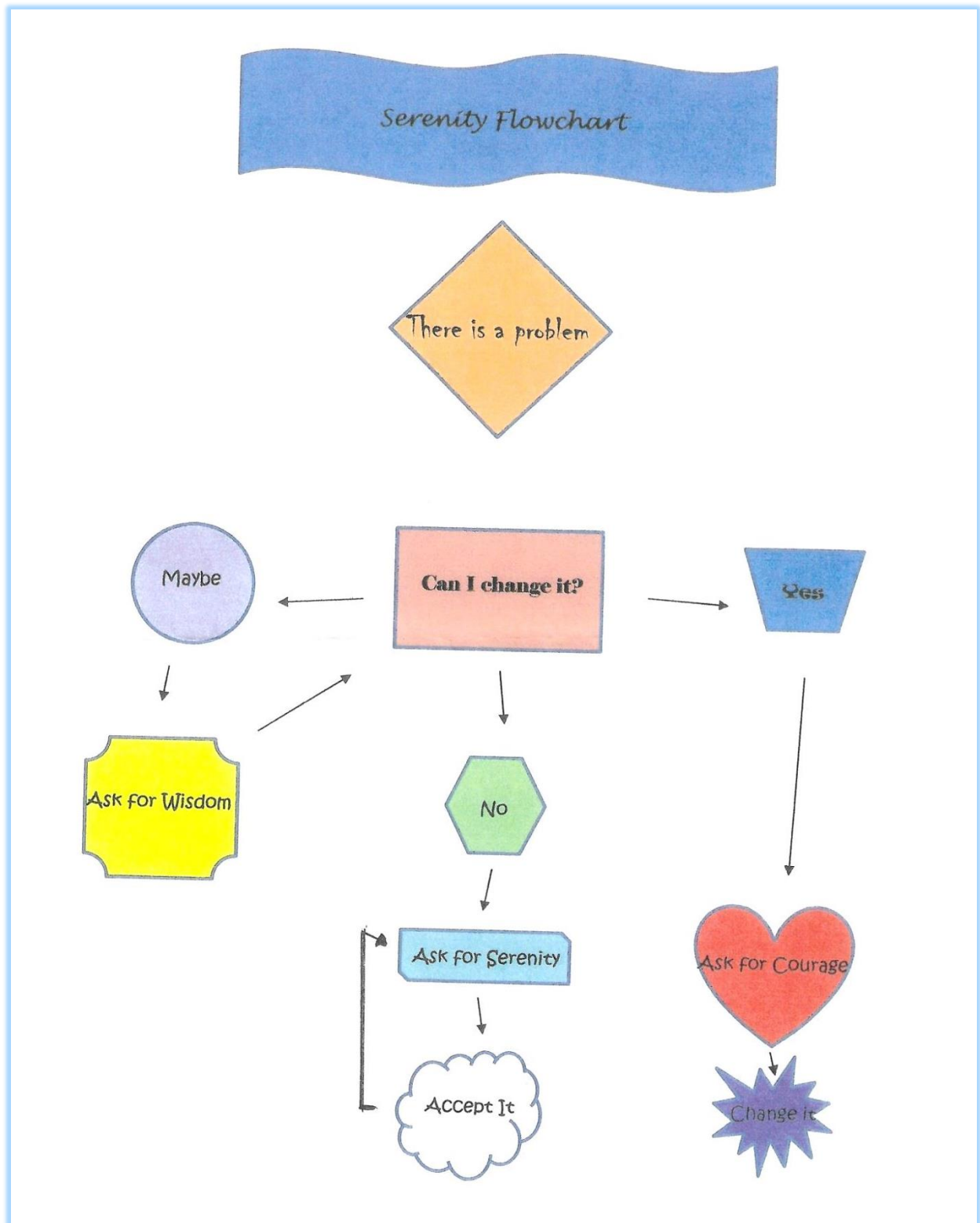
1. Am I willing to ask my Higher Power for help to be abstinent each and every day?
2. Have I done a written inventory of all the ways I eat compulsively, and developed a food plan to address portion-control, eating behaviors, and trigger foods that cause me problems?
3. Do I eat differently at home than the way I eat at restaurants, when I travel or attend events?
4. Does my food plan identify pre-set times to eat my meals, or to wait in between meals?
5. Is my food plan designed to bring me to a realistic, healthy goal weight?
6. If I've used a nutritionist, do they know about OA, and what abstinence is all about? (e.g. completely refraining from binge, trigger or addictive foods?)
7. Have I taken suggestions from my sponsor to help define my food plan, or do I believe it's my job to tell him or her what I "intend" to eat? Have I surrendered, fully taking Step One?
8. Am I willing to write my food down in the morning and commit to sticking with it?
9. Am I accountable to a sponsor, with whom I can share my struggles and my successes?
10. Do I use eating out as a reward, or to "get a hit" in any way?
11. Am I safely moving towards a healthy goal weight? If I'm not, how much would my weight have to change before I'd have to admit to myself that I'm still eating compulsively?
12. Am I adjusting my food plan based upon current individual needs, such as age, physical activity, food sensitivities, or health risk factors like high cholesterol and/or diabetes?
13. If I'm underweight, am I eating enough food? Am I fearfully avoiding low or non-fat foods? Does my food plan address my food-fears and distorted body image?
14. For bulimics: Does my plan of eating involve not only refraining from purging, but also working towards of maintaining a healthy body weight?
15. Is my food plan designed to address existing health issues, or help prevent them? (e.g. sleep hygiene, gastrointestinal issues, headaches, food sensitivities, etc.)
16. Do I overuse spices and other flavor enhancers? Do I defend over-using them because I "deserve to enjoy my food," and "am not going to let OA cramp my style?"
17. Do I keep food secrets that make me feel like I'm back-sliding or "cheating?"
18. Do I eat while preparing or cleaning up after meals?
19. Do I still shovel food into my mouth, eat off other peoples' plates, or break open food packages in the supermarket or on the way home and still consider myself abstinent?
20. Am I sponsoring others even though my own food is not in order?

An abstinent food plan is designed to remove all trigger and binge foods. It consists of modest-sized (just enough), nutritionally balanced meals that will eventually produce a healthy body weight. Having an abstinent food plan and committing to stick with it on a daily basis improves mental clarity and builds honesty, accountability and personal integrity.

Recovery Action Plan – Physical, Emotional, and Spiritual

How is my recovery? Write CONCERNS and/or GRATITUDES below.	Actions or ideas that might be helpful for my recovery in each area.	Are there actions I need to take? How and when? Who can I ask for help? Visualize and write “baby steps” if that is helpful.	Reflection: Actions taken. Was this helpful? Would I like to do more, or something different?
Physically			
Emotionally			
Spiritually			

Serenity Prayer Flowchart



Service in Small Packages

Ideas for Service YOU can perform!

1. Welcome a newcomer
2. Volunteer to be a greeter
3. Call member who was absent
4. Take a meeting notice to a community service bulletin board
5. Be committed to abstinence
6. Go to an intergroup meeting
7. Donate an OA book to your public library (the new Body Image, Relationships, and Sexuality book would be a great choice)
8. Sit next to a member who looks lonely in your meeting
9. Work on a retreat committee
10. Work on a convention committee
11. Check to see the OA website has your meetings' latest information
12. Write a note to someone telling how much you appreciate their OA service
13. Make a gift for a raffle
14. Share what you are learning from For Today or Voices of Recovery
15. Be enthusiastic about service
16. Work in hospitality for an event
17. Work in registration for an event
18. Be positive
19. Keep going to meetings
20. Keep your shares to your experience, strength and hope in your OA program
21. Be flexible
22. Let your life be your message
23. Remember--service given for any other reason than love is NOT service



Shame Inventory

Choose a shame category from this list, then answer the questions below:

Appearance and body image	Addiction	Being stereotyped or labeled
Money and work	Sex	Mental and physical health
Motherhood/fatherhood	Aging	Surviving trauma
Family	Religion	Parenting

Ideal Identities (write out 4-5): I want to be perceived as:

Unwanted Identities (write out 4-5): I do NOT want to be perceived as:

Looking at my list of unwanted identities, for each response, I answer the following questions:

1. What do these perceptions mean to me?
2. Why are they so unwanted?
3. Where did the messages that fuel this identity come from?

Example--using the category of "appearance/body image"

Ideal Identities: I want to be perceived as:

1. Attractive
2. Like I take care of myself
3. Healthy
4. Have a basic fashion sense

Unwanted Identities: I do NOT want to be perceived as:

1. Ugly
2. Fat
3. Frumpy
4. Poor/cheap quality clothes

Looking at my list of unwanted identities, for each response, I answer the following questions:

1. What do these perceptions of being UGLY mean to me?
 - It means I'm reject-able. It means you can disregard me and view me as less than.
2. Why are they so unwanted?
 - If I'm ugly, you can attack me. You can disregard me. You can judge me as less than.
3. Where did the messages that fuel this identity come from?
 - My parents. Media. Women's magazines. Fiction where the antagonist is described as ugly.

Go through the same three question process for "fat," "frumpy," "poor/cheap quality clothes."

Sponsorship “Job Interview” Questions
S P O N S O R
What do I need/expect from my sponsees in order to work with them?
What are my goals/intent as a sponsor?
What can I offer my sponsees?
What actions did I take as a sponsee that worked for me?
S P O N S E E
What are five things I want in a sponsor?
What are five things I need in a sponsor?
What are five actions I am willing to take to work with a sponsor?
What do I want out of working this program?

Step 6 Worksheet

Step 6 worksheet. These questions are from the OA Workbook, put in column form so that you can see patterns easily. Answer the questions on each defect, then take a deep look at each item. Do you still want this defect or behavior in your life? If not, take them through **Step 7**: With your list in hand, ask your HP to remove each of these defects. Then visualize and affirm the person you are becoming....the person you are without these defects. Pause when agitated and ask your HP to help you stay in your feelings, however uncomfortable, without turning to one of these defects of character. In other words, ask HP to help you accept life on life's terms, without trying to "fix" it with food or anything else.

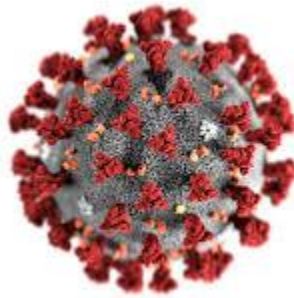
Character Defect (Ineffective Behavior/ Reaction to Life/Feelings)	What does it do FOR me?	What does it do TO me?	How has this old tool for coping with my life outlived its usefulness?	What harm is it doing me to cling to this way of thinking and acting?	Do I still want this in my life?
Example: Gossip	Gives me something "interesting" to say. Helps me feel superior. Props me up in social situations. Covers up my social awkwardness.	Makes me feel guilty and afraid I'll get caught talking about someone. Makes me wonder if others are talking about me...	There are better ways of joining in with a group. I know it's ok to just be a person among persons... there is no need to be "superior."	It keeps me from feeling like an honest, kind person, and from having relationships based on trust. I don't like myself when I gossip.	

Step 10 Bookmark

STEP 10: Continue to watch for	STEP 10: Continue to watch for	STEP 10: Continue to watch for	STEP 10: Continue to watch for
Selfishness	Selfishness	Selfishness	Selfishness
Dishonesty	Dishonesty	Dishonesty	Dishonesty
Resentment	Resentment	Resentment	Resentment
Fear	Fear	Fear	Fear
<input type="checkbox"/> Action #1 Ask God at once to remove them <input type="checkbox"/> Action #2 Discuss with someone immediately <input type="checkbox"/> Action #3 Make amends quickly if I've harmed anyone <input type="checkbox"/> Action #4 Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> Action #1 Ask God at once to remove them <input type="checkbox"/> Action #2 Discuss with someone immediately <input type="checkbox"/> Action #3 Make amends quickly if I've harmed anyone <input type="checkbox"/> Action #4 Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> Action #1 Ask God at once to remove them <input type="checkbox"/> Action #2 Discuss with someone immediately <input type="checkbox"/> Action #3 Make amends quickly if I've harmed anyone <input type="checkbox"/> Action #4 Resolutely turn my thoughts to someone I can help	<input type="checkbox"/> Action #1 Ask God at once to remove them <input type="checkbox"/> Action #2 Discuss with someone immediately <input type="checkbox"/> Action #3 Make amends quickly if I've harmed anyone <input type="checkbox"/> Action #4 Resolutely turn my thoughts to someone I can help
Our Code: Love & tolerance of others	Our Code: Love & tolerance of others	Our Code: Love & tolerance of others	Our Code: Love & tolerance of others
Vision of God's will to be carried into all my activities... thoughts to go with me constantly: How can I best serve you? Your will (not mine) be done.	Vision of God's will to be carried into all my activities... thoughts to go with me constantly: How can I best serve you? Your will (not mine) be done.	Vision of God's will to be carried into all my activities... thoughts to go with me constantly: How can I best serve you? Your will (not mine) be done.	Vision of God's will to be carried into all my activities... thoughts to go with me constantly: How can I best serve you? Your will (not mine) be done.

Section 16:

Life on Life's Terms: Connecting to Recovery in a Changing World



*Heard at a Meeting
And Now...a Word From Our Sponsors
Principles of the Program
2020 - Facing a Difficult Year*

This page intentionally left blank.

Heard at a Meeting...

Just a little change projected out over
time can make a huge difference.

Annie H., Peninsula Intergroup

- ❖ As we evolve in the program, our plan of eating and definition of abstinence will change.
- ❖ When we go to a nutritionist, pray to our HP that the words we need to hear come out of her mouth.
- ❖ The difference between a diet and a plan of eating is working the tools.
- ❖ It's insanity to base my happiness on someone else changing their bad behaviors.
- ❖ On the fourth step, finding "my part" in childhood abuse: My part was not my abuse—I was a worthy child and God loved me. My part was continuing to act as the poor victim and expecting everyone to make it up to me.
- ❖ The slogans have been my handrails.

Carrie A., Pierce County Intergroup

I treat my abstinence like a newborn baby. It needs attention all
day every day. I keep my abstinence on one hand, my life
situations on the other and I never clap!

Pat O'C, Oregon Intergroup

THERE IS NO SUCH THING AS A SLIP; IT IS ALWAYS A DECISION ***** BEFORE I SPEAK: DOES IT NEED TO BE SAID? BY ME? ***** KEEP YOUR TEETH TOGETHER — SMILE ***** RESENTMENTS ARE LIKE STRAY CATS, THE MORE YOU FEED THEM, THE LONGER THEY STAY AROUND ***** OA DOES NOT OPEN THE GATES OF HEAVEN AND LET ME IN, OA OPENS THE GATES OF HELL AND LETS ME OUT ***** YESTERDAY'S SHOWER DOES NOT KEEP ME CLEAN TODAY ***** FOOD IS NEVER THE ANSWER ***** WHY DO I PUNISH MYSELF WITH FOOD? ***** AAA = AWARENESS, ACCEPTANCE, ACTION ***** FOCUS ON WHAT IS GOING RIGHT ***** COINCIDENCE IS HP'S WAY OF STAYING ANONYMOUS ***** ASK EACH MORNING: WHAT DOES HP WANT ME TO DO TODAY? LISTEN FOR HP TO TELL ME HOW TO PROCEED. ***** RECOVERY IS A PROCESS — A WAY OF LIFE ***** GOD DOES NOT NEED INSTRUCTIONS FROM ME ***** SURRENDER TO WHAT WORKS ***** I MAY THINK LIKE AN OVEREATER, I DO NOT HAVE TO ACT LIKE ONE ***** I MAY NOT BE WHERE I WANT TO BE, BUT I AM NOT WHERE I WAS ***** THE PROGRAM ALLOWS ME TO EXPERIMENT ***** FIRST I MUST CARRY THE MESSAGE TO MYSELF ***** FOCUS ON THE SOLUTION, NOT THE PROBLEM ***** UNPLUG FROM THE FOOD, DO NOT UNPLUG FROM LIFE ***** A GOAL WITHOUT A PLAN IS A WISH ***** ACCEPTANCE IS LIVING IN THE ANSWER ***** I KNOW BETTER THAN GOD — NOT!!! ***** ACCEPTANCE BEFORE UNDERSTANDING ***** HUMILITY IS THE MAIN KEY TO SOBRIETY ***** I GET TO TAKE A VACATION, BUT MY DISEASE NEVER DOES ***** GOD CANNOT GET BEHIND A DECISION I HAVE NOT MADE ***** WHEN I HAVE SOMETHING TO SAY: SAY WHAT I MEAN. MEAN WHAT I SAY. DO NOT SAY IT IN A MEAN WAY. ***** ABSTINENCE IS SERVICE TO ME ***** I ABSORB GOD LIKE A SPONGE — WHEN I GET “SQUISHED,” GOD COMES OUT ***** SHAME—I AM A MISTAKE; GUILT—I MADE A MISTAKE ***** TIME TO FLEX MY “GOD MUSCLE” ***** OA IS A GRADUATE COURSE IN SELF-CARE ***** I HAVE AN HP BIG ENOUGH TO HANDLE THAT ***** HERE WE “GROW” AGAIN ***** THIS IS AN OPPORTUNITY FOR GROWTH ***** STRETCH BEYOND MY ABSTINENCE ***** INTENTION FOR TODAY—CONNECTION BETWEEN MY HEAD AND MY HEART ***** BE THE VICTIM OR BE THE ACTION ***** IT IS THE ANTS THAT GET ME, NOT THE ALLIGATORS ***** FIND THE SWEETNESS IN LIFE, NOT IN THE FOOD ***** BLESS THEM, CHANGE ME ***** COE — COMPULSIVE OVER EATER ***** ADDICTION MINUS THE “DDI” = ACTION ***** THE WORLD JUDGES ME BY MY ACTIONS ***** I HAD THE LENSES IN MY GLASSES BACKWARDS ***** WHAT I FOCUS ON - I GET MORE OF ***** NOTHING HAPPENS IN GOD'S WORLD BY MISTAKE ***** IF I AM WRONG, I STAND CORRECTED ***** PAUSE AND PIVOT — CHANGE TO THE DIRECTION THAT HP DIRECTS ***** ACT MYSELF INTO A NEW WAY OF THINKING ***** MY SERENITY IS PROPORTIONATE TO HAVING A LOWER EXPECTATION OF OTHERS ***** GLANCE BACK AT THE PAST, DO NOT STARE ***** GOD'S WILL FOR ME IS NOTHING I CANNOT DO ***** BEFORE ANY DREAM CAN COME TRUE THERE MUST FIRST BE A DREAM ***** I COULD NOT HAVE TODAY IF I HAD NOT EXPERIENCED ALL THE YESTERDAYS ***** END OF STORY = DO WHAT I OUGHT TO DO BECAUSE I WANT TO CHOOSE THIS WAY OF LIFE ***** TERRI R.- CENTRAL OREGON INTERGROUP *****

THOUGHTS FROM A BIG SKY INTERGROUP COFFEE GATHERING

- I thought I had to get good to get God...
- Fear is foreseeing the future without the presence of God.
- The Tools are the handrails to the Steps.
- Things I can't give up: Ask God to just hang onto them for a while.
- Pray to God, but continue to row to shore.
- When I want to eat more or use an old behavior: "I don't do that anymore."
- Nothing tastes as good as abstinence feels.
- God, bless them, change me.
- I can't recover and don't get better in my comfort zone.
- The kitchen is closed!
- Another name for my morning prayers and gratitude: "My opening ceremonies."
- **MAGIC:** Me Accepting God's In Charge

GOD: GIFT OF DESPERATION >><< EAT OUT OF SELF-LOVE >><< THE DIS-EASE LIVES IN
MY MIND, NOT IN THE FOOD >><< CONNECTION IS THE OPPOSITE OF ADDICTION >><<
I'M SORRY YOU'RE NOT GETTING THE RESULTS FOR THE WORK YOU'RE NOT WILLING TO DO
>><< WORK THE STEPS, DON'T JUST ADMIRE THEM >><< SHARE LONG ENOUGH TO
INSPIRE, BUT NOT SO LONG AS TO CAUSE RESENTMENT >><< MY SPONSOR IS MY ACTION
BUDDY >><< EACH DAY WE LIVE WELL, WE ARE WELL >><< MY COMPULSIVE
OVEREATING WAS A LOT BIGGER THAN ME. MY HP IS A LOT BIGGER THAN MY OVEREATING.
>><< WE HAVE NO MORE POWER OVER FOOD TODAY THAN WE DID AT OUR VERY FIRST
MEETING >><< HOW DO I SHOW UP IN THE PROCESS RATHER THAN TRYING TO CONTROL
THE OUTCOME? >><< FEAR IS FORESEEING THE FUTURE WITHOUT THE PRESENCE OF GOD
>><< I CAN EITHER PROGRESS, OR REVERSE, THERE IS NO "PARK" IN MY RECOVERY. >><<
>><< >><< >><< >><< ANONYMOUS >><< >><< >><< >><<

The desire to change has to come from within and
be stronger than the fear that holds us captive.

Rosanne K., Oregon Intergroup

And Now a Word from our Sponsors...

Before I speak, THINK...Is It:

T Thoughtful?
H Honest?
I Does it have integrity?
N Necessary?
K Kind?



Laurie M. Big Sky Intergroup

Honesty is the purpose, love is the intent.

Pat O'C, Oregon Intergroup

*Are you willing to pray for willingness?
Would you rather be right or be happy?
...and how is that working for you?*

Annie H, Peninsula Intergroup

Thoughts from a Big Sky Intergroup Coffee Gathering

- ❖ When making a decision: “Why wouldn’t it be ok?”
- ❖ The same thinking that got me into the problem is not the same thinking that will get me into the solution.
- ❖ The best thing I’ve done in program is to be gentle, loving, and kind to myself.
- ❖ On selfishness: “Life is so much easier when you don’t have to behave the way I want you to.”
- ❖ One minute on the problem. Two minutes on the solution.
- ❖ About being in meetings: “I’m so grateful to be around people I feel good around.”
- ❖ Willingness is anything my actions can confirm.

THE SLOGANS ARE STILL WORKING

■■■■ BUT FOR THE GRACE OF GOD, THERE GO I ■■■■ KEEP IT SIMPLE SWEETHEART! ■■■■ ONE DAY AT A TIME ■■■■ LIVE AND LET LIVE ■■■■ FORGIVENESS IS THE WILLINGNESS TO GIVE UP ALL HOPE FOR A BETTER PAST (EVEN IF THAT PAST IS JUST FIVE MINUTES AGO) ■■■■ YOU CAN START YOUR DAY OVER ANYTIME ■■■■ ANONYMOUS, SE ALASKA INTERGROUP ■■■■

-
- ❖ It’s about the food until it’s not about the food.
 - ❖ Easy does it!
 - ❖ *Lesley K., Southeast Alaska Intergroup*

When you are stuck and need a boost, remember – you are being rocketed into the 4th Dimension!
Mary S., Southeast Alaska Intergroup

-
- ❖ This too shall pass.
 - ❖ If not now, when?
 - ❖ *Karen W., Southeast Alaska Intergroup*
-



When my sponsor said:	She was teaching me:
"That's not yours..."	To let go of control, trust, take care of my OWN side of the street
"I want you to know what it feels like to do the things you say you're going to do."	Integrity, responsibility, love and respect for others, self-esteem
"You need to go apologize..."	To take responsibility, be respectful in relationships, clear away guilt and ill-will,
"Of course you did that...your life up to that point led you to that." <i>(after a 5th Step)</i>	Humility (self-esteem), kindness to myself and others, forgiveness and compassion
"Isn't it wonderful that you're <u>striving</u> to be a better person?" <i>(after a perceived failure)</i>	Hope, humility (self-esteem), trust in the process of recovery, patience, perseverance, to see my progress
"Addicts only like to feel terrific – anything less isn't ok with us. What if you did the footwork and then just felt what is yours to feel today?"	Perseverance, acceptance, to take action to change the things I can, to live by the Serenity Prayer
"You're up to that..." (when I was afraid to make a move because of what might happen next and how I would feel)	Hope, self-esteem, I can feel my feelings without breaking, fear doesn't have to run my life, to give myself credit...I'm stronger than I think, perseverance, fear is unnecessarily limiting.
"You can call me any time...preferably before you eat." and "Call me at 7am every morning."	I am worthy of someone's time, I matter, my recovery matters, I am not alone unless I choose to be, I am responsible for my recovery
"I want you to start doing affirmations."	Humility, how to live Step 7, love and acceptance for self, positive thinking, how to make living amends to myself, how to affirm others, to let go of self-criticism
"Show me that you love OA – I want to see it."	Service, to do my part, Seventh Tradition is more than money, love is a verb, self-esteem comes from esteem-able acts, to be a contributing member of a group, I can put myself "out-there" and be ok, my contributions have value

When my sponsor said:	She was teaching me:
"I still struggle with that sometimes, too" and "Welcome to Humanity." <i>(when I felt like a failure)</i>	Honesty, humility, that I am safe, compassion, trust, I'm not alone, it's ok to be human, to let go of perfectionism
"If you're going to eat cake, put it on a plate, sit at the table, put a napkin in your lap and eat it." <i>(when I was sneak-eating cake with my fingers every time I passed through the kitchen)</i>	Acceptance, honesty, self-esteem, trust, that I am safe and have permission to find my own way, that compulsive behaviors matter and guilt doesn't serve me
"If you really need to know if that was a break in abstinence, we can decide that in six months. But for now let's talk about what are you going to do <u>this afternoon</u> to point your feet in the right direction."	Acceptance, perseverance, to do the next right thing, humility, how to make amends to self, love for self, positive action changes everything, live in the day, it is safe to be honest
"What if OA was never really about food...what if recovery is really about learning how to not hate ourselves?"	Acceptance, love for self, humility, I matter, self-hatred is not ok, recovery is about peace...including with ourselves
"Ask HP a hundred times a day what the next right step is."	I am not alone, God is in the pause, I am worthy of spiritual connection and help, I am responsible for asking, spiritual connection is available to me at any moment, recovery is a daily action, live in the moment/in the day, Good Orderly Direction is a powerful thing!
"Have you put that through a 10 th Step?"	Perseverance, focus on the solution instead of the problem, take positive action, accountability, love for self, how to maintain my recovery
"You need to start sponsoring."	I have something to offer, I can "show up" for another person, I am responsible for carrying the message, the importance of giving back, my experience can benefit others, I need to take the focus off of ME, I am capable of loving others, my service matters, I am not in control

Beverly M., Oregon Intergroup

The Principles of the Program

I did a values clarification exercise. Write your top 3, 4 or 5 values on post-it notes. Rearrange them until you have them in an order of priority in your life. For me they were **honesty, caring, and usefulness**; which are three Principles of our program for Steps 1, 8 and 12. If I always combine them, I end up with a free and joyous life of happy usefulness! *Pat O'C, Oregon Intergroup*



Being in recovery has taught me that it is all about **love**. Not the fruitless searching for love, but the decision to attentively and unconditionally give love to all the people that God has invited to share my life. *Annie H, Peninsula Intergroup*

The Principle that's made the most difference to me is being **rigorously honest**. It's not my default and I don't do it perfectly but definitely that is the Principle that's made a beautiful and meaningful big difference. *Laurie M., Big Sky Intergroup*

I was told early in program that I was being offered a design for living. I really did not know what that would mean or entail. As I started working the steps in their entirety with a sponsor, I began to understand.

The design for living, the Principles of this program HAD to be used not just around my food, my cravings and my behaviors, but daily in my life and the problems that arose.

This became very clear to me—as I was recovering one day at a time, my food thoughts and mental obsession were decreasing, but my emotions were loud and clear. I was faced with my unsatisfactory marriage, my feelings of inadequacy at my job and my role as teacher clinician, my judgments of my body and self-image and not feeling "good enough."

Although I felt amazing from releasing the weight and clearing my mind, what was I to do about these other issues? Then I thought, "The Principles of this program have to be used in ALL my affairs in order for me to stay recovered."

STEP ONE: I had to be **honest**. I did a 10th Step on my issues. I had to admit powerlessness, give away all my control and opinions and ask HP for help. Prayer and acceptance on my knees remove the powerlessness.

STEP TWO: I had to have **hope**. If I already stated that I believed in a HP then I will have to believe that HP could help in ALL of these other issues too.

STEP THREE: I had to use and develop my **faith** with HP. Grow in understanding that if he were sought, then HP would be the one running the show. No longer acting in MY opinions, or MY way, or in MY time.

STEP FOUR: I had to have **courage** to face the truths of my behavior, my part in these issues. Where was MY part?

STEP FIVE: I had to have **integrity** to reach out to others and share with them my part, ask for advice and guidance, ask what would HP want of me, and what actions I could take. It was hard to see my part, as I truly believed I was not the one with the problem.

STEP SIX: I had to be **willing** to let go of my character defects. I had to be willing to see them for what they were, accept my part and trust in the process.

STEP SEVEN: I started to understand **humility**. I had to believe in patience, in the process. That although growth was hard and not always easy, there was a plan and my HP had me protected and was holding my hand. I started to see the ways I was acting towards these issues and realized that by focusing on my side of the street, I could relax. The problems that before seems too large and impossible were manageable, and some disappeared, as I looked honestly at how I was perceiving things.

STEP EIGHT: I had to be **forgiving**. I began saying the sick man's prayer to the people in my life that have hurt me, including myself and how I viewed myself. If I was to be forgiven then I had to forgive. The Saint Francis prayer took on a new meaning and a new strength.

STEP NINE: I had to lead with **love**. I looked at my part and went to the people. I listened with love, I approached with love, and I started walking on the same side as these people, not above them or below. As I started changing my behavior, the situations became easier to handle and my problems were not as extreme.

STEP TEN: I had to **continue** with daily practice of all of these Principles, regardless of how busy I was at work, or how tired I was at home. Daily in my knees, daily thinking of HP's will, not mine, daily humbling myself, daily growing and working on my defects to reflect love and patience.

STEP ELEVEN: I had to continue being **spiritually aware** and lead with HP's strength, and not MY power or MY opinions. When I was restless, irritable or discontent I reached out for spiritual guidance and support.

STEP TWELVE: I had to do **service** and carry the message. So I continued to work with fellows, with sponsees, I reached out to others that could guide me and offer guidance. Getting outside of MY problems and MY mind reminded me that I was not alone, that my problems were not unique, and I had a solution.

This was and is my design for living.

REBECCA T. ♥ Peninsula Intergroup

Abstinence means many things to me

Willingness: the willingness to choose to be abstinent each day.

Freedom from indecision:

removing the areas of indecision about what I am going to eat each day, as a general rule, by making these decisions well in advance of the time I am going to eat. This also frees me from the obsession of thinking about what I am going to eat.



Choice: freely making choices about what I am going to eat. It is never about deprivation for me. There is nothing I “can’t have,” or that I “am not allowed,” etc. There is only free choice.

It is a health issue, not a moral issue. Choosing to see my food choices as healthy or unhealthy, not in terms of good or bad.

Let go of guilt: freedom from guilt over anything I have eaten, including unhealthy choices. Rather than seeing these choices as mistakes; I choose to see them, after the fact, to have been absolutely necessary learning experiences, to hopefully learn whatever it is I need to learn from them, so that I do not have to keep having them.

No diet mentality: for instance, not associating the word “reward” with any food choice I make, because it implies that I have been depriving myself of what I really wanted to eat, and that because I have been “good” with my food, I am now entitled to a reward.

Abstinence is received, not achieved: it is always about surrender, never about struggle.

Abstinence is a collaborative effort: we can do together what we could never do alone.

Looking beyond the “gift” of abstinence (aka Step Two): remembering to look beyond the gift of abstinence to the Giver of the gift, and saying many times throughout the day (especially when passing my binge foods) “Thank you, Thank you, Thank You, God.”

Giving is the proof of having: remembering that maintaining my abstinence depends on my sharing it with others. This accomplishes three things:

- Makes me aware more than otherwise possible, that I have indeed received a very special gift, and one that can be shared, and
- Removes any fear that it will be taken away.
- Unless you share it, nothing really exists.

If I rush, I lose: being willing to go to any lengths not to rush when I eat. This requires giving a very high priority to the time I set aside for meals, and sitting down. Eating is not a minor matter that I squeeze into a very busy schedule.

Plan-of-eating: No overeating, undereating, dieting, restricting, purging. No impulsive, compulsive, spontaneous, or random eating. I eat what I like, I like what I eat, I do not eat compulsively.

Pat H., Missoula, Montana

Facing a Difficult Year

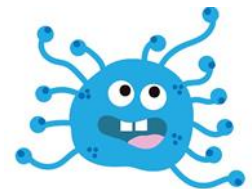


For me, not isolating during difficult times is essential. But here we are with stay at home orders, social distancing and inability to gather as a group. Working my program becomes more difficult when people are not readily available to me.

So I have hopped on the Zoom bandwagon and attended more meetings a week than I ever have in my life, including meetings out of my area. I talk to my sponsor as needed, and sometimes that means a Zoom call. I do not take my husband's physical touch for granted and when I need to be touched, I ask for what I need. I am diligent in keeping up with my 10th and 11th Steps daily and when a negative thought enters my mind, I think about who I can reach out to or what service I can do. Prayer and meditation seem even more essential.

And, with all of this, I still sometimes fail to be loving and generous and I must practice self-acceptance, as I am just another bozo on the bus doing the best that I can, remembering that God loves me just the way I am.

Annie H., Peninsula Intergroup



Thank HP for Zoom! I have learned how to be useful on Zoom and to be of service. I treasure my Zoom meetings as I do not feel so all alone. I thank HP that this pandemic hit us at this time in history when these technological means of connecting are available to us. I think OA will be forever changed, and for the better, by all of us being forced to make this leap into connecting in new ways and building our comfort in it. *Pat O'C, Oregon Intergroup*

Thoughts from a Big Sky Intergroup Coffee Gathering

One gal commented that she was trying to think about something useful she could do for others while at home during COVID. She felt her Higher Power giving her an intuitive thought of writing little notes to those she loved. So, every morning she wrote a letter to her friends in and out of OA, and to her family members. She wanted to let them know what she appreciated about them in her life, and the qualities in them that she loved. Every morning, writing a note was part of her morning recovery routine. She ended up writing 44 notes in all. What it did for her recovery, and the comments she received from those on the receiving end, was priceless!



I think it's most important to **give program more time.** If I normally do 15 minutes, do 20. Just a few more minutes to pray/meditate/journal/reflect—whatever—stay in program just a few more minutes at least. More time, more better. Use as many tools as possible every day. We should do that on a regular basis, but it's even more important through a trial.

More intentional self-care is also important. Whether it is a long bath, a walk, or just sitting in the sun listening to the birds, it helps.

Reach out to more fellows. We're all having a tough time - reaching out for ourselves often truly saves another.

Laurie M., Big Sky Intergroup

Thank you to all who shared experience, strength
and hope for this “special focus” section of our
2020 Region One Assembly Notebook!